6TH GRADE | 35 SESSIONS

# Scope & Sequence

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

**Abstract:** The 35-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. 6th grade is often a transitional year with students moving to new schools, so we place special emphasis on creating a sense of belonging. Our essential question is: *How can we create a place where everyone feels like they belong?* **Below, you will how find how the 5 ingredients featured in the 6th Grade 35-Session Scope and Sequence are covered, followed by the sequential scope and sequence.**

## Foundation - Setting the Stage

S00: Bullying 101
S1: Welcome
S2: Building Connections
S3: Middle School Mythbusting (Worries & Wonders)
S4: Developing Community Agreements
S5: Understanding the CharacterDare Process
S6: From Bystander to Advocate
S7: Middle School Mythbusting (Taking on Tests)
S8: Meeting New People
S9: Get to Know Your School

## Values & Purpose

S10: Values Exploration
S11: Applying Values Online
S12: Practicing Values (What's Important to Us?)
S19: Using Values in Conflict Resolution
S22: Strengthening Friendships
S33: Choose Kindness

## Emotion Understanding & Regulation

S17: Understanding Emotions
S18: Regulating Emotions (Naming Emotions)
S20: Practicing Conflict Resolution
S27: Connecting Motivation & Emotions
S28: Regulating Emotions (Calming Our Emotions)
S29: Making New Friends
S31: Resolving Conflicts with Friends
S32: Helping Others Resolve Conflict (Saying I'm Sorry)

## Empathy & Compassion

S15: Understanding Others' Perspectives
S16: Practicing Perspective-Taking
S24: Listening With Empathy
S25: Exercising Perspective-Taking
S26: Connecting Through Perspective-Taking
S30: Becoming A Better Friend

## Goals & Habits

S13: Building Listening Skills
S14: Listening Practice
S21: Developing Friendships
S23: Applying Listening Skills

## Leadership & Teamwork

Access project-based learning sessions in the Group Projects section of the Campus Resources menu

## Reflections

S34: Remembering This Year
S35: Final Reflections

**Bullying Prevention**
Session or Touchpoint

6TH GRADE | 35 SESSIONS

# Scope & Sequence

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

**S00: Bullying 101**
This 45-60 minute session offers schools flexibility outside the regular curriculum to cover a wide range of bullying standards. It aims to understand and address bullying behavior by identifying key components, types, and impacts of bullying, distinguishing it from negative behavior, and recognizing response strategies. Students will learn about school rules, expectations, and how to respond to and report bullying. By achieving these objectives, we'll develop a deeper understanding of bullying dynamics and acquire essential skills to prevent it in our school community.

**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 session will help students to think about their own definition of community. We will build on what they know through activities that help students make the connection between community, safety, and respect.

**S3: Middle School Mythbusting (Worries & Wonders)**
This is the 1st of 2 sessions called "middle school mythbusting" that 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.

**S4: Developing Community Agreements**
This session is dedicated to developing Community Agreements. These Agreements are meant to help the class become a safe place where people can be genuine without fear of mistreatment, where we listen to one another and speak about our needs allowing us to create anti-bullying environments proactively. The Agreements will serve as guidelines we can refer to throughout the year.

**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.

6TH GRADE | 35 SESSIONS

# Scope & Sequence

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

### S6: From Bystander to Advocate
The goal of this session is to identify ways we can support others who are experiencing disrespect or bullying. We will learn about the role power plays in bullying behavior and how to shift that power to the person experiencing bullying. We will discuss what it means to move from being a bystander to an effective advocate for others, equipped with strategies to stop bullying, support those experiencing it, and report bullying incidents, thus fostering a safer and more supportive environment.

### S7: Middle School Mythbusting (Taking on Tests)
This is the 2nd of 2 sessions called "Middle School Mythbusting" that 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.

### 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: Appling Values Online
This is the 2nd of 3 sessions on exploring values. Students will apply personal values to online environments, acknowledging the difficulty of implementing them in digital spaces. They will learn to identify cyberbullying and strategies for effective response.

### 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 the 1st of 2 session on listening. 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.

# Scope & Sequence

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

### 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 session on perspective-taking. In this session we practice understanding others' perspectives using the strategy of seeking and offering advice. One scenario involves advising a student facing bullying, reinforcing strategies for handling such situations.

