

First Five

Scope & Sequence



Brand new classroom connections,
delivered to your inbox every morning.

45

SKILLS PRACTICED

215

DAILY EDITIONS

65

THEMED EDITIONS

25

SPRINKLE DAYS

OVERVIEW · 01

What is First Five?

A free daily resource that gives every educator brand new, ready-to-use activities for the first five minutes of class. Memes, questions, mindfulness moments, quotes, and more. Delivered to your inbox every weekday morning at 7:00 AM ET, ready to go.

What lands in your inbox

- ✓ Free daily resource for educators across PK to 12
- ✓ Classroom practices designed for the first five minutes of class
- ✓ Delivered every weekday morning at 7:00 AM ET
- ✓ 20+ new, ready-to-use activities each day that support learning readiness, behavior stability, relationships, and character development
- ✓ Resources that help establish consistent routines and expectations across classrooms

Why it works

First Five gives educators a daily set of classroom supports designed to help students start each day focused, supported, and ready to learn. Each edition offers simple, structured activities that strengthen routines, reinforce expectations, and support whole-child development in just a few minutes.

Educators choose from a variety of formats: prompts, short reflections, visuals, movement, and discussion starters. These practices help create predictable classroom starts that support academic engagement, behavior stability, and positive classroom interactions across PK to 12 settings.

THE FRAMEWORK

The Four C's

Every First Five activity falls into one of four functional groupings. Each C does specific work in a student's day. All four show up daily, woven through the components below.

C**Connect****At the Door · Quick Connect · Meme · Questions**

Build the relational fabric of the room. Shared culture, shared moments, eye contact, conversation.

C**Care****Check-In · Mindfulness · Positivity**

Tend to the self. Notice what you are feeling, regulate the body, choose a mindset.

C**Character****Quote · Video**

Anchor the day in values, wisdom, and someone else's perspective.

C**Collaborate****Brain Game**

Practice working a problem, often together, with light cognitive load and shared stakes.

Junior uses a slightly different component lineup that includes Feelings and a closing Video / Song, and does not include the Collaborate section. Connect, Care, and Character still show up every day for our youngest learners.

PART TWO · SKILLS FIRST FIVE PRACTICES

Skills by grade band

Across every weekday morning, First Five gives students daily practice on a deliberate set of skills. Layered by grade level, consistent across the year, and built to compound.

Junior PK TO 1 · 35 SKILLS

Five foundational, age-appropriate skills introduced just for early learners. Thirty core skills practiced at every grade level.

★ FOUNDATIONAL · 5 SKILLS

Following directions · Helping others · Listening · Sharing · Taking turns

★★ CORE · 30 SKILLS

Practiced across Junior, Primary, and Secondary editions every day.

Primary 2 TO 5 · 40 SKILLS

The five foundational skills carry over from Junior. Thirty core skills run at every level. Five additional skills come online as students develop the capacity for them.

★ FOUNDATIONAL · 5 SKILLS

Carried over from Junior. Practiced daily.

★★ CORE · 30 SKILLS

Practiced across all three editions every day.

★★★ INTRODUCED AT PRIMARY · 5 SKILLS

Digital awareness · Growth mindset · Leadership · Organization · Self-awareness

Secondary 6 TO 12 · 40 SKILLS

Thirty core skills run at every level. Five carry over from Primary. Five more advanced skills come online for older students.

★★ CORE · 30 SKILLS

Practiced across all three editions every day.

★★★ CONTINUED FROM PRIMARY · 5 SKILLS

Digital awareness · Growth mindset · Leadership · Organization · Self-awareness

★★★★ INTRODUCED AT SECONDARY · 5 SKILLS

Active listening · Critical thinking · Integrity · Resilience · Time management

AT A GLANCE

The full First Five skills matrix

45 skills across the PK to 12 range. Most run at every level. Foundational skills appear at Junior and Primary. Five additional skills come online at Primary, and five more at Secondary.

