



# Harmony SEL™

## Registration

Harmony Curriculum™ provides Pre-K to 6th grade instructional tools to support healthy relationships and build social and emotional skills. Available at no cost, the program offers a flexible, easy to use curriculum that is available through the Harmony Online Learning Portal.

To access these lessons, you will need to create an account on their website.  
[Click here to create an account](#)

Once you are on the Harmony SEL website, click “Register Now for Free”

### Register and Create Your FREE Profile

SINGLE SIGN-ON: Once registered, use your login to access any of our Online Learning Portals.

**REGISTER NOW FOR FREE!**

Already Registered?

**SIGN IN**

USERNAME

Enter your username here

PASSWORD

Enter your password here

**Sign In**

[Forgot your password?](#)



**Harmony Curriculum™**

Harmony Curriculum™ provides Pre-K to 6th grade instructional tools and classroom resources to support healthy relationships and build social and emotional skills in students inside and outside the classroom.



**Harmony Professional Learning™**

Harmony Professional Learning™ (formerly known as Inspire Leading in Learning) supports and inspires the Whole Educator in Pre-K to 12th grade as they build instructional practices and healthy relationships in classrooms.



**SANFORD COLLEGE OF EDUCATION**

The Sanford College of Education's professional development website will guide you as an educator in understanding and providing Social Emotional Learning. You will see SEL in action and get practical suggestions for immediate implementation.



The Fundraising Academy Learning Portal provides free, on-demand training for nonprofits and fundraising professionals on the cause selling approach to building and retaining donor relationships.

# Harmony SEL™

Input your information to create a profile.

As you register, information you will want to input is:

- Primary Program of Interest: Harmony Curriculum (Harmony SEL)
- Role: Parent
- Organization: Homeschool Program
- Grade Level: Leave this section blank

## Registration Create Your Profile



FIRST NAME

Enter your first name here

LAST NAME

Enter your last name here

EMAIL ADDRESS

Enter your email here

USERNAME

Enter your username here

PASSWORD

Set your password here

CONFIRM PASSWORD

Confirm your password

POSTAL CODE

Enter your postal code here

PRIMARY PROGRAM OF INTEREST

Harmony Curriculum (Harmony SEL) ▼

COUNTRY

United States ▼

STATE

Washington ▼

ROLE

Parent ▼

GRADE LEVEL

Select grade(s) ▼

ORGANIZATION

Homeschool Program

Submit

By submitting this form, I agree to the [Privacy Policy](#)

After you complete registration, click on Harmony Academy: Harmony Curriculum™

 **HARMONY  
ACADEMY**  
Harmony Curriculum™

Harmony Curriculum™ provides Pre-K to 6th grade instructional tools and classroom resources to support healthy relationships and build social and emotional skills in students inside and outside the classroom.

Go Now To Third Edition

 **HARMONY  
ACADEMY**  
Harmony Professional Learning™  
*Formerly Inspire Leading in Learning*

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Go Now!

 **National  
UNIVERSITY**  
SANFORD COLLEGE  
OF EDUCATION

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Go Now!

 **FUNDRAISING  
ACADEMY**

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Go Now!



# Harmony SEL™

The site will ask you a few more follow-up questions before you enter the curriculum dashboard: Your role, work location, and who you're working with.

1

2

3

Role

Work Location

Finish

☐ Teacher

☐ School or District Administrator

☐ School Counselor

☐ Resource Specialist

☐ Librarian

☐ Curriculum Specialist

☐ Credential Student/Pre-Service Teacher

☒ Parent/Caregiver

☐ Out Of School Facilitator

☐ Graduate Student

☐ University Dean or Faculty

☐ Other

Next

1

2

3

Role

Work Location

Finish

City\*

Country\*

United States

▼

State\*

Washington

▼

Work Postal Code\*

Timezone\*

Pacific

▼

Previous

Next



# Harmony SEL™

The site will ask you a few more follow-up questions before you enter the curriculum dashboard: Role, work location, and who you're working with.

1  
Role

2  
Work Location

3  
Finish

Grades\*

☐ All ☒ Pre-K ☒ Kindergarten ☒ Grade 1 ☒ Grade 2 ☒ Grade 3 ☒ Grade 4 ☒ Grade 5  
☒ Grade 6 ☒ Middle School ☐ High School

\*Select any OR all of the following

☐ School District  
☐ University Partner  
☐ Out of School or Other Organization  
☒ Other

Homeschool Program

Are you affiliated with any of the following organizations?

☐ Head Start ☐ 4-H ☐ Boys & Girls Club of America ☐ Teach for America ☐ Communities in Schools  
☐ National Association of Elementary School Principals (NAESP)

☒ \*By submitting this form, I agree to the [Privacy Policy](#).

