



Middle School Social and Emotional Learning (SEL) 3-Year Curriculum

PROJECT CORNERSTONE

2023-2024	2024-2025	2025-2026
<p>Managing Emotions Define and manage emotions, identify what is within your control vs outside of your control, and match the intensity of emotions with the moment.</p>	<p>Taking Care of Me Focus on personal wellness. Learn how to thrive by noticing and naming emotions, coping with stress, and navigating social interactions through self-care.</p>	<p>Friendship, Part 1 Learn how to meet new people and maintain a conversation, understand the importance of nonverbal cues and the impact of digital vs. in-person communication.</p>
<p>Relationships Understand the importance of social connections. Practice active listening skills and using an asset-based perspective instead of a deficit-based lens.</p>	<p>Meet Your Brain Understand adolescent brain development and the effects of sleep, substance abuse, and technology on middle schoolers and their brains.</p>	<p>Use Your Superpowers Develop kindness, gratitude, and service. Use these practices to improve happiness.</p>
<p>Stress, Part 1 Identify healthy/optimal levels of stress, how stress affects the body, common and personal stressors, and stress busters.</p>	<p>Decision Making and Taking Risks Practice risk assessment, learn how to grow through failure, identify comfort zones and stretch zones, and practice the 5-step decision making process.</p>	<p>Friendship, Part 2 Identify the lifecycle of a friendship, core values, and toxic friendships. Evaluate and modify friendships.</p>
<p>Stress, Part 2 Practice coping skills and stress management techniques. Learn about suicide warning signs and prevention.</p>	<p>Peer Pressure and Boundaries Manage peer pressure, and practice setting, expressing, and honoring boundaries.</p>	<p>Teamwork and Collaboration Experience verbal and nonverbal communication, group roles, and using discussion sentence starters. Practice empathy and perspective taking while working in a group.</p>
<p>Me & You, Part 1 Investigate personal identity, core values, and perspective taking. Learn how to disagree respectfully.</p>	<p>Leadership and Sharing Power Define leadership and the qualities of an effective leader. Describe types of decisions and how to share power.</p>	<p>Conflict Resolution Practice resolving conflict in respectful and kind ways, active listening skills, and how to make an authentic apology.</p>
<p>Me & You, Part 2 Define bias, stereotypes, prejudice, discrimination, and racism. Learn how to be an UPstander and an anti-racist. Experience the power of storytelling.</p>	<p>Time Management and Goal Setting Learn how to prioritize tasks, manage time by building a sustainable schedule, and make SMART goals.</p>	<p>Digital Citizenship Use technology responsibly by being safe, smart, and kind. Navigate social media, identify reliable sources, and practice digital communication skills.</p>

The Project Cornerstone Middle School SEL Curriculum is designed for 6th, 7th, and 8th graders. Schools using the Middle School SEL Curriculum will move through the same sequence of content modules during a given school year and will cycle through the subsequent years of curriculum. This alignment promotes a common language, collective skill development, and shared learning experiences for students and their home and school communities. Each module contains a slide deck complete with notes for the facilitator, a short high-interest video, engaging student-centered activities, and a newsletter for parents/caregivers. Facilitators receive training prior to each module. For more information contact info@projectcornerstone.org.