#	TIER	SKILL	JUNIOR	PRIMARY	SECONDARY
1	★	Following directions	✓	✓	-
2	★	Helping others	✓	✓	-
3	★	Listening	✓	✓	-
4	★	Sharing	✓	✓	-
5	★	Taking turns	✓	✓	-
6	★★	Accountability	✓	✓	✓
7	★★	Adaptability	✓	✓	✓
8	★★	Belonging	✓	✓	✓
9	★★	Collaboration	✓	✓	✓
10	★★	Communication	✓	✓	✓
11	★★	Community	✓	✓	✓
12	★★	Confidence	✓	✓	✓
13	★★	Conflict resolution	✓	✓	✓
14	★★	Creativity	✓	✓	✓
15	★★	Decision-making	✓	✓	✓
16	★★	Emotions (Awareness)	✓	✓	✓
17	★★	Emotions (Expressing)	✓	✓	✓
18	★★	Emotions (Identifying)	✓	✓	✓
19	★★	Emotions (Managing)	✓	✓	✓
20	★★	Emotions (Understanding)	✓	✓	✓
21	★★	Empathy	✓	✓	✓
22	★★	Focus	✓	✓	✓
23	★★	Friendship	✓	✓	✓
24	★★	Goal setting	✓	✓	✓
25	★★	Gratitude	✓	✓	✓
26	★★	Honesty	✓	✓	✓
27	★★	Kindness	✓	✓	✓
28	★★	Motivation	✓	✓	✓
29	★★	Patience	✓	✓	✓
30	★★	Perseverance	✓	✓	✓
31	★★	Perspective-taking	✓	✓	✓
32	★★	Problem-solving	✓	✓	✓
33	★★	Respect	✓	✓	✓
34	★★	Responsibility	✓	✓	✓
35	★★	Self-control	✓	✓	✓
36	★★★	Digital awareness	-	✓	✓
37	★★★	Growth mindset	-	✓	✓
38	★★★	Leadership	-	✓	✓
39	★★★	Organization	-	✓	✓
40	★★★	Self-awareness	-	✓	✓

PART THREE

Themed editions & sprinkles

Most days, First Five runs the standard mix. But some days deserve more, and they come in two flavors. Know the difference and you can plan the whole year.

Full themed edition 65 THIS YEAR

The whole edition locks onto a single focus. Every activity, from the meme to the questions to the quote to the brain game, points the same direction, expressed many different ways. These are the days worth building a lesson moment around.

Sprinkle day 25 THIS YEAR

The standard daily mix, with a few pieces and references sprinkled in for the moment: an appreciation day, an observance, a seasonal wink. A taste of the theme, not the whole meal.

What gets a full themed edition?

Character trait

Confidence, Empathy, Kindness, Perseverance, Integrity, and more

Seasonal & holidays

Spooky, Turkey, Deck the Halls, Spring, Summer

Heritage months

Hispanic Heritage, Black History, Women's History, AAPI

Fun & nostalgia

Superhero, Pet, Star Wars, March Madness, 70s / 80s / 90s / 2000s

Observances

Dream Big (MLK Jr.), Earth Day, RAOB Day, Teacher Appreciation

Special editions

Streamer, Inventor, Wildlife, Baseball, and other surprises through the year

THEMED EDITION · WORKED EXAMPLE

Perseverance Edition

On a themed day, every activity points at one trait. Here is how Perseverance lands across a single Primary edition.

THE C	COMPONENT	HOW PERSEVERANCE LANDS TODAY
Connect	Meme	Funny take on small tasks that build up over time
Connect	Questions	When was the last time you wanted to quit but didn't?
Connect	At the Door	Greet with effort: "Glad you're back at it today"
Connect	Quick Connect	Tell your partner one thing that's been hard lately
Care	Check-In	Where do you feel "I want to give up" in your body?
Care	Mindfulness	Body scan focused on releasing frustration
Care	Positivity	Reframe "I can't" as "I haven't yet"
Character	Quote	From someone who learned a hard skill slowly
Character	Video	Short clip of someone practicing the same thing for months
Collaborate	Brain Game	A puzzle that requires multiple attempts

Junior and Secondary editions follow the same pattern. The locked focus translates to age-appropriate practice at each level. The trait stays the same. The way it lands shifts to fit the student.

26 / 27 CALENDAR

The year ahead · Aug – Nov

Reading this calendar: **bold rows** are full themed editions, where the whole edition locks onto that focus. **sprinkle** rows get a few themed pieces and references inside the standard daily mix. Days not listed run the standard mix.

August 2026 21 editions · 4 themed

DATE	EDITION / MOMENT	TYPE
8/3	Back to School Edition	Seasonal
8/11	Confidence Edition	Character trait
8/19	Optimism Edition	Character trait
8/27	Collaboration Edition	Character trait

September 2026 21 editions · 7 themed · 1 sprinkle

DATE	EDITION / MOMENT	TYPE
9/1	Courage Edition	Character trait
9/10	Superhero Edition	Just for fun
9/11	9/11 Remembrance	sprinkle
9/15	Hispanic Heritage Month Edition	Heritage
9/17	Empathy Edition	Character trait
9/22	Fall Edition	Seasonal
9/24	2000s Edition	Nostalgia
9/30	Self-Control Edition	Character trait

October 2026 22 editions · 7 themed · 4 sprinkles

DATE	EDITION / MOMENT	TYPE
10/1	Bullying Prevention Month	sprinkle
10/2	Custodian Apprec. · Smile Day	sprinkle
10/7	Pet Edition	Just for fun
10/12	Indigenous Peoples' Day	sprinkle
10/13	Resilience Edition	Character trait
10/19	Digital Citizenship Edition	Character trait
10/22	90s Edition	Nostalgia
10/23	Red Ribbon Week (10/23–31)	sprinkle
10/26	Responsibility Edition	Character trait
10/29	Spooky Edition · Pt 1	Seasonal
10/30	Spooky Edition · Pt 2	Seasonal