### 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: Using Values in Conflict Resolution
In this session, we will pick one of our personal values that could serve as motivation to work on resolving conflicts and then will work together to know when a conflict is one that should be/could be resolved or not.

### S20: Practicing Conflict Resolution
In this session, we explore various everyday conflict scenarios to exchange insights on handling conflicts thoughtfully. In one scenario students consider ways to respond to a Cyberbullying conflict applying the P.E.A.C.E. conflict resolution skill, as well as being reminded of ways we can effectively respond to a bullying that takes place online.

### S21: Developing Friendships
This is a session on friendship. In this session we will practice asking quality questions, exercise active listening, and learn something new about at least one person. Having a sense of connectedness and belonging at school boosts student well-being and supports school engagement.

# Scope & Sequence

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

**S22: Strengthening Friendships**
This is a session on friendship. The goal is to reflect on the qualities we value in friends.

**S23: 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.

**S24: 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.

**S25: Exercising Perspective-Taking**
This is the 1st of 2 sessions on perspective-taking. In this session we learn that understanding others' viewpoints is vital for friendship, conflict resolution, and group collaboration. We'll explore how people react differently to situations, including a scenario where students empathize with someone facing bullying.

**S26: 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.

**S27: 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.

**S28: 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.

# Scope & Sequence

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

### S29: 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.

### S30: 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.

### S31: 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.

### S32: Helping Others Resolve Conflict (Saying I'm Sorry)
In this session, we concentrate on learning how to apologize effectively, a vital skill in resolving conflicts with others. Through a hypothetical scenario, students confront a situation where they're called out for bullying behaviors towards a peer, reflecting on the challenges of apologizing while acknowledging its effectiveness in combating bullying.

### S33: Choose Kindness
This session focuses on defining and practicing kindness as a way to begin to wrap up the year. We will reflect on different perspectives of kindness, choose a person to deliver an act of kindness to, and work with a group to create something meaningful for one recipient.

### S34: Remembering This Year
We have covered a lot of ground in these lessons this year. This session focuses on thinking back and reflecting on things we've learned and ways we've grown. This reflection process is important for us to cement the learning we have done this year.

### S35: 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.

7TH GRADE | 35 SESSIONS

# Scope & Sequence

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

**Abstract:** The 35-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 35-Session Scope and Sequence are covered, followed by the sequential scope and sequence.**

## Foundation - Setting the Stage

S00: Bullying 101
S1: Welcome
S2: Building Connections
S3: Developing Community Agreements
S4: From Bystander to Advocate
S5: The CharacterDare

## Values & Purpose

S6: Values in Action
S7: Developing Character Habits
S8: Values as Guides
S12: Real Life Respect: Defining Respect
S13: Real Life Respect: Creating Caring Environments
S33: Promoting Honesty, pt 1
S34: Promoting Honesty, pt 2

## Emotion Understanding & Regulation

S9: Understanding Emotions
S10: Expanding Emotion Vocabulary
S11: Practicing Emotion Regulation
S14: Understanding Stress
S15: Stress Coping Strategies
S31: Exploring Emotions
S32: Identifying Emotions

## Empathy & Compassion

S16: Real Life Respect: The Power of Language
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
S30: Growth Mindset

## Leadership & Teamwork

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

Access project-based learning sessions in the Group Projects section of the Campus Resources menu

## Reflections

S35: Final Reflections

**Bullying Prevention**
Session or Touchpoint

7TH GRADE | 35 SESSIONS

# Scope & Sequence

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

### S00: Bullying 101

This 45-60 minute session offers schools flexibility outside the regular curriculum to cover a wide range of bullying standards. It aims to understand and address bullying behavior by identifying key components, types, and impacts of bullying, distinguishing it from negative behavior, and recognizing response strategies. Students will learn about school rules, expectations, and how to respond to and report bullying. By achieving these objectives, we'll develop a deeper understanding of bullying dynamics and acquire essential skills to prevent it in our school community.

### 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 session will help students to think about their own definition of community. We will build on what they know through activities that help students make the connection between community, safety, and respect.