Previous

Get Started

Click "Get Started" to access the Harmony Curriculum™ Dashboard

# Harmony SEL™

## Getting Started

This is the Harmony Curriculum Dashboard. When you first enter the dashboard, there is an opportunity to explore the different things offered by this program. Here are some of the main components we will be using.

Use this to access content for each grade level, as well as, Storybooks, Games and Songs that correlate to specific units.

Click here for access to Planning/ Pacing Guides and Printable Resources for each lesson.

Click the Unit to see it's lessons. This is the 1st Unit you start with.

Use this to select the grade level content you want to use.

The screenshot displays the Harmony Curriculum Dashboard interface. At the top, the navigation bar includes the National Academy logo, the text 'HARMONY ACADEMY | Harmony Curriculum™', a 'Ver en Español' button, a search bar, and a user profile icon labeled 'Parent/Corregiver'. Below the navigation bar, a horizontal menu contains links: 'Dashboard', 'Getting Started >', 'Curriculum >', 'My Progress', 'Program Resources >', 'Training & Advanced Education >', 'About Us >', and 'Help >'. The 'Curriculum' and 'Program Resources' links are highlighted with red boxes. The main content area is divided into several sections. On the left, the 'Getting Started' section features three icons: 'PROGRAM OVERVIEW', 'WELCOME LETTER', and 'PLANNING GUIDE(S)'. Below this is the 'Everyday Practices Quick Links' section with links for 'INTRODUCTION', 'HARMONY GOALS', 'MEET UP', 'BUDDY UP', and 'QUICK CONNECTION CARDS'. The central 'Harmony Curriculum Units' section has a 'Grade Level' dropdown menu set to 'Pre-K', which is highlighted with a red box. Below the dropdown, four units are listed: 'Unit Building Community', 'Unit 1 Being My Best Self' (highlighted with a red box), 'Unit 2 Valuing Each Other', 'Unit 3 Communicating With Each Other', and 'Unit 4 Learning From Each Other'. Each unit includes a small image and a brief description. On the right side, there is a 'Calendar Events' section with a list of events for January 16th, 17th, and 18th, including times and descriptions. Below the calendar is a 'News & Updates' section featuring a video player with the title 'Harmony Third ...' and a thumbnail image of children. A callout box from the top left points to the 'Getting Started' section, and another from the top right points to the 'Program Resources' link. A third callout from the top left points to the 'Unit 1 Being My Best Self' unit, and a fourth from the top right points to the 'Grade Level' dropdown menu.

Use this to access content for each grade level, as well as, Storybooks, Games and Songs that correlate to specific units.

Click here for access to Planning/ Pacing Guides and Printable Resources for each lesson.

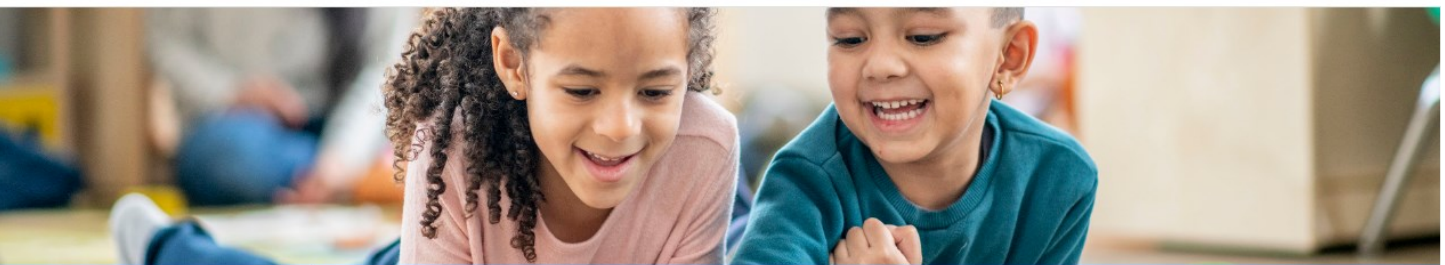
Click the Unit to see it's lessons. This is the 1st Unit you start with.

Use this to select the grade level content you want to use.

# Harmony SEL™

Select the grade level that you feel is most appropriate for your student(s). If you have students in multiple grades, you may want to select one “grade level” to use for all of your students. Feel free to explore all the lessons by grade level to determine what is most appropriate for your family.

It is recommended that you start with Unit 1: Being My Best Self, but you can choose to start with another Unit if you would like. The most important thing is that you complete each lesson in order, in the Unit you choose.