November 2026 18 editions · 5 themed · 4 sprinkles

DATE	EDITION / MOMENT	TYPE
11/2	Native Am. Heritage Mo. · Psych Week	sprinkle
11/3	Gratitude Edition	Character trait
11/9	Respect Edition	Character trait
11/11	Veterans Day	sprinkle
11/13	World Kindness Day Edition	Character trait
11/20	Turkey Edition 1	Seasonal
11/23	Turkey Edition 2	Seasonal
11/24	Thanksgiving favorites	sprinkle
11/30	Cyber Monday	sprinkle

26 / 27 CALENDAR

The year ahead • Dec – Mar

December 2026 16 editions • 7 themed • 2 sprinkles

DATE	EDITION / MOMENT	TYPE
12/1	Giving Tuesday	sprinkle
12/2	Community Edition	Character trait
12/4	Hanukkah begins	sprinkle
12/7	Streamer Edition	Just for fun
12/10	80s Edition	Nostalgia
12/17	Deck the Halls • Pt 1	Seasonal
12/18	Warm Wishes • Pt 1	Seasonal
12/21	Deck the Halls • Pt 2	Seasonal
12/22	Warm Wishes • Pt 2	Seasonal

January 2027 19 editions • 5 themed

DATE	EDITION / MOMENT	TYPE
1/4	New Year's Resolution Edition	Seasonal
1/11	Belonging Edition	Character trait
1/15	Dream Big Edition • MLK Jr.	Observance
1/21	Perseverance Edition	Character trait
1/27	Integrity Edition	Character trait

February 2027 20 editions • 6 themed • 3 sprinkles

DATE	EDITION / MOMENT	TYPE
2/1	Black History Month Edition	Heritage
2/2	Groundhog Day	sprinkle
2/3	Counselor Appreciation Week	sprinkle
2/5	Conflict Resolution Edition	Character trait
2/9	Mardi Gras	sprinkle
2/12	Love Edition	Seasonal
2/12	Super Bowl Edition	Just for fun
2/17	RAOK Day Edition	Observance
2/23	Perspective-Taking Edition	Character trait

March 2027 23 editions • 7 themed • 3 sprinkles

DATE	EDITION / MOMENT	TYPE
3/1	Women's History Month Edition	Heritage
3/4	70s Edition	Nostalgia
3/8	School Social Work Week	sprinkle
3/10	Self-Awareness Edition	Character trait
3/15	Daylight Saving (3/14)	sprinkle
3/17	Shamrock Edition • St. Patrick's	Seasonal
3/18	March Madness Edition	Just for fun
3/19	Spring Edition	Seasonal
3/25	Bunny Edition	Seasonal
3/26	Good Friday	sprinkle

26 / 27 CALENDAR

The year ahead · Apr – Jun

April 2027 22 editions · 6 themed · 5 sprinkles

DATE	EDITION / MOMENT	TYPE
4/1	April Fools' Day	sprinkle
4/2	Baseball Edition	Just for fun
4/5	Assistant Principal Week	sprinkle
4/6	Leadership Edition	Character trait
4/7	Paraprofessional Appreciation Day	sprinkle
4/13	Wildlife Edition	Just for fun
4/19	Growth Mindset Edition	Character trait
4/22	Earth Day Edition	Observance
4/27	Bus Driver Appreciation Day	sprinkle
4/28	Emotional Regulation Edition	Character trait
4/30	Arbor Day · Principal's Day 5/1	sprinkle

May 2027 20 editions · 8 themed · 3 sprinkles

DATE	EDITION / MOMENT	TYPE
5/3	AAPI Heritage Edition	Heritage
5/4	Star Wars Edition	Just for fun
5/5	Cinco de Mayo Edition	Heritage
5/6	Teacher Appreciation Edition	Appreciation
5/7	Lunch Hero Day · Mother's Day 5/9	sprinkle
5/10	Summer Edition	Seasonal
5/12	School Nurse Day	sprinkle
5/17	Inventor Edition	Just for fun
5/18	Speech Pathologist Day	sprinkle
5/20	Accountability Edition	Character trait
5/25	Communication Edition	Character trait

June 2027 13 editions · 3 themed

DATE	EDITION / MOMENT	TYPE
6/3	Purpose Edition	Character trait
6/9	Curiosity Edition	Character trait
6/14	Patience Edition	Character trait

Final edition of the year lands 6/17 · editions resume the first day of the 2027–28 school year.

PART FIVE · IMPACT

What schools are seeing

Rocky Mountain Elementary

A Title I elementary school of roughly 500 students in Colorado. Started using First Five during the 2022 to 2023 school year. Full school-wide rollout fall 2023.

