



SKILL TREE™

K–6 Skill Lessons: Scope & Sequence

Designed for students in kindergarten through sixth grade, all lessons in this track focus on the individual skill being taught as it relates to their **personal competitive advantage**. Building a personal competitive advantage can be a powerful motivator for students because it will allow them to create the kind of life they want to enjoy.

Whether they know it or not, every student in your learning environment has a dream. Whether it's making friends, joining a team, being selected for something special, or whatever they want, this dream is a piece of the lifestyle they want to live. And their personal competitive advantage is what will make it possible.

The **21 Skills** in the Skill Tree framework show them that achieving that lifestyle is directly related to their professional skills. Everything we ask students to do in the classroom is framed as part of building their personal competitive advantage, creating relevance and engagement. Together, we can inspire them with a fresh drive to start practicing these positive behaviors.

We highly recommend that the first five lessons be introduced first. After that, you may proceed through the rest of the lessons in our provided sequence, or choose to introduce lessons in whatever order you need based on your unique environment.

These skill lessons are designed to be flexible in a wide range of learning environments. They may be used as a bellringer exercise, as material for a full period, as a weekly check-in, or in any other way that best serves your students.



CAREER TREE®

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1. The Magic of Small Steps:

A K–6 Lesson on Consistency, Growth, and Unlocking Our Competitive Advantage

This foundational lesson introduces K–6 students to one of the most powerful ideas they can carry for life: small steps done consistently create incredible results over time.

This lesson is designed to be the first in your Skill Tree series and includes:

- A Social Story to ground the concept in relatable action
- 8 Group Discussion Questions with follow-up prompts
- 8 Journal Prompts that support drawing or writing
- 10 creative and age-appropriate classroom Activities
- A printable Worksheet to reflect on their small steps and goals



2. The Magic of Human Connection:

A K–6 Lesson on Building Relationships, Personal Growth, and Professional Skills

This lesson teaches human connection as a professional skill that is often overlooked but is essential to thriving in school, life, and future work.

Students can practice connecting meaningfully with others using these tools:

- A Social Story that makes the concept relatable
- 8 Group Discussion Questions with follow-up prompts
- 8 Journal Prompts to inspire writing or drawing
- 10 fun and impactful classroom Activities
- A reflective Worksheet for student application and reinforcement



3. The Magic of Self-Management:

A K–6 Lesson on Responsibility, Emotional Control, and Personal Growth Through Daily Habits

This lesson helps students explore and strengthen the professional skill of self-management, defined as the ability to control our actions, emotions, and focus, even when things feel hard or exciting.

It includes:

- A Social Story to build empathy and understanding
- 8 Group Discussion Questions with follow-up prompts
- 8 flexible Journal Prompts (draw or write)
- 10 simple and fun classroom Activities that support the skill
- A printable reflection Worksheet for student reinforcement

(cont.)



4. The Magic of Emotional Intelligence:

A K–6 Lesson on Understanding Feelings, Managing Reactions, and Building Better Relationships

This lesson introduces students to the professional skill of emotional intelligence, which is the ability to recognize our own feelings, understand the emotions of others, and use that understanding to make good choices in how we respond and connect.

It includes:

- A Social Story that brings emotional intelligence to life
- 8 Group Discussion Questions with follow-up prompts
- 8 Journal Prompts (draw or write)
- 10 engaging classroom Activities for understanding and practicing the skill
- A printable Worksheet to help students reflect and grow



5. The Magic of Coping:

A K–6 Lesson on Handling Hard Moments, Managing Emotions, and Moving Forward with Strength

This lesson helps students build the professional skill of coping, which simply means responding to strong emotions and difficult situations in healthy, helpful ways.

