

WEST DEPTFORD SCHOOL DISTRICT

Content Area: SEL		
Course Title: Choose Love		
Grade Level: First Grade		
	Unit 1: Courage	
	10/2/2023 - 12/8/2023	9 weeks
	Unit 2: Gratitude	
	12/11/2023 - 1/26/2024	6 weeks
	Unit 3: Forgiveness	
	1/29/2024 - 2/23/2024	4 weeks
	Unit 4: Compassion In Action	
	2/26/2024 - 3/28/2024	5 weeks
Date Created: August 2021 Revised: August 2023		Board Approved: August 2021 Revised Board Approved: August 2022

WEST DEPTFORD SCHOOL DISTRICT
First Grade Choose Love Pacing Guide for 2023- 2024

Title: Choose Love Please note: Even though Choose Love is taught two days a week , skills and vocabulary should be integrated and reinforced throughout the school day.	Instructional Period	# of Days
Unit 1: Courage (10/2/2023 - 12/8/2023)		
Week 1 -Choosing Love	10/2, 10/4	2
Week 2- Feelings	10/11, 10/13	2
Week 3- The Four Ingredients of Choose Love	10/16, 10/18	2
Week 4- Difficult Feelings	10/23, 10/25	2
Week 5- Courage and the Brave Breath	10/30, 11/1	2
Week 6- Strong Feelings and the Brave Pose	11/6, 11/7	2
Week 7- Listening and Being Courageous	11/13, 11/15	2
Week 8- Positive Relationships and Friendship Skills	11/27, 11/29	2
Week 9- Courage with Friends	12/4, 12/6	2
Unit 2: Gratitude (12/11/2023 - 1/26/2024)		
Week 1- The Benefits of Gratitude	12/11, 12/13	2
Week 2- The Gifts of Gratitude	12/18, 12/20	2
Week 3- Gratitude for Our World	1/2, 1/4	2
Week 4- Gratitude for Myself	1/8, 1/10	2
Week 5- Gratitude for Diversity	1/16, 1/18	2
Week 6- An Attitude of Gratitude	1/22, 1/24	2
Unit 3: Forgiveness (1/29/2024 - 2/23/2024)		
Week 1- What is Forgiveness?	1/29, 1/31	2
Week 2- Cutting the Cord to Anger	2/5, 2/7	2
Week 3- The Brain, Anger and Hot Feelings	2/12, 2/14	2
Week 4- Forgiveness is Action, Not Just Words	2/20, 2/22	2
Unit 4: Compassion In Action (2/26/2024 - 3/28/2024)		
Week 1-Compassion and Belonging	2/26, 2/28	2
Week 2-Compassion for Self and Others	3/4, 3/6	2
Week 3- Compassion for Our Similarities and Differences	3/11, 3/13	2
Week 4-Making Compassionate Decisions	3/18, 3/0	2
Week 5- We are All Connected	3/25, 3/27	2