

Scope & Sequence

Belonging: How can we create a place where everyone feels like they belong?

Abstract: The 6th Grade 30-Session Scope and Sequence offers extensive coverage of the main ingredients comprising CharacterStrong's curriculum. These ingredients support 3 essential outcomes: well-being, belonging, and engagement. Considering that 6th grade is often a transitional year with students moving to new schools, we place special emphasis on creating a sense of belonging. Our essential question is: *How can we establish an inclusive environment for all?* Below, you will find how the 5 ingredients featured in the 6th Grade 30-Session Scope and Sequence are covered, followed by the sequential scope and sequence. **The main difference between this model and the full scope and sequence is less coverage of conflict resolution skills and less time dedicated to end-of-the-year review.**

Foundation - Setting the Stage

- S1: Welcome
- S2: Building Connections
- S3: Building Community
- S4: Middle School Mythbusting (Worries & Wonders)
- S5: Understanding the CharacterDare Process
- S6: Developing Community Agreements
- S7: Middle School Mythbusting (Expert Explorers)
- S8: Meeting New People
- S9: Get to Know Your School

Values & Purpose

- S10: Values Exploration
- S11: Understanding Values (Values in Community)
- S12: Practicing Values (What is Important to Us?)
- S19: Strengthening Friendship

Emotion Understanding & Regulation

- S17: Understanding Emotions
- S18: Regulating Emotions: (Naming Emotions)
- S24: Connecting Motivation & Emotions
- S25: Regulating Emotions (Calming Our Emotions)

- S26: Making New Friends
- S28: Resolving Conflicts with Friends
- S29: Helping Others Resolve Conflict (Saying I'm Sorry)

Empathy & Compassion

- S15: Understanding Others' Perspectives
- S16: Practicing Perspective-Taking
- S21: Listening With Empathy
- S22: Exercising Perspective-Taking
- S23: Connecting Through Perspective-Taking
- S27: Becoming A Better Friend

Goals & Habits

- S13: Building Listening Skills
- S14: Listening Practice
- S20: Applying Listening Skills

Leadership & Teamwork

None

Reflections

- S30: Final Reflections

Scope & Sequence



Belonging: How can we create a place where everyone feels like they belong?

S1: Welcome

Welcome to Session 1! This session helps set the stage for the "What", the "How", and the "Why" for this year. It helps create clarity for both the educator and students which sets the program up for success.

S2: Building Connections

This is the 1st of 2 sessions about building community. Connecting with peers and building friendships and relationships are important for our sense of belonging and can lay a good foundation for creating a sense of safety and community in our classroom.

S3: Building Community

This is session 2 of 2 in our community building series. It is focused on continuing to build connections and a positive classroom climate. We'll be doing activities to get to know each other better and learn more about each other's names.

S4: Middle School Mythbusting (Worries & Wonders)

This is the 1st of 2 sessions that utilize videos to bring student voices forward with the goal of helping quell worries our students might have at the beginning of middle school. This session is about fitting in and belonging at school.

S5: Understanding the CharacterDare Process

This session will setup the first CharacterDare, which will be a consistent part of every session for the rest of the year. The CharacterDares are designed to help us practice putting values and character into action. The CharacterDare process includes a review of the challenge from the previous session, along with an introduction to a new challenge. Grades 6, 7, and 8 will all have the same challenge corresponding to this week's session. We will return to the conversation about character and values in a session called Values Exploration. Remember: CharacterDares are invitations, not demands! The power is in the conversation.

S6: Developing Community Agreements

This session is dedicated to developing Community Agreements. The process is designed to bring many voices forward to ensure that everyone has an opportunity to reflect on and discuss how we want to treat each other. These Agreements are meant to help the class become a safe place where people can be genuine without fear of mistreatment. The Agreements will serve as guidelines we can refer to throughout the year.

S7: Middle School Mythbusting (Expert Explorers)

This is the 2nd of 2 sessions that utilize videos to bring student voices forward with the goal of helping to quell worries our students might have at the beginning of middle school. This session is focused on taking tests in middle school.

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S8: Meeting New People

The theme of this year is "Belonging" and this is the 1st of 2 sessions with the goal of helping us make connections and build relationships. In this session's activity, we make plans to get to know 4 adults in the building.

