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| **Mental Health Scope and Sequence**  **Fourth Grade** | | | |
| **Self-Management**  **10 Weeks** | **1A- Self-care to promote mental health and overall wellness**.  Lesson Suggestions:   * [ON- Lesson 1A](https://www.nfschools.net/cms/lib/NY19000301/Centricity/domain/4/mh%20curriculum/mh%20lessons%203-5/ON%20BOCES%20MH%203-5%20Lesson%201A.docx) | **1B- Resiliency**  Lesson Suggestions:   * [ON- Lesson 1B](https://www.nfschools.net/cms/lib/NY19000301/Centricity/domain/4/mh%20curriculum/mh%20lessons%203-5/ON%20BOCES%20MH%203-5%20Lesson%201B.docx) | **1C- Feelings**  Lesson Suggestions:   * [ON- Lesson 1C](https://www.nfschools.net/cms/lib/NY19000301/Centricity/domain/4/mh%20curriculum/mh%20lessons%203-5/ON%20BOCES%20MH%203-5%20Lesson%201C.docx) |
| **Relationships**  **20 Weeks** | **2A- Communication Skills**  Lesson Suggestions:   * [ON Lesson 2A](https://www.nfschools.net/cms/lib/NY19000301/Centricity/domain/4/mh%20curriculum/mh%20lessons%203-5/ON%20BOCES%20MH%203-5%20Lesson%202A.docx) | **2B- Empathy, Compassion, Acceptance**  Lesson Suggestions:   * [ON- Lesson 2B](https://www.nfschools.net/cms/lib/NY19000301/Centricity/domain/4/mh%20curriculum/mh%20lessons%203-5/ON%20BOCES%20MH%203-5%20Lesson%202B.docx) | **2C- Gratitude, Forgiveness**    Lesson Suggestions:   * [ON- Lesson 2C](https://www.nfschools.net/cms/lib/NY19000301/Centricity/domain/4/mh%20curriculum/mh%20lessons%203-5/ON%20BOCES%20MH%203-5%20Lesson%202C.docx) |
| **Resources Management**  **30 Weeks** | 3**A- What to ask for help for self and others**  Lesson Suggestions:   * [ON Lesson 3A](https://www.nfschools.net/cms/lib/NY19000301/Centricity/domain/4/mh%20curriculum/mh%20lessons%203-5/ON%20BOCES%20MH%203-5%20Lesson%203A.docx)   Additional Resources   * <https://www.5pointscale.com/> | **3B- When to ask for help for self and others**  Lesson Suggestions   * [ON- Lesson 3B](https://www.nfschools.net/cms/lib/NY19000301/Centricity/domain/4/mh%20curriculum/mh%20lessons%203-5/ON%20BOCES%20MH%203-5%20Lesson%203B.docx) | **3C- Where to ask for help for self and others**  Lesson Suggestions:   * [ON- Lesson 3C](https://www.nfschools.net/cms/lib/NY19000301/Centricity/domain/4/mh%20curriculum/mh%20lessons%203-5/ON%20BOCES%20MH%203-5%20Lesson%203C.docx) |
| **Review**  **40 Weeks (Optional)** | Lesson Suggestions:   * We All Have Mental Health Lessons   + [Lesson 1](https://www.nfschools.net/cms/lib/NY19000301/Centricity/domain/4/mh%20curriculum/mh%20lessons%203-5/WAHMH%204TH%205TH%20Lesson%201.docx)   + [Lesson 2](https://www.nfschools.net/cms/lib/NY19000301/Centricity/domain/4/mh%20curriculum/mh%20lessons%203-5/WAHMH%204TH%205TH%20Lesson%202.docx)   + [Lesson 3](https://www.nfschools.net/cms/lib/NY19000301/Centricity/domain/4/mh%20curriculum/mh%20lessons%203-5/WAHMH%204TH%205TH%20Lesson%203.docx)   + [Lesson 4](https://www.nfschools.net/cms/lib/NY19000301/Centricity/domain/4/mh%20curriculum/mh%20lessons%203-5/WAHMH%204TH%205TH%20Lesson%204.docx) |

Additional Resources: [The Health Triangle](https://www.nfschools.net/cms/lib/NY19000301/Centricity/domain/4/mh%20curriculum/The%20Health%20Triangle.docx), Whole Person Graphic Organizer , [[Journey's Feelings Discussion Guide](https://www.nfschools.net/cms/lib/NY19000301/Centricity/domain/4/mh%20curriculum/mh%20lessons%203-5/Journeys%20Feelings%20Discussion%20Guide.docx)](https://www.nfschools.net/cms/lib/NY19000301/Centricity/domain/4/mh%20curriculum/mh%20lessons%203-5/Journeys%20Feelings%20Discussion%20Guide.docx)