Students will learn it's okay to acknowledge how we feel, along with small steps to stay safe, calm, and focused when things get hard through:

- A relatable Social Story
- 8 Group Discussion Questions with follow-up prompts
- 8 Journal Prompts (draw or write)
- 10 K–6-friendly classroom Activities
- A printable Worksheet to help students reflect on and build their coping toolbox



6. The Magic of Communication:

A K–6 Lesson on Listening, Speaking Clearly, and Connecting with Confidence

This lesson introduces students to the essential professional skill of communication so they can express thoughts clearly, listen actively, and build understanding with others.

Students are given tools to practice being clear, kind, and confident communicators through:

- A Social Story that models the skill
- 8 Group Discussion Questions with follow-up prompts
- 8 Journal Prompts that support both writing and drawing
- 10 interactive classroom Activities to explore and strengthen communication
- A printable Worksheet for reflection and practice

(cont.)



7. The Magic of Active Listening:

A K–6 Lesson on Paying Attention, Understanding Others, and Strengthening Communication

This lesson explores the professional skill of active listening, which is the ability to focus fully, listen with care, and respond in ways that show understanding.

These skills are taught through:

- A relatable Social Story
- 8 discussion questions with follow-up prompts
- 8 Journal Prompts (draw or write)
- 10 engaging classroom Activities
- A printable Worksheet for student reflection and practice



8. The Magic of Empathy:

A K–6 Lesson on Understanding Feelings, Taking Perspective, and Caring in Action

This lesson teaches students the professional skill of empathy, which is the ability to understand and care about how others feel, even when their experiences are different from our own.

Students explore empathy through:

- A Social Story with relatable challenges
- 8 Group Discussion Questions with follow-ups
- 8 flexible Journal Prompts for writing or drawing
- 10 inclusive and impactful classroom Activities
- A printable Worksheet to personalize empathy in action



9. The Magic of Leadership:

A K–6 Lesson on Setting an Example, Uplifting Others, and Taking Initiative

This lesson introduces students to the professional skill of leadership, defined as the ability to guide, influence, and support others by using our strengths, values, and voice.

It includes:

- A Social Story that makes leadership real
- 8 discussion questions with follow-up prompts
- 8 Journal Prompts (draw or write)
- 10 practical and inclusive classroom Activities
- A printable Worksheet to reflect on personal leadership choices

(cont.)



10. The Magic of Teamwork:

A K–6 Lesson on Sharing Ideas, Helping Others, and Working Toward a Common Goal

This lesson introduces students to the professional skill of teamwork, which means working respectfully with others to achieve a shared goal.

Students will learn how to listen, compromise, share leadership, and contribute to something greater through the following activities:

- A relatable Social Story
- 8 Group Discussion Questions with follow-up prompts
- 8 flexible Journal Prompts (draw or write)
- 10 team-centered classroom Activities
- A printable Worksheet for student reflection



11. The Magic of Adaptability:

A K–6 Lesson on Adjusting, Staying Calm, and Growing Through Change

This lesson introduces students to the professional skill of adaptability, defined as the ability to adjust to changes, unexpected challenges, or new environments with flexibility and a growth mindset.

Students will explore this skill through:

- A relatable Social Story
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 engaging classroom Activities
- A printable Worksheet to explore adaptability in action



12. The Magic of Problem-Solving:

A K–6 Lesson on Thinking Clearly, Trying New Ideas, and Overcoming Obstacles

This lesson focuses on the professional skill of problem-solving, which is the ability to pause, think, and try different solutions when faced with a challenge.

Students will hone their problem-solving skills through:

- A relatable Social Story
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 creative classroom Activities
- A printable Worksheet to explore their personal problem-solving process

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13. The Magic of Critical Thinking:

A K–6 Lesson on Asking Questions, Using Evidence, and Making Thoughtful Decisions

This lesson introduces the professional skill of critical thinking, defined as the ability to pause, ask smart questions, and think deeply before making a decision.

To promote growth in critical thinking, students can take part in:

- A Social Story about learning to pause and think
- 8 discussion questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 thought-provoking classroom Activities
- A printable Worksheet to build their critical thinking mindset



14. The Magic of Time Management:

A K–6 Lesson on Planning, Prioritizing, and Making Time for What Matters

This lesson focuses on the professional skill of time management, which is the ability to make smart choices with how we use our time.

