

Varsity Brands Empowerment Journals

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 |
| Week 11 | Live Optimistically | Joy | Self-Awareness |
| Week 12 | Active On Positive Motivation | Anxiety | Self-Management |
| Week 13 | Live with Respect for Self and Others | Support | Social Awareness |
| Week 14 | Communicate with a Unique Voice | Interest | Relationship Skills |
| Week 15 | 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 | Distracted | Self-Management |
| Week 28 | Live with Respect for Self and Others | Perpared | Social Awareness |
| Week 29 | Communicate with a Unique Voice | Positive | Relationship Skills |
| Week 30 | Make Choices about Sharing Geatness | Surprise | Responsible Decision-Making |
| Week # | Empowerment Right | Emotional Vocabulary | SEL Focus |
| Week 31 | Live Optimistically | Optimism | Self-Awareness |
| Week 32 | Active On Positive Motivation | Relaxation | Self-Management |
| Week 33 | Live with Respect for Self and Others | Commitment | Social Awareness |
| Week 34 | Communicate with a Unique Voice | Involvement | Relationship Skills |
| Week 35 | Make Choices about Sharing Geatness | Empowerment | Responsible Decision-Making |
| Week 36 | Live Optimistically | Optimism | Self-Awareness |
| Week 37 | Active On Positive Motivation | Relaxation | Self-Management |
| Week 38 | Live with Respect for Self and Others | Commitment | Social Awareness |
| Week 39 | Communicate with a Unique Voice | Involvement | Relationship Skills |
| Week 40 | Make Choices about Sharing Geatness | Empowerment | Responsible Decision-Making |