Varsity Brands Empowerment Journals
40-Week Map of Emotional Vocabulary & SEL Concepts (Grades 3-12)

	40-Week Map of Emotional Vocabulary & SEL Concepts (Grades 3-12)			
Week #	Empowerment Right	Emotional Vocabulary	SEL Focus	
Week 1	Live Optimistically	Trust	Self-Awareness	
Week 2	Active On Positive Motivation	Enthusiasm	Self-Management	
Week 3	Live with Respect for Self and Others	Encouragement	Social Awareness	
Week 4	Communicate with a Unique Voice	Fear	Relationship Skills	
Week 5	Make Choices about Sharing Geatness	Motivation	Responsible Decision-Making	
Week 6	Live Optimistically	Trust	Self-Awareness	
Week 7	Active On Positive Motivation	Enthusiasm	Self-Management	
Week 8	Live with Respect for Self and Others	Encouragement	Social Awareness	
Week 9	Communicate with a Unique Voice	Fear	Relationship Skills	
Week 10	Make Choices about Sharing Geatness	Motivation	Responsible Decision-Making	
Week #	Empowerment Right	Emotional Vocabulary	SEL Focus Self-Awareness	
Week 12	Live Optimistically Active On Positive Motivation	Joy		
Week 12		Anxiety	Self-Management Social Awareness	
	Live with Respect for Self and Others	Support		
Week 14 Week 15	Communicate with a Unique Voice	Interest	Relationship Skills	
	Make Choices about Sharing Geatness	Acceptance	Responsible Decision-Making	
Week 16	Live Optimistically	Joy	Self-Awareness	
Week 17	Active On Positive Motivation	Anxiety	Self-Management	
Week 18	Live with Respect for Self and Others	Support	Social Awareness	
Week 19	Communicate with a Unique Voice	Interest	Relationship Skills	
Week 20	Make Choices about Sharing Geatness	Acceptance	Responsible Decision-Making	
Week #	Empowerment Right	Emotional Vocabulary	SEL Focus	
Week 21	Live Optimistically	Awe	Self-Awareness	
Week 22	Active On Positive Motivation	Distracted	Self-Management	
Week 23	Live with Respect for Self and Others	Perpared	Social Awareness	
Week 24	Communicate with a Unique Voice	Positive	Relationship Skills	
Week 25	Make Choices about Sharing Geatness	Surprise	Responsible Decision-Making	
Week 26	Live Optimistically			
		Awe	Self-Awareness	
Week 27	Active On Positive Motivation	Awe Distracted	Self-Awareness Self-Management	
Week 27 Week 28	. ,			
	Active On Positive Motivation	Distracted	Self-Management	
Week 28	Active On Positive Motivation Live with Respect for Self and Others	Distracted Perpared	Self-Management Social Awareness	
Week 28 Week 29 Week 30 Week #	Active On Positive Motivation Live with Respect for Self and Others Communicate with a Unique Voice Make Choices about Sharing Geatness Empowerment Right	Perpared Positive Surprise Emotional Vocabulary	Self-Management Social Awareness Relationship Skills Responsible Decision-Making SEL Focus	
Week 28 Week 29 Week 30	Active On Positive Motivation Live with Respect for Self and Others Communicate with a Unique Voice Make Choices about Sharing Geatness	Distracted Perpared Positive Surprise	Self-Management Social Awareness Relationship Skills Responsible Decision-Making	
Week 28 Week 29 Week 30 Week #	Active On Positive Motivation Live with Respect for Self and Others Communicate with a Unique Voice Make Choices about Sharing Geatness Empowerment Right	Perpared Positive Surprise Emotional Vocabulary	Self-Management Social Awareness Relationship Skills Responsible Decision-Making SEL Focus	
Week 29 Week 30 Week # Week 31	Active On Positive Motivation Live with Respect for Self and Others Communicate with a Unique Voice Make Choices about Sharing Geatness Empowerment Right Live Optimistically	Perpared Positive Surprise Emotional Vocabulary Optimism	Self-Management Social Awareness Relationship Skills Responsible Decision-Making SEL Focus Self-Awareness	
Week 28 Week 29 Week 30 Week # Week 31 Week 32	Active On Positive Motivation Live with Respect for Self and Others Communicate with a Unique Voice Make Choices about Sharing Geatness Empowerment Right Live Optimistically Active On Positive Motivation	Perpared Positive Surprise Emotional Vocabulary Optimism Relaxation	Self-Management Social Awareness Relationship Skills Responsible Decision-Making SEL Focus Self-Awareness Self-Management	
Week 28 Week 29 Week 30 Week # Week 31 Week 32 Week 33	Active On Positive Motivation Live with Respect for Self and Others Communicate with a Unique Voice Make Choices about Sharing Geatness Empowerment Right Live Optimistically Active On Positive Motivation Live with Respect for Self and Others	Perpared Positive Surprise Emotional Vocabulary Optimism Relaxation Commitment	Self-Management Social Awareness Relationship Skills Responsible Decision-Making SEL Focus Self-Awareness Self-Management Social Awareness	
Week 28 Week 29 Week 30 Week # Week 31 Week 32 Week 33 Week 34	Active On Positive Motivation Live with Respect for Self and Others Communicate with a Unique Voice Make Choices about Sharing Geatness Empowerment Right Live Optimistically Active On Positive Motivation Live with Respect for Self and Others Communicate with a Unique Voice	Perpared Positive Surprise Emotional Vocabulary Optimism Relaxation Commitment Involvement	Self-Management Social Awareness Relationship Skills Responsible Decision-Making SEL Focus Self-Awareness Self-Management Social Awareness Relationship Skills	
Week 28 Week 29 Week 30 Week # Week 31 Week 32 Week 33 Week 34 Week 35	Active On Positive Motivation Live with Respect for Self and Others Communicate with a Unique Voice Make Choices about Sharing Geatness Empowerment Right Live Optimistically Active On Positive Motivation Live with Respect for Self and Others Communicate with a Unique Voice Make Choices about Sharing Geatness	Perpared Positive Surprise Emotional Vocabulary Optimism Relaxation Commitment Involvement Empowerment	Self-Management Social Awareness Relationship Skills Responsible Decision-Making SEL Focus Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making	
Week 28 Week 29 Week 30 Week # Week 31 Week 32 Week 33 Week 34 Week 35 Week 36	Active On Positive Motivation Live with Respect for Self and Others Communicate with a Unique Voice Make Choices about Sharing Geatness Empowerment Right Live Optimistically Active On Positive Motivation Live with Respect for Self and Others Communicate with a Unique Voice Make Choices about Sharing Geatness Live Optimistically	Perpared Positive Surprise Emotional Vocabulary Optimism Relaxation Commitment Involvement Empowerment Optimism	Self-Management Social Awareness Relationship Skills Responsible Decision-Making SEL Focus Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making Self-Awareness	
Week 28 Week 29 Week 30 Week # Week 31 Week 32 Week 33 Week 34 Week 35 Week 36 Week 37	Active On Positive Motivation Live with Respect for Self and Others Communicate with a Unique Voice Make Choices about Sharing Geatness Empowerment Right Live Optimistically Active On Positive Motivation Live with Respect for Self and Others Communicate with a Unique Voice Make Choices about Sharing Geatness Live Optimistically Active On Positive Motivation	Perpared Positive Surprise Emotional Vocabulary Optimism Relaxation Commitment Involvement Empowerment Optimism Relaxation	Self-Management Social Awareness Relationship Skills Responsible Decision-Making SEL Focus Self-Awareness Self-Management Social Awareness Relationship Skills Responsible Decision-Making Self-Awareness Self-Awareness	