S9: Get to Know Your School

The theme of this year is "Belonging" and this is the 2nd of 2 sessions with the goal of helping us make connections and build relationships. In this session, we identify opportunities to get involved in fun and interesting activities at school and think of opportunities we wish existed.

S10: Values Exploration

This is the 1st of 3 sessions focused on exploring values. Getting clear on our own personal values can help us make decisions and act in ways that align with our sense of self and what we think is important. In this session, we explore the topic of values by reflecting on the qualities we value in other people.

S11: Understanding Values (Values in Community)

This is the 2nd of 3 sessions focused on exploring values. In this session, the class will review our group's Community Agreements from earlier in the year. The class will choose 1 Community Agreement and explore it from different value perspectives, considering how different people demonstrate their values and how we show others what we value.

S12: Practicing Values (What's Important to Us?)

This is the 3rd of 3 sessions focused on exploring values, in this session by reflecting on how we want to feel in different situations and discussing how this relates to and can help us understand our personal values. We will spend time thinking about what we value and how that helps us to think about who we want to be.

S13: Building Listening Skills

This is a session on becoming better listeners. Listening is an important skill that improves peer relationships and is important for perspective-taking, conflict resolution, and group work. In this session, we practice listening closely with a partner and reflect on what was hard (or easy) about it.

S14: Listening Practice

This is the 2nd of 2 sessions focused on listening. Listening is a valuable skill that improves peer relationships and is important for perspective-taking, conflict resolution, and group work. In this session, we practice identifying good versus bad listening.

S15: Understanding Others' Perspectives

This is the 1st of 2 sessions on perspective-taking. Perspective-taking is important for peer relationships and supports friendship, respect, and conflict resolution, including across student differences. In this session, we work in groups to practice trying to understand the perspective of other people.

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S16: Practicing Perspective-Taking

This is the 2nd of 2 sessions on perspective-taking. Perspective-taking is not just a passive process. In this session, we practice improving our ability to understand someone else by applying our listening skills and asking thoughtful questions.

S17: Understanding Emotions

This is the 1st of 2 sessions focused on understanding and learning ways to regulate our emotions. In this session, we talk about the value of regulating and calming our bodies and learn some techniques focused on breathing.

S18: Regulating Emotions (Naming Emotions)

This is the 2nd of 2 sessions on emotions. Research shows being able to name our strong emotions helps us stay calm and think through difficult situations.

S19: Strengthening Friendships

This is a session on friendship. The goal is to reflect on the qualities we value in friends.

S20: Applying Listening Skills

This is the 1st of 2 listening sessions. The goals are to think about what fully listening looks like and come up with strategies to be better listeners.

S21: Listening with Empathy

This is the 2nd of 2 listening sessions. Listening is an important part of perspective-taking. We can become better at listening and perspective-taking by learning to ask questions and work to ensure we are really understanding what others are saying.

S22: Exercising Perspective-Taking

This is the 1st of 2 sessions on perspective-taking. Learning to understand others' perspectives is a fundamental social skill important for making friends, solving conflicts, and working in groups. In this session, we practice thinking about how different people might react differently to the same situation.

S23: Connecting Through Perspective-Taking

This is the 2nd of 2 sessions on perspective-taking. Learning to understand others' perspectives is a fundamental social skill important for making friends, solving conflicts, and working in groups. In this session, we explore and practice "perspective-getting" by actively asking questions of each other to better understand the perspectives behind their thoughts and opinions - rather than simply assuming we know

S24: Connecting Motivation & Emotions

This is the 1st of 2 emotion-focused sessions that build on earlier emotion sessions in this grade. In this session, we work to understand the different ways people can notice and feel emotions in their bodies. Being able to notice physical sensations related to emotions can help us catch them early and use emotion regulation strategies before emotions get too intense.

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S25: Regulating Emotions (Calming Emotions)

Regulating Emotions (Calming Our Emotions)

This is the 2nd of 2 emotion-focused sessions that follow up on earlier emotion sessions in this grade. In this session, we learn and practice a skill for helping us stay calm by focusing on the sensations where our body contacts solid surfaces.

