

Camp SELway Jr. Scope & Sequence Season 1

Eps.	Learning Objectives	Characters	Key Concepts	Draft Storyline
1	<p>Self-Awareness</p> <p>Objective: Identifies various emotions across situations and how they influence behavior</p> <p>SEL Skills:</p> <ul style="list-style-type: none"> ● labeling feelings; ● expressing how you are feeling; ● identifies how you are feeling in different situations 	Buttercup Bobo Hootie	<p>We experience many different feelings.</p> <p>Clues in your body help you identify your feelings.</p> <p>Certain situations or events can give us strong feelings</p> <p>4. When you have strong feelings take the following steps (ABCs):</p> <ol style="list-style-type: none"> 1. Address your feeling 2. Breathe 3. Create a plan for success 	<p>Bobo is a very upset little bear cub. He is stomping, throwing things, and shows a loss of self-management because leaves have fallen all over his bear den. What a mess! The other animals hear him and wonder what is going on. What is he feeling and why? Hootie uses her social awareness skills and is empathic and reminds Bobo of his strength to use mindfulness strategies of deep breathing to calm down. Big bear belly breaths! Buttercup reminds Bobo to communicate clearly and Hootie to practice active listening as Bobo explains about the pesky leaves and teases out his feelings. Is he mad, irritated, frustrated, or disappointed? She holds up a mirror and reminds Bobo it is important to identify what he is feeling and to use deep belly breathing to calm down. Buttercup praises them for working as a team to resolve the problem. The three friends clean up the leaves together, but a new leaf falls into the clean space. Bobo ends with a big bear belly breath. He's got this!</p>
2	<p>Self-Management</p> <p>Objective: Identifies various emotions across situations and how to recognize that emotions influence behavior</p> <p>SEL Skill:</p> <ul style="list-style-type: none"> ● Controlling disappointment & 	Bobo Fuzzy Willow Buttercup	<p>Certain situations or events can give us strong feelings</p> <p>When you have strong feelings it is important to remember ABC:</p> <p>Address the feeling Breathe Create a plan for success</p>	<p>It was time for lunch and Buttercup promised them a picnic. Bobo, Fuzzy, and Willow wait in the grove and are very excited; happily anticipating what Buttercup is bringing them for their picnic. They discuss the possibilities. Fuzzy is especially excited to eat, but also disappointed because Buttercup is late. Hootie flies in and identifies Fuzzy's feelings of excitement and disappointment. Bobo steps in to remind his friends how hard it is sometimes to wait, especially when you are excited waiting for something fun. He reminds them of the steps he uses when he has strong feelings like when his</p>

	excitement		Calming down can help manage excitement while you are waiting	den was covered with leaves (ep. 1). Bobo asks them to just remember the ABCs.... A - Address what you are feeling B - Breathe to calm down C - Create a plan Willow asks Fuzzy to try it! Fuzzy talks it through A - Address the Feeling - I am feeling excited and disappointed B - Breathe - He takes 3 deep belly breaths C- Create Plan -Let's play a game until Buttercup gets here. Bobo praises Fuzzy for naming his feelings and controlling his disappointment and excitement by using the ABCs. Willow organizes a game of Duck, Duck, Goose until Buttercup arrives with a picnic lunch.
3	<p>Social Awareness</p> <p>Objective: Recognizes feelings and perspectives of others</p> <p>SEL Skill:</p> <ul style="list-style-type: none"> awareness of clues in face, body, and situations to help understand others feelings 	Hootie Fuzzy Bobo Willow Buttercup	<p>Certain situations or events can give us strong feelings</p> <p>You can look at the faces and bodies of others for clues to help you know how they are feeling.</p> <p>Understanding how others feel helps you understand how to be a better friend.</p>	The Forest Friends are on a hunt in the woods looking for acorns. They have a big adventure as they continue along and watch for the clues of where to find the best acorns. Bobo finds one dropped on the path by a squirrel. Fuzzy sees a squirrel and follows it to find more. Buttercup sees an oak tree. These are all clues as to where the best acorns are. Hootie flies over head and observes each of his friends. As they explore Bobo trips and scrapes his knee. He is angry and makes an angry face and a big growl. Fuzzy is feeling worried about missing lunch. He makes a worried face; nervously asking what time it is and rubbing his stomach. Buttercup lets out a big sigh of delight because she is so happy when they see a waterfall. Willow is scared when they have to travel through a cave. Her teeth begin to chatter because it seems unsafe. Hootie points out that just like they had clues in the woods to find acorns, their bodies also gave her clues about how they are feeling. Bobo was hurt and growled to tell me he was angry. Fuzzy made a nervous noise and rubbed his stomach to tell me he was worried about missing lunch. Buttercup was happy when I saw her smile and make a sigh, Willow was feeling scared when her teeth chattered in the cave. They each thank Hootie for understanding. "You can learn alot about what others are feeling by watching the clues on their face and body." "Maybe we use those clues to help each other?" "Bobo, I saw you were hurt and angry, here is a bandaid for your knee. Fuzzy, I saw you were nervous about missing lunch, here is a snack to hold you over until lunch. Willow, you sure looked scared in that cave. I think we can go home a different way."