### S3: Developing Community Agreements

This session is dedicated to developing Community Agreements. These Agreements are meant to help the class become a safe place where people can be genuine without fear of mistreatment, where we listen to one another, and speak about our needs allowing us to create anti-bullying environments proactively. The Agreements will serve as guidelines we can refer to throughout the year.

### S4: From Bystander to Advocate

*Advocacy and Well-Being.* The goal of this session is to identify ways we can advocate for others experiencing bullying through isolation. We'll explore how isolation impacts well-being and why it's important to notice and respond. We'll also learn about the role of power in bullying and how to shift it back to the person being isolated. Finally, we'll discuss how to move from being a bystander to an advocate, with strategies to interrupt isolation, support others, and help build a more connected, safer environment.

# Scope & Sequence

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

### S5: The CharacerDare
This is the 1st of 4 sessions related to values. Thinking about and identifying values that we personally feel are important can help us make good decisions and guide our actions in positive directions. In this session, we will explore the definition of values, including where they come from and ways we can put them into action. We will also go through the full CharacterDare process: first, reflecting on the previous CharacterDare, and second, introducing them to the new CharacterDare. Remember, these challenges are invitations, not demands! The power is in the conversation.

### S6: Values in Action
This is the 2nd of 4 sessions focused on values. This session builds upon the learnings from the previous session and offers perspectives on how we might share similar or different values for various reasons.

### S7: Developing Character Habits
This is the 3rd of 4 sessions about values, where we explore the important role of building positive habits to help us live a life consistent with our values. We'll delve into how habits are formed, the initial challenges when starting new good habits, and why habits are crucial for shaping our character.

### S8: Values as Guides
This is the 4th of 4 sessions focused on values. In this session, we bring together the insights gained from the previous sessions and concentrate on their application in our personal lives

### S9: Understanding Emotions
This is the 1st of 3 sessions focused on understanding and regulating emotions. Across this session and the next, we will learn some basic brain science to help us understand the origins of our emotions. We will discover that our brains generate emotions quickly and automatically, which means people do not intentionally create strong emotions. This understanding can provide us with valuable perspectives on both our own and others' intense emotions.

### S10: Expanding Emotion Vocabulary
This is the 2nd of 3 Sessions on emotion understanding. 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, which helps us find the right name for what we are experiencing.

7TH GRADE | 35 SESSIONS

# Scope & Sequence

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

### S11: Practicing Emotion Regulation
This is the 3rd of 3 sessions related to emotion understanding and regulation. Handling powerful emotions requires learning strategies for calming down, we will learn two new strategies and revisit one that was learned last session.

### S12: Real Life Respect: Defining Respect
This session focuses on defining the value of respect. In this session, we will be introduced to the concept of respect, create a shared understanding of its meaning, learn that it is an action, and explore the different ways we experience respect. Respect is a foundational aspect of creating anti-bullying environments.

### S13: Real Life Respect: Creating Caring Environments
In this session, students will learn about respect and how it applies in different school settings, pinpoint "Hot Spots" where more respect is needed, like tackling bullying, and then create personal plans to encourage respectful behavior, aiming to build a culture of mutual respect and combat bullying.

### 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.

### 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: Real Life Respect: The Power of Language
In this session, we delve into the harmful impact of put-downs, acknowledging the pervasive nature of negativity in language compared to intentional kindness. Cultivating a school culture that prioritizes uplifting language is a key strategy in fostering an anti-bullying environment.

### 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 empathy. In this session we emphasize the significance of showing concern for others and recognizing when they may need assistance. They engage with a scenario depicting bullying in a hallway, exploring various responses, including direct involvement and bystander intervention (advocacy), to reinforce positive and constructive ways of supporting those experiencing bullying.

7TH GRADE | 35 SESSIONS

# Scope & Sequence

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

**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.

**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**
We'll distinguish assertiveness from aggression and passivity, emphasizing the importance of expressing one's needs while respecting others'. Assertiveness means confidently and empathetically communicating your point. Students will apply this approach to a bullying scenario, reinforcing effective responses to bullying behavior.

**S26: Practicing Assertiveness**
Learning assertiveness provides us with tools to express our needs respectfully. We'll explore passive, aggressive, and assertive behaviors, aiming to practice assertiveness in various scenarios to enhance communication and prevent conflicts. This includes a bullying scenario, allowing students to be reminded of effective ways to respond to bullying.