S26: Making New Friends

This is the 1st of 3 sessions in a friendship series. Having friends is important for well-being and even school success. Having friends helps us feel a sense of belonging in our school. In this session, we do an activity that helps us learn from each other about ways to make friends.

S27: Becoming A Better Friend

This is the 2nd of 3 sessions on friendship. Having friends is important for well-being and even school success. Having friends helps us feel a sense of belonging in our school. In this session, we share our ideas about values and actions that support friendship and questions we can ask others to help build a friendship.

S28: Resolving Conflicts with Friends

This is the 3rd of 3 sessions on friendship. A certain amount of conflict is inevitable in relationships. In this session, we work on practicing ways to resolve conflicts with our friends.

S29: Helping Others Resolve Conflict (Saying I'm Sorry)

In this session, we work on learning to apologize, a simple but important skill that can help us handle some of the conflicts we get into with others.

S30: Final Reflections

This session focuses on thinking back and reflecting on things we've learned and ways we've grown through a process called a Sankofa Session. This reflection process is important for us to cement the learning as we look to the past to inform our future.

Scope & Sequence



Well-being: How do I develop personal well-being and how does it affect our relationships with others?

Abstract: The 7th Grade 30-Session Scope and Sequence offers extensive coverage of the main ingredients comprising CharacterStrong's curriculum. These ingredients support 3 essential outcomes: well-being, belonging, and engagement. In 7th grade, we place special emphasis on well-being. Our essential question is: *How do I develop personal well-being and how does it affect our relationships with others?* Below, you will find how the 5 ingredients featured in the 7th Grade 30-Session Scope and Sequence are covered, followed by the sequential scope and sequence. **The difference between this model and the full scope and sequence is the reduced number of sessions dedicated to specific values, like growth mindset, respect, and honesty.**

Foundation - Setting the Stage

- S1: Welcome
- S2: Building Connections
- S3: Building Community
- S4: Developing Community Agreements
- S5: The CharacterDare

Values & Purpose

- S6: What Do We Value?, pt 1
- S7: What Do We Value?, pt 2
- S8: What Do We Value?, pt 3

Emotion Understanding & Regulation

- S9: Understanding Emotions
- S10: Exploring Emotions
- S11: Expanding Emotion Regulation
- S12: Practicing Emotion Regulation
- S13: Identifying Emotions
- S14: Understanding Stress
- S15: Stress Coping Strategies

Empathy & Compassion

- S16: Understanding Community Connections

- S17: Building Social Awareness
- S18: Understanding Effective Empathy (Choosing to Care)
- S19: Acting with Empathy
- S20: Practicing Effective Empathy

Goals & Habits

- S21: Understanding Mental Health & Well-Being
- S22: Exercising Well-Being
- S23: Well-Being In Practice
- S24: Developing Well-Being Habits

Leadership & Teamwork

- S25: Communication with Assertiveness
- S26: Practicing Assertiveness
- S27: Learning to Compromise
- S28: Handling Conflict
- S29: Reflecting on Conflict

NOTE: Access additional teamwork and project-based learning sessions in the Group Projects section of the Campus Resources menu

Reflections

- S30: Final Reflections

Scope & Sequence



Well-being: How do I develop personal well-being and how does it affect our relationships with others?

S1: Welcome

Welcome to Session 1! This session helps set the stage for the "What", the "How", and the "Why" for this year. It helps create clarity for both the educator and students which sets the program up for success.

S2: Building Connections

This is the 1st of 2 sessions about building community. The goal is to begin to develop relationships and create a sense of safety and community in our classroom space.

S3: Building Community

This is the 2nd of 2 sessions in our community-building series. It is focused on getting to know each other better and learning more about each other interests and insights.

S4: Developing Community Agreements

This session is dedicated to developing Community Agreements. This process is designed to bring many voices forward to make sure everyone has an opportunity to reflect on and discuss how we want to treat each other. These Agreements are meant to help the class to become a safe place where people can be genuine without fear of mistreatment. The Agreements are designed to serve as guidelines we can refer to throughout the year.

S5: The CharacterDare

This session sets up the first CharacterDare, which will be a consistent part of every session for the rest of the year. The CharacterDares are designed to help us practice putting values and character into action. The CharacterDare process includes reviewing the challenge from the previous session, along with an introduction to a new challenge. Every grade level has the same challenge corresponding to that week's session. We will return to the conversation about character and values in a 3-part series titled "What Do We Value?" Remember: CharacterDares are invitations, not demands! The power is in the conversation.