4	<p>Building Relationships</p> <p>Objective: To develop and use social skills and communication skills to interact effectively with others while developing healthy relationships.</p> <p>SEL Skill:</p> <ul style="list-style-type: none"> Identifies ways to work and play well with others (<i>examples: being a “good sport”, playing fairly, sharing, takes turns, says please, thank you, and excuse me</i>) 	<p>Buttercup Willow Bobo Fuzzy</p>	<p>It is more fun to play together with friends.</p> <p>Playing fairly, sharing, and taking turns helps you make and keep friends.</p> <p>It is important to ask for permission to use another person’s belongings.</p> <p>Being polite by saying please, thank you, and excuse me helps you make friends.</p>	<p>Willow has a new toy. It is the largest, perfectly shaped pine cone she had ever seen. She is playing with it by tossing and catching it in the woods. Bobo and Fuzzy come by and want to play with it. They catch it and begin to toss it back and forth. As they run deeper into the woods they have a big adventure playing with the pine cone. Willow chases them feeling frustrated and angry. Buttercup appears and catches the pinecone. She reminds them that good friends play well together. She reminds them to play fairly, take turns, ask for permission to use another person’s toy, say please, thank you, and excuse me. Willow yells out....You were not being safe. You could have asked me to use my new toy. I don’t mind sharing. Bobo and Fuzzy apologize and go over what they could have done differently.</p>
5	<p>Responsible Decision Making</p> <p>Objective: Consider ethics, safety, and social factors in making decisions</p> <p>SEL Skill:</p> <ul style="list-style-type: none"> Identify social norms and safety to guide behavior 	<p>Willow Bobo Hootie Buttercup</p> <p>Fuzzy</p>	<p>It is important to calm down when you have strong feelings so you don’t do something unsafe.</p> <p>Unsafe behavior can have dangerous consequences</p> <p>Playing fairly and safely helps you make and keep friends</p> <p>Negative self talk makes strong feelings stronger.</p> <p>Making a new plan is a good way to deal with disappointment</p>	<p>The forest friends are having fun playing tag. Bobo was tagged out twice. He is disappointed and becomes upset that he was tagged out twice. He begins to pout saying, “I just am not any good at tag!”. Bobo walks away from the others. Buttercup is hot from playing and decides it is time for a break. She goes to the stream to drink some water. The others follow her. Bobo loudly jumps out of the woods and runs to the water ready to dive in yelling, “I can show you what I am good at, catching fish!” Hootie calls him out from above telling him that it is unsafe. She can see it is too deep and drops a rock for him to see. Bobo steps back and hangs his head in embarrassment. Willow steps in and reminds Bobo of the safety rules around water. She also reminds him about what happened with the pine cone (ep. 4) and what he learned. She reminds him about playing fairly when playing games like tag with friends. She reminds him of the following: “When you play games with others it is as much about having fun and not about always winning.” “When you are feeling disappointed about not winning it isn’t nice to pout and then show off.” “Showing off can be unsafe and end in an accident” “Think about the consequences of his behavior, like.....the water could have been over your head or.....being disappointed and pouting doesn’t make playing games fun for him or his friends. We all have things we are good at.” Buttercup reminds Bobo that the rules of the forest include playing nicely, but always to be safe. Bobo responds, “I was disappointed that I kept</p>