10–20

PANORAMA POINT GAINS PER YEAR

#3

RANKING IN A 46-SCHOOL DISTRICT

109

NEW STUDENTS ABSORBED, ZERO DISRUPTION

Rocky Mountain moved from the bottom third of district rankings to number three overall. Panorama scores across belonging, engagement, school climate, student to educator relationships, and high expectations climbed every year between 2022 and 2025, all without exception. The typical annual gain in the district runs one to two points. Rocky Mountain ran ten to twenty per year across every category.

When a neighboring school closed, Rocky Mountain absorbed 109 new students in a single wave, more than a fifth of its total enrollment. Staff describe the onboarding as a non-event. Staff retention, which had required 16 new hires the summer before the partnership began, has since stabilized.

"You can walk into our building and feel it. There is joy here, from the top of the building to the bottom."

TYLER JONES · PRINCIPAL · ROCKY MOUNTAIN ELEMENTARY

North Plainfield School District

A six-school district in New Jersey serving an exceptionally diverse student population. Rolled First Five into morning meetings across elementary classrooms starting in 2024, alongside Classroom Circles and restorative practices.

-3%

CHRONIC ABSENTEEISM

-8%

DETENTIONS

-5%

OVERALL STUDENT INCIDENTS

Every classroom now begins with a morning meeting that includes First Five. Staff describe fewer power struggles and more productive conversations with students. The district credits stronger relationships and consistent daily routines for the shift.

"Some of the kids who typically aren't vocal now have an opportunity to share something. That's connection."

FILIBE LUIS · ASSISTANT SUPERINTENDENT · NORTH PLAINFIELD

FROM EDUCATORS

What teachers are saying

All quotes below come from real First Five users, sharing their experience with the daily resource.

"First Five has truly changed my life. As a second-year teacher, it can be so hard to have the resources necessary to keep my students engaged. First Five has helped me do that in so many ways."

ELEMENTARY EDUCATOR · MARYLAND

"I can't believe this is free! This saved me from having to scour the internet when I need ideas for connection points."

ART TEACHER · ONTARIO, CANADA

"I just LOVE the daily emails. I used to spend time making my own SEL check-ins for each day's classes and this has SAVED me this year. What an incredible resource."

SECONDARY EDUCATOR · OREGON

"It's a great way to start our morning. It's so nice not to have to think about morning work. My students are engaged and love the questions and mood pictures!"

1ST & 2ND GRADE TEACHER · COLORADO

"Class meetings with the use of The First Five is written into our annual School Improvement Action Plan. Our staff has absolutely bought in."

DAVE KOENIG · PRINCIPAL · HOLMES ELEMENTARY · LINCOLN, NE

"First Five has been a perfect addition to my lessons this year. The activities are engaging for students and provide a quick SEL platform that is high quality and easy to implement."

VIRTUAL PROGRAM EDUCATOR

"At the holidays there was a slide with four types of pie. I had my students pick their favorite and put them in teams. The arguments and debate that ensued was fantastic. Now they ask to do this all the time."

EDUCATOR · CLASSROOM STORY

"As we spread the word to the 460 schools we work with on our Restorative Practice contract here in New Zealand, we are also letting them know about your First Five email."

RESTORATIVE PRACTICE LEAD · NEW ZEALAND

GETTING STARTED

Sign up. Start tomorrow.

First Five is free for every educator. Sign up at edtomorrow.com/firstfive and a new edition arrives in your inbox every weekday morning at 7:00 AM ET. Ready to use the same day. Junior, Primary, and Secondary editions cover PK to 12.

No setup. No prep. No catch.



THE **FIRST FIVE**
by edtomorrow

FIRST FIVE

Free

Forever, for every educator

- ✓ Daily First Five editions
- ✓ Today's content, all grade bands
- ✓ Sample activity previews
- ✓ Downloadable activities



First Five PLUS

FIRST FIVE PLUS

\$2.99_{/mo}

Volume discounts for schools and districts

- ✓ **Everything in First Five, plus:**
- ✓ Every past edition · all grades · all years
- ✓ Unlimited searchable database (7,000+ activities)
- ✓ 100% ad-free experience
- ✓ Favorite and save activities
- ✓ Shareable slide decks for presenting
- ✓ PLUS-only content drops, priority support

POPULAR

Pricing and volume licensing at edtomorrow.com/firstfive-plus/pricing.

Professional development & partnerships. Edtomorrow's professional development offerings deepen the daily routine. Workshops, webinars, in-person training, and district partnerships build educator capacity to use First Five with fidelity. Reach the team at info@edtomorrow.com.

A NOTE FOR DISTRICT LEADERS

Have a small group of educators try the free version for two weeks. That's the fastest way to evaluate fit.



edtomorrow