S6: What Do We Value?, pt 1

This is the 1st of 3 sessions related to values. Thinking about and identifying values, we personally feel are important, can help us make good decisions and can guide our actions in positive directions. In this session, we explore our individual values, including where they come from and ways we can put them into action. In this session, we will go through the full CharacterDare process: first, reflect on the previous CharacterDare, and second, introduce them to the new CharacterDare. Remember: these challenges are invitations, not demands! The power is in the conversation.

Scope & Sequence



Well-being: How do I develop personal well-being and how does it affect our relationships with others?

S7: What Do We Value?, pt 2

This is the 2nd of 3 sessions focused on values. This session applies learning from the last session related to values and offers some perspective on how we might have the same (or different) values for various reasons.

S8: What Do We Value?, pt 3

This is the 3rd of 3 sessions focused on values. This session brings the three sessions together with a focus on application in our personal lives.

S9: Understanding Emotions

This is the 1st of 5 sessions focused on understanding (two sessions) and regulating (three sessions) emotions. Across this session and the next, we learn some basic brain science to help us understand where our emotions come from. We learn that our brains all create emotions quickly and automatically, which means people don't have strong emotions on purpose. This can help us to gain a helpful perspective on both our own and others' strong emotions.

S10: Exploring Emotions

This is the 2nd of 5 sessions focused on understanding (two sessions) and regulating (three sessions) emotions. Across this session and the last we learn some basic brain science to help us understand where our emotions come from. In this session, we continue learning about how our brains create emotions quickly and automatically. This can help us to gain a helpful perspective on both our own and others' strong emotions.

S11: Expanding Emotion Vocabulary

Following two sessions on emotion understanding, the 3rd session in this series of 5 focuses on emotion regulation. In this session, we learn about regulating our own strong emotions by Naming them and improving our ability to use this approach by practicing distinguishing between different intensities of emotion to help us find the right name for what we are experiencing.

S12: Practicing Emotion Regulation

This is the 4th of 5 sessions related to emotion understanding and emotion regulation. Handling powerful emotions requires learning strategies for calming down and we learn two and revisit one learned last week in this session.

S13: Identifying Emotions

This is the 5th of 5 sessions related to emotion understanding and emotion regulation. Tools for regulating emotions are only effective if you use them. In this session, we work on thinking through how we'd handle emotional challenges presented in scenarios.

S14: Understanding Stress

This is the 1st of 2 sessions on stress and coping. Increasing numbers of adolescents struggle with stress. In this session, we focus on understanding stress and learning ways to cope with stress.

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S15: Stress Coping Strategies

This is the 2nd of 2 sessions on stress and coping. In this session, we focus on coming up with and sharing ways to improve our well-being to help us cope with stress.

S16: Understanding Community Connections

This session focuses on social connections. Friendships and good relationships with others are important throughout life but can be especially important in middle school. In this session, we all work together to come up with as many ideas as we can for ways to be social and connect with others.

S17: Building Social Awareness

This is the 1st of 4 sessions on how we can effectively engage in empathy in ways that result in helping others in need rather than just feeling bad for them. To start this section off we focus on noticing as much as we can about others as a way to get us started on improving our empathy and perspective-taking skills.

S18: Understanding Effective Empathy (Choosing to Care)

This is the 2nd of 4 sessions on effective empathy. The first step, which we worked on last session, is noticing how others are feeling and what's going on with them. The second step, which we focus on today, is the importance of caring about others and caring when we can tell others are unhappy or could use some help.

S19: Acting with Empathy

This is the 3rd of 4 sessions on effective empathy. In this session, we focus on the 3rd ingredient that makes empathy effective - taking action to help others.

S20: Practicing Effective Empathy

This is the 4th of 4 sessions on effective empathy. In this session, we reflect on and explore ways to engage in all three parts of the effective empathy formula: noticing, caring, and taking action.

S21: Understanding Mental Health & Well-Being

This is the 1st of 4 sessions on mental health and well-being. Recent science has shown that we can benefit from increasing our well-being (which we use synonymously with mental health) even when we struggle with mental illness and life's challenges. Well-being matters for all of us and in this session we learn about three types or aspects of well-being.