				being tagged out. I will make a plan to do better” Buttercup adds, “and you can count on your friends to help you!”
6	<p>Self-Awareness</p> <p>Objective: Recognizes personal qualities and external support</p> <p>SEL Skills:</p> <ul style="list-style-type: none"> Identifies likes and dislikes, needs and wants 	Fuzzy Hootie Bobo Willow	<p>People are different and have different likes and dislikes, needs and wants.</p> <p>It is important to understand your personal strengths and what you like, dislike, need, and want.</p> <p>If you dislike something you may need to ask for help to understand it better.</p> <p>Recognizing others' strengths, likes, and dislikes helps you make and keep friends.</p>	<p>The forest friends are skipping rocks on the water. Hootie is upset because she can't throw and has to drop her rock with her beak. She tells her friends I dislike skipping rocks. Bobo throws his rock and it goes far, but doesn't skip. He tells his friends I like skipping rocks. It's OK. Willow has claws so is able to handle the rock and makes it skip and go far. Willow says, I love skipping rocks. I am good at it. Fuzzy steps in and reminds his friends that it is OK for each of them to have different likes and dislikes and that it is important to be able to say what you like and dislike, as well as what you want or need. Hootie tells her friends that she dislikes water too because she can't swim, but that she loves trees to nest in. Bobo tells his friends that he loves the water because he can catch fish. He is then reminded by Willow about making sure the water is safe before jumping in. (ep. 5). Bobo adds that he dislikes climbing trees because he is too big. Willow tells her friends that she likes water because she can stop for a drink, but she really dislikes trees that have bees in them. Bobo exclaims but finding their honey is the best! Willow chatters her teeth, but not if you get stung. Fuzzy laughs telling Bobo that sometimes you can really like something and still need to ask for help to stay safe. Hootie adds, “and especially when you dislike something you may need to ask for extra help. I am glad we are friends because we can learn from each other. Now, can someone show me how to skip this silly rock!”</p>
7	<p>Self-Management</p> <p>Objective: Demonstrate skills to set personal goals and achieve success</p> <p>Skill:</p> <ul style="list-style-type: none"> Demonstrates appropriate social behaviors to improve success (<i>examples: asks permission, asks</i> 	Bobo Fuzzy Willow Buttercup Hootie	<p>Certain situations or events can give us strong feelings</p> <p>Calming down strategies helps you manage strong feelings like excitement, nervousness, or worry.</p> <p>Calming down strategies such as following the ABCs helps you be more successful.</p>	<p>Fuzzy found a big beautiful patch of blueberry bushes, but they are across the river. The forest friends have to figure out the best way to get across the river. Buttercup likes the idea and is feeling excited because her family lives across the river. They try a few crazy and unsuccessful ways to get across. Fuzzy insists that they can do it. He is feeling nervous because he doesn't like to get wet, but he is also impatient because he is hungry(again, ep. 3). Fuzzy tells his friends to be confident they can get those berries and can do it. He wants to keep trying. Willow is feeling worried and cautious about crossing the river. She discusses the consequences if they fall in. Willow agrees to research the best way to get across by observing the area. Hootie calls out all the feelings she sensing....excited, nervousness, impatient, worried so she agrees to help her friends by flying over the river to observe the best possible way. Bobo</p>

	<i>for help, offers to help others, contributes to community)</i>		<p>The steps to the ABC's are</p> <ol style="list-style-type: none"> 1. Address your feelings 2. Breathe 3. Create a plan 	<p>steps in and offers help. He reminds his friends to stop and remember what he does to calm down and be successful. It is all about the ABCs.</p> <ol style="list-style-type: none"> 4. Address your feelings 5. Breathe 6. Create a plan <p>Buttercup yells out I will start, I am feeling too excited and begins to take deep breaths to calm down.. The others follow. Fuzzy says he is too nervous and impatient and begins to belly breath. Willow says she is feeling worried and takes a few deep breaths. After they are all calm Bobo suggests that he carry them one by one on his back to get to the other side. They all agree on the plan and get across to enjoy the yummy blueberry patch. Filling his mouth Bobo remarks, see the ABCs work...and when you learn to calm down you might also get a great afternoon snack!</p>
8	<p>Social Awareness</p> <p>Objective: Recognizes, appreciates and respects individual and group differences</p> <p>SEL Skill:</p> <ul style="list-style-type: none"> • Describes the ways that people are similar and different 	<p>Hootie Fuzzy Bobo Willow Buttercup</p>	<p>People are similar and different</p> <p>Having empathy is important to understand how and why others are the same or different from you.</p> <p>Recognizing and appreciating others' differences is respectful.</p> <p>Individual differences can contribute to the whole group.</p>	<p>Track and field day is coming up in the Wildwood Forest. The forest friends have a big adventure while preparing for the races. They each have their own strategy for success. Fuzzy hops, Hootie uses her wings, Bobo bounces when he runs, Willow uses all 4's and her claws, Buttercup has long legs and gallops. The animals argue over which is the best way to win a race. Hootie steps in and explains that even though they are all friends and the same in some ways, they are each unique and different. She appreciates each of them for their personal strengths and different approaches to running. She shows empathy for the strengths and limitations each brings; reminding them that arguing over who had the best approach is not respectful. She encourages them to have empathy to understand why the others may not be the same as you. The animals discover that by doing this and working as a team that it will really benefit their team when they run in the relay race.</p>