## GRADE Grade 1 UNIT 1 Being My Best Self

### Being My Best Self



Unit 1 explores understanding how everyone has connected emotions, thoughts, and actions; strategies to use more helpful self-talk and to take a growth mindset; and how these skills promote positive group dynamics. Students learn about:

- recognizing their own and others' emotions
- how situations influence their thoughts and emotions
- how emotions, thoughts, and actions work together
- emotional regulation and supporting strategies
- using a growth mindset and flexible thinking



### HOME-TO-SCHOOL CONNECTIONS

The Home Letter explains this unit's concepts and learning goals. It also has Home Activities to reinforce unit skills at home. You can print and send these as-is, or cut and paste to include in your own newsletter.



HOME LETTER

### UNIT VOCABULARY

### Unit Introduction

Students explore that we all have emotions, thoughts, and actions. They learn that it is important to pay attention to them in order to be our best selves.

### 1.1 – All About Emotions

Students play an emotion guessing game by expressing how emotions feel on the inside and look and sound on the outside.

### 1.2 – What's Causing Those Feelings?

Students find clues in a situation and use them to think about why someone (themselves or others) feels the way they do.

### 1.3 – Feel, Think, Act

Students reflect on situations, determine how they might feel, think, and act in response and compare their response to others.

### 1.4 – Strong and Mild Emotions

Students practice calming strategies and use these strategies to help with self-regulation.

### 1.5 – Think Like a Caterpillar

Students discuss and practice changing Worm thoughts (reflecting a fixed mindset) into Caterpillar thoughts (reflecting a growth mindset).

## Time to Teach

After you choose a grade level and unit, it is time to start teaching lessons!

Each lesson will provide the following things:

- An Overview of the lesson and the Learning Goals
- Materials that you will need for the lesson (Stories and print-outs)
- The Parts of the lesson that you will lead
  - Part 1: Set the Stage
  - Part 2: Facilitate the Activity
  - Part 3: Reflect & Review
- Information on how to practice these skills in your daily life

Grade 1

UNIT 1 | Lesson 1

< Back

< Being My Best Self

[Unit Introduction](#) >

Lesson 1.1 ▾

[Part 1: Set the Stage](#)

[Part 2: Facilitate the Activity](#)

[Part 3: Reflect & Review](#)

[Everyday Moments/SEL in Action](#)

[Remote Learning](#)


Lesson 1.2 >

Lesson 1.3 >

Lesson 1.4 >

Lesson 1.5 >

Storybook



Curriculum > Grade 1 > UNIT 1 > Lesson 1

✓ Mark Lesson Complete

### All About Emotions

In this story, "The Spider," Maddie and Alo react very differently when finding a spider. When Z questions why they reacted so differently, Maddie and Alo explain how they each feel about spiders. Alo's explanation helps Maddie overcome being afraid.

Students listen to the story and discuss how feelings can change.

**Click on the story box to the left** and read the story with students. Use the discussion prompts at the end to support a conversation and introduce lesson themes.

#### Overview

Lesson Synopsis

For students to be able to direct or manage their own emotions, understand the emotions of others, develop empathy, and interact competently with others, they must first know how to recognize emotions and emotional experiences in themselves and others. In this lesson, students will learn to identify emotions based on internal and external cues as they practice identifying and expressing pleasant and unpleasant emotions by playing a guessing game.

Learning Goals

- Students recognize their own and others' emotions.
- Students describe and demonstrate how emotions feel (internal physical sensations) and look and sound (external physical and vocal cues).
- Students foster awareness that emotions can vary in intensity—being strong or mild—and pleasantness.

CASEL Competencies

- Self-Awareness: Identifying One's Emotions

Materials

- ["The Spider" Story](#)
- [Feelings Chart Reference Guide](#)
- [Feelings Faces Cards](#) (one set per buddy pair, cut into cards)

Pacing

This lesson can be taught in one class period or divided over multiple days. See our [Planning Guides](#) for assistance and planning support.



# Harmony SEL™

Each Unit has 5 lessons and you will want to create a plan for when you will provide lessons for your student(s). It is suggested that you provide at least 1 lesson per week.

This could look like:

Week 1				
Monday	Tuesday	Wednesday	Thursday	Friday
Unit Introduction (20 mins)	Lesson Part 1: Set the Stage (15 mins)		Lesson Part 2: Facilitate Activity (20 Mins)	Lesson Part 3: Reflect & Review (15 mins)

Weeks 2-5				
Monday	Tuesday	Wednesday	Thursday	Friday
	Lesson Part 1: Set the Stage (15 mins)		Lesson Part 2: Facilitate Activity (20 mins)	Lesson Part 3: Reflect & Review (15 mins)