S22: Exercising Well-Being

This is the 2nd of 4 sessions on well-being. In this session, we continue to focus on the three aspects of well-being and explore ways we can support and increase our well-being.

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Well-being: How do I develop personal well-being and how does it affect our relationships with others?

S23: Well-Being In Practice

This is the 3rd of 4 sessions on well-being. In this session, we continue to work together to generate and share ideas for ways we can boost our well-being.

S24: Developing Well-Being Habits

This is the 4th of 4 sessions on well-being. In this session, we think about personal goals we have for our well-being and identify the barriers we may face in trying to achieve them.

S25: Communicating with Assertiveness

This is the 1st of 2 sessions on assertiveness. Aggression is a common cause of conflicts but we need to learn to avoid both aggression and passivity. In this session, we explore the differences between the three.

S26: Practicing Assertiveness

This session is the 2nd of 2 sessions on assertiveness. Being able to be assertive helps us stand up for ourselves and communicate our needs and wants without being disrespectful to others. In this session, we learn assertiveness through understanding the differences between passive, aggressive, and assertive.

S27: Learning to Compromise

This is the 1st of 3 sessions on handling conflict. This session is about compromise. Being able to compromise is an important skill that helps us resolve conflicts and handle disagreements with friends, peers, and in group work. In this session, we work together to better understand compromising by coming up with solutions to scenarios that require compromise.

S28: Handling Conflict

This session is the 2nd of 3 sessions about learning to resolve conflicts. In middle school, peer conflicts happen often and if not resolved they can snowball and disrupt the learning environment. In this session we work together to figure out ways to resolve conflict scenarios.

S29: Reflecting on Conflict

This is the 3rd of 3 sessions on conflicts. In this session, we learn 4 approaches to handling conflicts: compromise, let it go, ask for help, and be assertive.

S30: Final Reflections

This session focuses on thinking back and reflecting on things we've learned and ways we've grown through a process called a Sankofa Session. This reflection process is important for us to cement the learning as we look to the past to inform our future.

Scope & Sequence



Engagement: How do we practice engaging meaningfully in our lives, our friendships, and in our school?

Abstract: The 8th Grade 30-Session Scope and Sequence offers full coverage of the main ingredients comprising CharacterStrong's curriculum but with less frequency. These ingredients support 3 essential outcomes: well-being, belonging, and engagement. Our essential question is: How do we practice engaging meaningfully in our lives, our friendships, and in our school? Below, you will find how the 5 ingredients featured in the 8th Grade 30-Session Scope and Sequence are covered, followed by the sequential scope and sequence. **The difference between this model and the full scope and sequence lies in the reduced number of sessions dedicated to specific values, namely grit and willpower, commitment, and selflessness.**

Foundation - Setting the Stage

- S1: Welcome
- S2: Building Connections
- S3: Building Community
- S4: Developing Community Agreements
- S5: The CharacterDare

Values & Purpose

- S7: Connecting Values & Your Future (Values & Dreams)
- S8: Values & Your Future in High School (The Story of Values)
- S10: Developing Values as Guides

Emotion Understanding & Regulation

- S13: Happiness Mythbusting
- S14: Happiness Self-Acceptance
- S15: Understanding How Emotions Work, pt 1
- S16: Understanding How Emotions Work, pt 2
- S17: Dealing with Emotions
- S18: Practicing Self-Regulation
- S19: Building an Emotions Toolbox
- S21: Practicing Emotion Regulation

Empathy & Compassion

- S28: Listening and Empathy on a Team (Team Listening)

Goals & Habits

- S6: Envisioning Your Future (Dreams Ahead)
- S9: Connecting Your Future & This Year (Planning Ahead)
- S11: Creating Goals
- S12: Making Positive Habits
- S20: Connecting Emotion Regulation and Values
- S22: Regulating Emotions in Academics

Leadership & Teamwork

- S23: Using Values to Increase Belonging (Our Influences)
 - S24: Understanding the Value of Teamwork
 - S25: Practicing Effective Teamwork for Impact
 - S26: Regulating Emotions on a Team (The Team in Teamwork)
 - S27: Developing Strategies for Teamwork Challenges
 - S29: Exercising Listening on a Team (Team Creativity)
- NOTE:** Access additional teamwork and project-based learning sessions in the Group Projects section of the Campus Resources menu

Reflections

- S30: Final Reflections

Scope & Sequence



Engagement: How do we practice engaging meaningfully in our lives, our friendships, and in our school?

