

Camp SELway

Scope & Sequence Season 1

| Eps. | Learning Objectives | Characters | Key Concepts | Draft Storyline |
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| 1 | <p>Self-Awareness</p> <p>Objective: Identifies various emotions across situations and how they influence behavior</p> <p>Skills:</p> <ul style="list-style-type: none"> ● labeling feelings ● expressing how you are feeling ● identifying how you feel in different situations | Roy Leo Rina Kabbo Leah | <p>Certain situations or events can trigger strong emotions that impact behavior</p> <p>It is hard to think clearly and be successful when strong feelings get in the way.</p> <p>Your body gives you clues about how you are feeling</p> <p>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>Leo and Rina are about to take on the Camp SELway time trial – it’s a beast! Roy presents well thought out directions and time limits, but Leo is afraid of heights. Leo is honest about his fear, because he’s very self-aware about his strengths and limitations. Rina to the rescue! With her problem-solving skills, Rina is the perfect person to give Leo the courage he needs to try. Rina goes first, charting a path and keeping Leo safe on his quest to the top of the wall. Listeners get to go along for the ride, then take in the view of the whole camp from a bird’s eye perch. Then it’s off to the lake, where the tables turn and Leo helps Rina!</p> |
| 2 | <p>Self-Management</p> <p>Objective: Identifies various emotions across situations and how to recognize that emotions influence behavior</p> <p>Skills:</p> <ul style="list-style-type: none"> ● Controlling temper & excitement | Kabbo Rina Leo Athena | <p>It is important to manage strong emotions to avoid negative behavior and consequences.</p> <p>Staying in control of your feelings and actions helps you get along with others and be successful.</p> <p>When they have strong feelings the ABC’s is a strategy that will help</p> <ul style="list-style-type: none"> ● Address what you are feeling ● Breathe ● Create a plan for success | <p>Athena invites kids to participate in a fun team building competition at the art center. She explains the rules to a “Straw Tower Challenge” and announces the prize for the winning team with the tallest tower. Athena snaps her measuring tape. Rina and Leo are a team again. Rina is excited because she already solved the challenge by preparing and researching the best way to make the tallest and sturdiest tower. She mapped out a plan and explained it in detail. Leo tells us he is feeling confident. He tells us that even though he is afraid of heights (ep. 1) he is good at building things high! As they talk through their building Leo is so excited he rushes and knocks the tower over. Rina yells “NOOOOO!” She tells us she is mad it was ruined. Leo apologizes; feeling regret that he was so excited that he rushed and ruined the tower and especially that he upset Rina. He knows he gets too excited. Kabbo steps in and reminds them about Self-Management. Kabbo tells the kids, “When</p> |

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| | | | When you do something by accident, it is important to tell others you did not do it on purpose. | <p>Leo was too excited and when Rina got mad at him they needed to breathe deep belly breaths and calm down.” Kabbo reminds them that at Camp SELway when they have strong feelings they take the following steps that he calls remembering ABC’s.</p> <ul style="list-style-type: none"> • Address what you are feeling • Breathe • Create a plan for success <p>He also reminds them that it is good to have a plan, but when things don’t go as planned you can feel frustration, anger, or irritation. Calming down strategies like deep belly breaths helps you get control of your feelings and be more successful.</p> |
| 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 | <p>Leah Roy Rina</p> <p>Leo Kabbo</p> | <p>Looking for clues on another’s face and body helps you notice and understand how the other person is feeling.</p> <p>Paying attention to another’s body clues can help you have empathy and show compassion.</p> <p>It is important to notice and have empathy for others who are left out.</p> <p>Showing compassion and including others improves relationships.</p> | <p>Roy calls the kids to the field to play kickball. Teams are chosen. Kabbo is asked to pick his team. Other kids are eagerly jumping saying “pick me”. He picks Leah and as he picks Leo, Rina is picked for the other team. She stops jumping because she is feeling disappointed that she was not picked by Kabbo. She feels left out and sad that she was not included with her friends. Leah has empathy for Rina. Leah identifies Rina’s facial and body cues and tells the boys how she is feeling.</p> <p>Leo and Kabbo ask Leah how she knows that Rina is sad and disappointed. Leah explains that it is important to be able to pay attention in order to recognize how others are feeling and that body language can tell us a lot. She points out that Leah is usually smiling and full of energy, but she noticed her head was down, her arms are crossed, and her mouth is frowning. Leah says, Rina looks like she misses us. They all cry out sympathetically....OHHH.... Showing compassion. They talk about what a good teammate and friend Rina is and how much they want to include her.</p> <p>Leah then uses her (superpower) communication skills to convince Roy to let Rina be included on their team, but she has to volunteer to switch in order to let Rina join. Kabbo apologizes saying he will try to be more aware and look for clues of how others are feeling. Kabbo adds, “hey look at Leah....her body tells me she is happy being on the other team. Watch out...she can really kick that ball!</p> |
| 4 | <p>Building Relationships</p> | <p>Athena Kabbo</p> | <p>Sharing and taking turns are fair and effective ways to play and be</p> | <p>The kids are excited about playing Steal the Flag and especially that they are all on the same team (referring to kickball in ep,3), but this</p> |

