



Project Cornerstone

Middle School Social and Emotional Learning (SEL)

Year 1

Lesson 1: Re-Entry

Emerging into a new normal, checking in about self-care, stress, social interactions, and reflecting on the past and looking to the future with resiliency.

Video Link: https://www.youtube.com/watch?v=Y_fOrXuU_rc

Lesson 2: Meet Your Brain

Adolescent brain development, the effects of sleep, nutrition, technology, and substance abuse on middle schoolers.

Video Link: <https://www.youtube.com/watch?v=fZA4shVMXzA>

Lesson 3: Decision Making/Risk Assessment

Identifying comfort zones and stretch zones, tools for making constructive, safe, and wise choices. Video Link: <https://www.youtube.com/watch?v=5bXXpy9XTJE>

Lesson 4: Boundaries and Peer Pressure

Setting, expressing, and honoring boundaries, managing peer pressure.

Video Link: <https://www.youtube.com/watch?v=YL-bapw0kd8>

Lesson 5: Sharing Power and Leadership

Learning about influence and being an effective leader, understanding privilege and how to share power.

Video Link: <https://www.youtube.com/watch?v=4S2gIjBYZ-E>

Lesson 6: Time Management and Goal Setting

Tips and routines for managing time, developing SMART goals, how to grow through failure.

Video Link: <https://youtu.be/ZWUEcAYa8Xo>