S1: Welcome

Welcome to Session 1! This session helps set the stage for the "What", the "How", and the "Why" for this year. It helps create clarity for both the educator and students which sets the program up for success.

S2: Building Connections

This is the 1st of 2 sessions about building community. The goal is to begin to develop relationships and start creating a sense of safety and community in our classroom space.

S3: Building Community

This is session 2 of 2 in our community building series. It is focused on learning more about each other and getting to know each other better.

S4: Developing Community Agreements

This session is dedicated to developing Community Agreements. This process is designed to bring many voices forward to make sure everyone has an opportunity to reflect on and discuss how we want to treat each other. These agreements are meant to help the class to become a safe place where people can be genuine without fear of mistreatment. The agreements are designed to serve as guidelines we can refer to throughout the year.

S5: The CharacterDare

This session sets up the first CharacterDare, which will be a consistent part of every session for the rest of the year. The CharacterDares are designed to help us practice putting values and character into action. The CharacterDare process includes reviewing the challenge from the previous session, along with an introduction to a new challenge. Every grade level has the same challenge corresponding to that week's session. We will return to the conversation about character and values in a 3-part series titled "What Do We Value?" Remember: CharacterDares are invitations, not demands! The power is in the conversation.

S6: Envisioning Your Future (Dreams Ahead)

This is the 1st of 4 sessions where we look ahead and start to envision plans for our futures. In this session, we envision our hopes for our futures, then harness the wisdom of these imagined positive future selves to think about healthy ways to live our lives today. In this session we will go through the full CharacterDare process: 1st, reflect on the previous Dare, and 2nd, introduce them to the new Dare. Remember: Dares are invitations, not demands! The power is in the conversation.

S7: Connecting Your Future & High School (The Story of Values)

This is the 2nd of 4 sessions where we look ahead and plan for our futures. In this session, we touch base with our individual values and use them to help guide us in thinking about dreams we want to see come true in our futures.

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Engagement: How do we practice engaging meaningfully in our lives, our friendships, and in our school?

S8: Values & Your Future in High School (The Story of Values)

This is the 3rd of 4 sessions where we look ahead and plan for our futures. Thinking about what we have already accomplished can help guide our actions in positive directions. In this session, we think about personal values that influenced us in elementary school, experiences we've had in middle school, and how remembering and acting on our individual values can help us have the kind of high school experience we hope for.

S9: Connecting Your Future & This Year (Planning Ahead)

This is the 4th of 4 sessions where we look ahead and plan for our futures. In this session we continue thinking about high school, what we hope for, obstacles we might face to achieving those wishes, and ways we might overcome those obstacles.

S10: Developing Values as Guides

This is the 1st of 3 sessions on values and habits. Improving our ability to turn actions we want to take into habits makes it easier to take those actions when the time is right. In this session, we work on getting better at identifying our values and making them into habits to help us handle challenges.

S11: Making Positive Habits

This is the 2nd of 3 sessions on values and habits. Our values can help us identify things we want to accomplish that are important to us. In this session we work on connecting our values to goals.

S12: Making Positive Habits

This is the 3rd of 3 sessions on values and habits. In this session, we focus on how our values, goals, and habits are all connected.

S13: Happiness Mythbusting

This session examines emotion regulation. Understanding and being able to handle strong emotions is important for coping with a variety of challenges including maintaining well-being, building peer relationships and handling peer conflicts, and meeting classroom expectations. This session explores common myths about happiness that can make it harder for us to handle difficult emotions.

S14: Happiness Self-Acceptance

In this session we continue to look at the concept of happiness. In this session, we examine another myth about happiness – that if we're not always happy there's something wrong with us. Being unhappy at times is normal and knowing that can help us not feel even worse when we experience unhappiness.

