



FJH SEL Plan

Mustang Connections

2023-2024

August

- Building Community: Icebreakers and Team Building
- Self Management: Checking Canvas, Using Planners, Checking Skyward

September

- Self Awareness: Identifying Values, Practicing Our Values, Knowing Our Strengths and Weaknesses, Habit Development, Commitment, Establishing Goals
- NAMI: mental health presentations for 8th graders

October

- Self Awareness: Grit and Perseverance, Empathy and Perspective Taking
- Social Awareness: Nonverbal and Verbal Cues, Personal Space, Voice Tone and Volume
- Community Service Project: Planned and presented through Connections.

November

- Self Awareness: Respect, Gratitude, Self-Talk, "Being Thankful"
- Unbound Houston: Human Trafficking Presentations for 7th graders

December

- Community Service Project: Holiday cards to Texas Children's Hospital
- Spirit of Giving
- NAMI: Suicide Prevention Presentations to 8th Graders

January

- Self Awareness: Resolutions, Reflections and Goals
- Self Management: Organization
- Great Kindness Challenge Door Decorating Contest
- Responsible Decision Making: Course Selections

February

- Self Management: Study Skills
- Relationship Skills: Communication Skills, Healthy Friendships, Social Media and Friendships, Conflict Resolution

March

- Relationship Skills: Healthy Friendships, Social Interactions and Conflict Resolution
- Self Management: Stress and Effective Stress Management (Self Regulation)

April

- Responsible Decision Making: Different Styles, Steps to Making Good Decisions, Consequences, Social Media and Digital Responsibilities, Digital Footprints

May

- Anxiety Triggers and Self Regulation, Resiliency and Healthy Coping Skills
- Healthy Relationships

FJH Mustang Connection Curriculum:

[Character Strong](#)

[Kindness in the Classroom](#)

[Restorative Practices](#)

[Emotional Backpack](#)