9	<p>Building Relationships</p> <p>Objective: To demonstrate an ability to prevent, manage, and resolve interpersonal conflicts.</p> <p>SEL Skill: Identifies and applies approaches to resolve conflicts constructively (<i>examples: apologizing, avoiding trouble, choosing to leave, ignore, or notify an adult during a problem situation</i>)</p>	<p>Buttercup Bobo Willow Fuzzy Hootie</p>	<p>Apologizing, moving away, and notifying an adult can help you resolve conflicts.</p> <p>It's important to calm down when feeling angry.</p>	<p>The forest friends are preparing for a hike in the forest. There are some difficult rocky hills to climb so they each are looking for the best possible walking stick to take on the hike. They have a great adventure as they explore sticks in the woods. Bobo is determined to find the very best, most perfect walking stick. Willow researches the best possible type of wood she should use for a stick.</p> <p>Fuzzy wants to find the most comfortable stick to hold in his paw. Hootie is looking for a stick that is just the right height. Just when Bobo finds the very best, most perfect walking stick Willow grabs it to see what wood it is made out of and breaks it. Bobo is angry and begins reciting ABC, ABC....</p> <p>Address the feeling, breathe, create a plan.....I am angry, belly breathing ,Belly breathing. He continues to breathe deeply and practices positive self-talk. Willow feels ashamed and apologizes to Bobo. She asks Buttercup what to do. Buttercup invites all the forest friends to help find a stick for Bobo. They find an even better, most perfect stick. Buttercup praises Willow for resolving the conflict by sincerely apologizing, asking for help, and finding Bobo what he was looking for.</p>
10	<p>Responsible Decision-Making</p> <p>Objective: Applies problem solving skills to deal responsibly with daily social situations</p> <p>SEL Skill:</p> <ul style="list-style-type: none"> Identifies problems kids have and decisions kids make. 	<p>Willow Fuzzy Hootie Buttercup Bobo</p>	<p>Calming down helps you focus so you can solve problems.</p> <p>Following STAR can help you solve problems</p> <p>Identifying the real problem without blaming others is respectful and helps you solve problems.</p> <p>Thinking through solutions and analyzing consequences helps you make better decisions.</p> <p>Finding a respectful way to agree on rules helps you get along with others.</p>	<p>The forest friends are having great fun playing hide and seek in the woods. Fuzzy suddenly stops playing and is angry at Hootie saying that she is cheating. He doesn't think it is fair that she can fly up into the tree to hide when he can't! It just isn't fair. Hootie insists that is not a real rule and if that is true then he can't jump into holes in the ground to hide. The two begin to fight and call names. Hootie calls Fuzzy, Floppy Ears and Fuzzy said Hootie looks like a Fat Hen. Buttercup steps in and reminds them of the rules of the forest....especially to calm down when they have strong feelings, speaking nicely and listening to each other in order to solve problems. Bobo chimes in...yes, remember ABCs...."hope you are belly breathing and can get control and calm down". Willow steps in to remind them they all have experienced problems at different times. She reminds them of other games they have played together...playing toss the pine cone (ep. 4) or Hide and Seek (ep. 5) or Skipping rocks (ep.6). Willow tells them it is important to remember that they are friends and have to practice how to solve our problems. She explains that like Bobo, she has a way she likes to solve problems. She remembers to say STAR. It stands for</p> <p>S - State the Problem T - Think through Solutions A- Analyze Consequences</p>

				<p>R- Reflect on the BEST Solution Willow asks them to try it! Buttercup prompts them...</p> <p>S - Fuzzy says, Hootie cheated! Buttercup says, try again.</p> <p>S - Fuzzy agrees and says, We lost our tempers and were not nice to each other.</p> <p>T - Willow adds, I guess we should have set some rules when we play games so that we play fairly.</p> <p>A - Fuzzy says, I am afraid if I call Hootie names again she won't be my friend and want to play with me. I really like Hootie!</p> <p>R - Hootie says, I like you too Fuzzy, but don't like it when you call me names. Please don't do it again. I guess you must really be upset that I called you Floppy Ears. I was just angry. The best solution is to remember ABC's to calm down before we start calling names. Fuzzy adds, and I like your idea of deciding on the rules before we play a game.</p> <p>Fuzzy and Hootie are embarrassed that they lost their tempers and ruined the game. They appreciate their friends in the Wildwood Forest and apologize to them saying, they will work to do their good, better, best! They all leave chanting, "Good, better, best never let it rest! Until your good is better and your better is your best!"</p>
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