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| | <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 (examples: being a “good sport”, playing fairly, sharing, taking turns, saying please, thank you, and excuse me) | <p>Leah Rina Leo</p> | <p>successful.</p> <p>Communication with others includes having eye contact, speaking clearly and directly, and listening to others.</p> <p>Attentively listening helps you learn, work with others, and make and keep friends.</p> <p>Using communication skills and collaborating helps a group be more successful.</p> | <p>activity doesn’t go well when there is too much miscommunication and there are accidents, confusion, and they fall behind. (add the fun!) Rina gets angry because she researched the game and wanted them to follow her safe plan. Leah continues to talk about how she can tell that the other team is feeling too confident; irritated that it is unfair that they are ahead of them. Leo continues to remind us of his fear of heights (tie in to Ep. 1) and is nervous not wanting to be the one to climb up to get the flag. Kabbo steps in (as the peaceful leader) and gets them to regroup; reminding them of the importance of communicating (eye contact, speaking clearly and directly, listening to others) and collaborating to be successful. They work as a team with each kid taking a turn sharing an idea to steal the flag. With each contribution the others listen carefully and recognize their contribution. The team wins! Athena steps in after the competition to deliver their prize and to praise them for working well together, being fair, sharing leadership, taking turns, and especially communicating and collaborating.</p> |
| 5 | <p>Responsible Decision Making</p> <p>Objective: Consider ethics, safety, and social factors in making decisions</p> <p>SEL Skills:</p> <ul style="list-style-type: none"> Identify social norms and safety to guide behavior; Discusses ways to promote safety for themselves and others | <p>Rina Kabbo Leo</p> | <p>Following rules and expectations helps everyone in a group be more successful and keeps them safe.</p> <p>Managing strong emotions is important to avoid negative behavior and consequences.</p> <p>Calming down strategies like ABC’s can help you manage strong feelings of excitement.</p> <p>Unsafe behavior can lead to negative personal and social consequences.</p> <p>When you do something by accident, it is important to tell others you did not do it on purpose.</p> | <p>Kids are gathered around the camp’s firepit telling scary stories and roasting marshmallows. Kabbo is very proud of how he invented a very strategic way to stack marshmallows to fit perfectly on his stick so he could eat 3 at a time. Leo tells us he is feeling so happy and excited about being outside under the stars, telling stories, and roasting marshmallows. He cuts in line, grabs the marshmallows and knocks Kabbo’s perfectly stacked stick into the fire. Kabbo begins breathing heavily to calm down and begins positive self-talk. Rina steps in to remind the boys about safety, especially around the fire. She also reminds Leo to address his feelings, breathe to calm down when he is too excited, and to create a plan to help him remember the camp expectation to wait for your turn. Athena steps in to make sure Kabbo is not hurt, and reminds them (Leo) that taking turns, saying please, excuse me, and thank you helps you become a better friend and Rina adds....and keeps us safe! Leo apologizes telling us it was an accident and he did not do it on purpose. He knows he is working on slowing down and taking his time.</p> |
| 6 | <p>Self-Awareness</p> | <p>Leo</p> | <p>All people have different strengths and</p> | <p>The kids gather at the Tree of Life. Roy posted the activity choices for</p> |

