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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)
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| **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)
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| **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)
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| **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)
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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)