Students will learn to manage their time effectively through:

- A relatable Social Story
- 8 Group Discussion Questions with follow-ups
- 8 flexible Journal Prompts (draw or write)
- 10 interactive classroom Activities
- A printable Worksheet to help students manage their own time better



15. The Magic of Work-Life Balance:

A K–6 Lesson on Managing Time, Protecting Energy, and Enjoying Life Along the Way

This lesson introduces students to the professional skill of work-life balance, defined as the ability to manage schoolwork, responsibilities, and fun in a way that keeps the mind clear, the body energized, and the heart happy.

Students can practice balancing responsibilities and fun through:

- A Social Story that makes balance feel achievable
- 8 discussion questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 classroom Activities that help students practice healthy balance
- A printable Worksheet to help students build a daily rhythm that supports success and joy

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16. The Magic of Networking:

A K–6 Lesson on Building Relationships, Asking for Help, and Growing Together

This lesson introduces students to the professional skill of networking, which means building connections with people who support, inspire, or teach us something new.

While this skill may seem advanced, even young students can begin to understand the power of connections through:

- A relatable Social Story
- 8 discussion questions with follow-up prompts
- 8 Journal Prompts (draw or write)
- 10 fun, connection-building classroom Activities
- A printable Worksheet to explore their personal network



17. The Magic of Creativity:

A K–6 Lesson on Expressing Ideas, Solving Problems, and Seeing Possibilities

This lesson introduces students to the professional skill of creativity, which allows them to generate ideas, imagine new solutions, and express themselves in unique ways.

Students can nurture their creative ability to think differently and offer fresh ideas through:

- A Social Story that celebrates creativity
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 engaging creativity-building classroom Activities
- A printable Worksheet to help students reflect on and use their creativity



18. The Magic of Punctuality:

A K–6 Lesson on Being on Time, Keeping Commitments, and Showing Respect for Others

This lesson focuses on the professional skill of punctuality, which means being on time and ready for what's next.

Students practice being punctual through:

- A Social Story about the value of being on time
- 8 discussion questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 creative classroom Activities
- A printable Worksheet to help students reflect on how punctuality shapes their day

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19. The Magic of Negotiation:

A K–6 Lesson on Speaking Up, Listening to Others, and Finding Win-Win Solutions

This lesson introduces students to the professional skill of negotiation, defined as working through differences, making compromises, and finding solutions that feel fair to everyone involved.

Students will learn how to negotiate respectfully, listen actively, and stay calm through:

- A Social Story that brings negotiation to life
- 8 Group Discussion Questions with follow-ups
- 8 flexible Journal Prompts (draw or write)
- 10 interactive classroom Activities
- A printable Worksheet to help students practice balanced negotiation



20. The Magic of Conflict Resolution:

A K–6 Lesson on Managing Disagreements, Communicating Clearly, and Finding Peaceful Solutions

This lesson focuses on the professional skill of conflict resolution, which is the ability to work through disagreements in a calm, respectful, and fair way.

Students will explore tools to practice forgiveness, teamwork, and compromise, including:

- A relatable Social Story
- 8 discussion questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 engaging classroom Activities
- A printable Worksheet to help students practice their conflict resolution skills



21. The Magic of Being Bully-Proof:

A K–6 Lesson on Staying Strong, Speaking Up, and Protecting Our Confidence

This lesson introduces the powerful professional skill of being bully-proof, which means standing up for ourselves with confidence, staying calm under pressure, and knowing what to do when someone is unkind, hurtful, or trying to take away our power.

It includes:

- A Social Story about finding strength through kindness and boundaries
- 8 Group Discussion Questions with follow-ups
- 8 Journal Prompts (draw or write)
- 10 hands-on classroom Activities
- A printable Worksheet to reinforce bully-proof behaviors

To learn more about the Skill Tree, visit TFResults.com/career-tree/skill-tree