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| | <p>Objective: Recognizes personal qualities and external support</p> <p>SEL Skill:</p> <ul style="list-style-type: none"> Identifies likes and dislikes, needs and wants | <p>Rina</p> <p>Leah</p> <p>Kabbo</p> | <p>challenges, likes, dislikes, needs, and wants.</p> <p>To better understand yourself it is important to identify what you like, dislike, need, and want.</p> <p>If you dislike something because it has been a challenge for you may want to learn more about it, practice, or ask for help to understand it better.</p> <p>Recognizing others' strengths, likes, and dislikes helps you in relationships.</p> | <p>the day near the tree. Rina is trying to help Leo decide which camp activity to go to. He is very clear on what he likes and dislikes. They walk around watching Kabbo and Leah enjoy different activities. Leo doesn't like rock climbing because it is too high. He doesn't like swimming because he doesn't like to get wet. He doesn't want to go back to archery because it is scheduled to close for lunch. Rina praises Leo for being so self-aware and clear about what he likes and dislikes. She explains why it is OK because they only have to sign up for the one activity of their choice and everyone has likes and dislikes. She reminds Leo that kids sometimes dislike something because it has been a challenge. She recommends that he learn more about what he doesn't like, practice, or ask for help to understand it better. Leo responds, "Nah, I am very sure who I am and what I like and don't like. I will always tell you what I need and want." Leo looks down at the list and realizes that what he really likes and wants to do is art, so he runs to the art center activity.</p> |
| 7 | <p>Self-Management</p> <p>Objective: Demonstrate skills to set personal goals and achieve success</p> <p>SEL Skill:</p> <ul style="list-style-type: none"> Demonstrates appropriate social behaviors to improve success (<i>examples: asks permission, asks for help, offers to help others, contributes to community</i>) | <p>Kabbo</p> <p>Rina</p> <p>Leo</p> <p>Leah</p> | <p>Being prepared for a task helps you be safe and more successful.</p> <p>Being focused, calm, and on task helps you be more successful.</p> <p>Offering to help others and contributing to the group helps you in relationships and in your community.</p> | <p>The kids are on a hike in the woods and have an adventure. After a bit, Rina goes off the trail to find a special flower she has researched...she ends up getting into something that gives her a rash.</p> <p>Leah is talking and talking as she hikes. She is retelling what happened at the firepit the other night and sharing how she sensed Kabbo was angry, Rina was disappointed, and Leo was just too excited, but after the accident happened it was nice to see Leo feeling compassion for Kabbo and apologizing. She is talking so much that she falls behind and loses sight of her friends. Forgetting her bug spray, she ends up with mosquito bites.</p> <p>Leo tells us he is excited to be outside in the sunshine and determined to be the first one back...he ends up getting ahead of everyone and forgetting his hat and sunscreen as he races along the path ahead of everyone else. He ends up with a sunburn.</p> <p>Kabbo steps in with his backpack full of the right equipment....hat, compass, map, water bottle, bug spray, whistle, first aid kit. Kabbo blows the whistle to gather the kids together again. He reminds them that being prepared will help them stay safe and be successful.</p> <p>Kabbo asks if they need his help, offering to use the items in his backpack to help them. He reminds each of them of the camp expectation to work as a team and that they should always</p> |

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| | | | | communicate before they wander off. |
| 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>Leah</p> <p>Roy</p> <p>Kabbo</p> <p>Rina</p> <p>Leo</p> | <p>Individual differences contribute to the group as a whole.</p> <p>Having empathy helps you understand and appreciate how others are similar and different</p> <p>Recognizing, appreciating, and respecting differences helps you in relationships and is respectful to others.</p> <p>Working collaboratively helps a group be more successful.</p> | <p>Roy meets with kids under the Tree of Life and explains that there will be a Tug of War tomorrow; reminding them to do their personal best, use the skills he taught them, organize their team and plan their strategy. (<i>executive functioning skills</i>) The kids love Tug of War and are excited that they are on the same team. Leo is so excited he tells everyone he is feeling elated (big word for really happy). Rina says she is simply joyous, and Kabbo identifies that he is feeling happy, but mostly confident that they will win. Kabbo pulls them into a huddle to plan. He reminds them about what they learned playing Steal the Flag (ep. 4) and how they took turns communicating and working as a team. He reminds them to remain calm, breathe, and recommends that the team organizes themselves along the rope by weight. Rina says she researched the best way to safely hold the rope and recommends they all wear gloves and sneakers that will give them traction.</p> <p>Leo (has a growth mindset) tells everyone he is feeling confident and reminds the team the importance of practice and effort in doing your best. He tells Kabbo he will be honest about his weight and will go in front.</p> <p>Leah can feel the enthusiasm, confidence, and collaboration! She recommends that they communicate with each other tomorrow by chanting 1,2,3 pull! She also knows the resources at the camp and will provide elbow and knee pads. Rina is happy they will be safe. They are ready!</p> <p>After winning the Tug of War Leah steps in with empathy to remind them that they all had the same feelings of excitement and confidence... and wanting to win the prize, yet each was different in what they contributed to the group to win. Individual differences contribute to the group as a whole. Working collaboratively helps a group be more successful.</p> <p>She appreciated Kabbo's organizational skills, Rina's research on how to hold the rope to keep them safe, Leo's honesty and "can do" attitude. She hopes her communication strategy...they all yell..."1,2,3,pull!" helped too. She reminded them that they are the same in many ways, but also different and that our different strengths contributed to the team and the win.</p> <p>Athena steps in to praise them for winning and especially for working</p> |

