

TomoClub



Social Emotional Learning (SEL) Curriculum

www.tomoclub.org

INTRODUCTION

Our comprehensive curriculum spans an entire academic year and is designed to meet the educational needs of students ranging from Grade 3 to 12. Central to our program are interactive games that serve as a shared activity, complemented by customized lesson plans tailored to each grade level and group's specific requirements.

Our primary focus is delivering learning objectives that equip students with practical skills relevant to their everyday experiences. These games are meticulously crafted to be engaging, age-appropriate, and promote collaborative learning outcomes.

SCOPE AND SEQUENCE

Week	Social Emotional Learning (SEL)
1	Identifying personal & social identity
2	Positive Self Talk
3	Embracing Uniqueness: Respect for all
4	Mindsets: growth & fixed
5	Emotions vocabulary
6	Feelings & Myself: dealing with big emotions
7	Feelings & thoughts 2: Emotional perception
8	Managing emotions: mindfulness, stress
9	Patience, Grit and Assertiveness

Week	Social Emotional Learning (SEL)
10	Personal and collective agency
11	Empathy
12	Creating Space: Active listening
13	Taking care of the Environment
14	Managing resources/ organization
15	Brainstorming: Openness to learning/feedback
16	Understanding Boundaries
17	Identify good leadership practices
18	Taking Initiative
19	Entrepreneurship and Innovation

Week	Social Emotional Learning (SEL)
20	Decisions that impact others
21	Looking ahead
22	Being curious

Week	Social Emotional Learning (SEL)
23	Interpreting data
24	Taking risks
25	Process oriented or solution oriented



CONTACT US

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