S15: Understanding How Emotions Work, pt 1

This is the 1st of 2 sessions on understanding emotions. Our brains create our emotions by rapidly and automatically assessing what's going on around us and inside us and whether it is good or bad for us. Understanding that emotions are natural, automatic, and arise very quickly can help us improve how we view ourselves and others when strong emotions arise and helps lay the foundation for learning emotion regulation skills.

Scope & Sequence

Engagement: How do we practice engaging meaningfully in our lives, our friendships, and in our school?

S16: Understanding How Emotions Work, pt 2

This is the 2nd of 2 sessions on understanding emotions. In this session, we continue learning about how our emotions are natural and happen automatically. Understanding some of the science of emotions can help us improve how we view ourselves and others when strong emotions arise and help lay the foundation for learning emotion regulation skills.

S17: Dealing with Emotions

This is the 1st of 4 sessions on emotion regulation. Early adolescents experience their emotions especially powerfully and we can all struggle sometimes to handle powerful emotions well. In this session, we learn about how our emotions can sometimes cause us to do things we later regret. Exploring this can help motivate us to learn emotion regulation strategies.

S18: Practicing Self-Regulation

This is the 2nd of 4 sessions on emotion regulation. Early adolescents experience their emotions especially powerfully and we can all struggle to handle strong emotions well. In this session, we learn 2 different strategies that can help us regulate our emotions. regulation toolbox.

S19: Building an Emotions Toolbox

This is the 3rd of 4 sessions on emotion regulation. Early adolescents experience their emotions especially powerfully and we can all struggle to handle powerful emotions well. In this session, we learn more strategies to add to our emotion regulation toolbox.

S20: Connecting Emotion Regulation and Values

This is the 4th of 4 sessions on emotion regulation. Early adolescents experience their emotions especially powerfully and we can all struggle to handle powerful emotions well. In this session, we explore ways to get better at using emotion regulation tools to put our values into action and work toward our goals.

S21: Practicing Emotion Regulation

We know being in touch with our personal values can help us make good decisions. In this session, we work on understanding impulsivity, ways we can notice our impulses pulling us away from our values, and how to use that awareness to avoid impulsive reactions to situations.

S22: Regulating Emotions in Academics (Overcoming Obstacles)

In this session, we focus on the academic goals we have for ourselves and create maps of our journey towards those goals. One powerful way to make goals more effective is to anticipate and plan for overcoming barriers that can interfere with our progress toward our goals. In today's session, we work together to anticipate different types of obstacles and come up with ways to overcome them.

S23: Using Values to Increase Belonging (Our Influences)

In this session students work together to identify things that can get in the way of their shared goals for the school community and come up with strategies to combat them.

Scope & Sequence



Engagement: How do we practice engaging meaningfully in our lives, our friendships, and in our school?

S24: Understanding the Value of Teamwork

This is the 1st of 6 sessions on building our skills for working in teams. The goals are to identify what unique traits we bring to a team and showcase them through the art we create.

S25: Practicing Effective Teamwork for Impact

This is the 2nd of 6 sessions on teamwork. The goal is for us to work as a team to come up with ways to have a positive impact on someone else's day.

S26: Regulating Emotions on a Team (The Team in Teamwork)

This is the 3rd of 6 sessions on teamwork. This session is focused on the importance of ensuring that all the members of a team all able to give input to maximize the benefits of working in a group.

S27: Developing Strategies for Teamwork Challenges

This is the 4th of 6 sessions on teamwork. In this session, we reflect on ways to handle challenges that may come up when working in groups.

S28: Listening and Empathy on a Team (Team Listening)

This is the 5th of 6 sessions on teamwork. For group members to be able to contribute fully we need to feel like we will not be unfairly criticized and that we will be listened to. This opens the door to everyone feeling like we can share our thoughts and ideas. That is the focus of this session.

S29: Exercising Listening on a Team (Team Creativity)

This is the 6th of 6 sessions on teamwork. In this session we explore the role of creativity in group work and practice applying creativity to real-world challenges.

S30: Reflecting On The Year Part 2: Final Reflections

This is a review session focused on thinking back and reflecting on things we've learned and ways we've grown this year through a process called a Sankofa Session. This reflection process is important for us to cement the learning we have done this year. In this session we will continue identify what was most valuable, what we used or benefitted from, and what we'll keep trying to use.