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| | | | | as a team. She hands them the prize. |
| 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>Athena Leo Leah</p> <p>Kabbo Rina</p> | <p>Accidents can happen, but when you do something by accident, it is important to tell others you did not do it on purpose.</p> <p>Apologizing, avoiding trouble, choosing to leave, and notify an adult during a problem situation are good ways to resolve conflicts.</p> <p>Managing strong emotions can help avoid conflicts and negative consequences.</p> <p>Following rules and expectations helps everyone in a group be more successful and keeps them safe.</p> | <p>Athena gathered the kids in the art center for painting. They are asked to paint something (maybe their favorite tree at the camp?). The kids talk about which is their favorite and why. There are not enough pots of paint for each kid, so they have to share paint pots in the middle of the table.</p> <p>Leo reminds us how much he loves art! He gets his paper and brush and begins painting. Rina is being careful and doesn't want to get paint on her clothes. She gets up and gets the smocks for everyone to wear to avoid accidents. She sits and thinks, plans, and then paints. Kabbo carefully lays out his materials in front of him, takes a pencil and strategically begins to sketch what he wants to then paint. Leah adjusts the paints in the middle of the table to make sure they are in the center and they all have equal access. She recognizes and comments on Leo's gift as an artist. He agrees. She is hesitant to get started and begins to feel nervous because Leo is so excited about art and painting that he spills paint from his brush onto her paper. She pulls back irritably and moves over reminding Leo about what happened at the firepit (ep. 5) and how it upset Kabbo. Leo apologizes. Leah says, I am feeling irritated but I accept your apology and know it was an accident. I am going to move over a space to avoid a problem and ask an adult for help. Athena gives a new paper to Leah and brings extra paint to Leo and reminds him that strategies like breathing and slowing down will help manage his excitement. She praises Leah for avoiding conflict by moving over and notifying an adult. She also reminds Leo that following the camp's expectations to take his turn, and saying excuse me can help avoid trouble and help them become better friends, and Rina adds....and keeps us safe!</p> |
| 10 | <p>Responsible Decision-Making</p> <p>Objective: Applies problem solving skills to deal responsibly with daily social situations</p> | <p>Leah Leo Kabbo Rina</p> | <p>We all experience problems and have to make decisions to solve our problems.</p> <p>Following STAR can help you solve problems S - State the Problem T - Think through Solutions</p> | <p>It is just one of those days! From the time the kids wake up they have problems. Leo can't find his shoe and is late for breakfast....and he LOVES breakfast. Leah stopped on the path to archery to talk to Athena about what happened in art class yesterday and missed target practice. Kabbo overscheduled himself and can't decide if he should go to the climbing wall or bike racing. Rina steps in and explains STAR, an approach she uses to solve her problems and make decisions.</p> |

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| | <p>SEL Skill:</p> <ul style="list-style-type: none"> Identifies problems kids have and decisions kids make. | <p>A- Analyze Consequences R- Reflect on the BEST Solution</p> <p>Taking responsibility for your actions is respectful.</p> <p>Being honest in stating the problem without blaming others is respectful and helps you solve problems.</p> <p>Thinking through a number of solutions and analyzing the consequences for each helps you make better decisions.</p> <p>Some solutions to problems are complex. Taking time to reflect on the best solution will help you create a plan to be successful.</p> | <p>S - State the Problem T - Think through Solutions A- Analyze Consequences R- Reflect on the BEST Solution</p> <p>Rina talks through each problem with each kid using STAR and asking what is the real problem. (Can make fun with silly scenarios)</p> <p>Leo S - Problem: Is it shoe disappeared or is not organizing my things T - Solution: Can not wear slippers for breakfast or put shoes next to the bed stand at night. A - Consequence: Being late for breakfast means being <u>really</u> hungry until lunch R - Best Solution: Organizing my things at night and putting my shoes next to bed stand</p> <p>Rina does the same with Kabbo and Leah. Kabbo jumps to his first solution without thinking that there may be other solutions. Leah doesn't take time to reflect on the best solution.</p> <p>Rina reinforces the steps to problem solving until they have the best solution. She ends by reminding them that we all experience problems at home and school. We all have to make decisions to solve our problems. It is important to start by being responsible in identifying the real problem and then simply follow the Rina researched and approved STAR approach to problem solving. They all chime and recite: S - State the Problem T - Think through Solutions A- Analyze Consequences R- Reflect on the BEST Solution</p> |
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