**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.

# Scope & Sequence

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

### S28: Handling Conflict

This is the 2nd of 3 sessions on handling conflict. This session examines the importance of addressing conflicts before they escalate. We explore strategies such as compromise, assertiveness, and empathy to prevent conflicts from worsening, likening it to the way a snowball grows downhill. Students will have the option to discuss a bullying scenario to practice effective responses.

### 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: Growth Mindset

In this session, we will strengthen our growth mindsets by practicing reframing what it means to fail. We will then reflect on their own failures and brainstorm learning that can come from it.

### S31: Exploring Emotions

This session focuses on understanding and regulating emotions. We learn some basic brain science to help us understand where our emotions come from and 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.

### S32: Identifying Emotions

This session is related to emotion understanding and emotion regulation. Tools for regulating emotions are only effective if you use them. We work on thinking through how we'd handle emotional challenges presented in scenarios.

### S33: Promoting Honesty, pt 1

This is the 1st of 2 sessions related to honesty. In this session, we will work to understand what honesty can look like daily or weekly in our lives. We will then create an ongoing commitment to bring honesty to life in their school.

### S34: Promoting Honesty, pt 2

This is the 2nd of 2 sessions on honesty. In this session, we will discuss the obstacles to practicing honesty. Then we will create 30-second ads that offer strategies for practicing honesty even when it's hard.

### S35: 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.

8TH GRADE | 35 SESSIONS

# Scope & Sequence

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

**Abstract:** The 35-Session Scope and Sequence offers extensive coverage of the main ingredients comprising the curriculum. These ingredients support 3 essential outcomes: well-being, belonging, and engagement. In 8th grade, we place special emphasis on the engagement outcome. 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 35-Session Scope and Sequence are covered, followed by the sequential scope and sequence.**

## Foundation - Setting the Stage

S00: Bullying 101
S1: Welcome
S2: Building Community
S3: Developing Community Agreements
S4: From Bystander to Advocate
S5: The CharacterDare

## Values & Purpose

S7: Connecting Values & Your Future (Values & Dreams)
S8: Connecting Values to Your Future in High School (The Story of Values)
S10: Developing Values as Guides Online
S31: Strengthening Commitment, pt 1
S32: Strengthening Commitment, pt 2

## 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)
S33: Understanding Selflessness, pt 1
S34: Understanding Selflessness, pt 2

## Goals & Habits

S6: Values & Your Future
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
S30: Grit and Willpower

## Leadership & Teamwork

S23: Using Values to Increase Belonging (Overcoming Obstacles)
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)

Access project-based learning sessions in the Group Projects section of the Campus Resources menu

## Reflections

S35: Final Reflections

**Bullying Prevention**
Session or Touchpoint

8TH GRADE | 35 SESSIONS

# Scope & Sequence

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

### S00: Bullying 101

This 45-60 minute session offers schools flexibility outside the regular curriculum to cover a wide range of bullying standards. It aims to understand and address bullying behavior by identifying key components, types, and impacts of bullying, distinguishing it from negative behavior, and recognizing response strategies. Students will learn about school rules, expectations, and how to respond to and report bullying. By achieving these objectives, we'll develop a deeper understanding of bullying dynamics and acquire essential skills to prevent it in our school community.

### 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 Community

This is session is focused on learning more about each other and getting to know each other better.

### S3: Developing Community Agreements

This session is dedicated to developing Community Agreements. These Agreements are meant to help the class become a safe place where people can be genuine without fear of mistreatment, where we listen to one another, and speak about our needs allowing us to create anti-bullying environments proactively. The Agreements will serve as guidelines we can refer to throughout the year.

### S4: From Bystander to Advocate

*The Advocacy Influencer.* The goal of this session is to reflect on the power we have as leaders in our school to influence others and respond to bullying. We will learn about how power plays a role in bullying behavior and how to use our influence to support those being targeted. We will discuss what it means to move from being a bystander to an active advocate, equipped with strategies to speak up, include others, and shift the dynamic in positive ways. By recognizing our ability to lead through action, we can help create a safer and more supportive school environment for everyone.

### S5: The CharacterDare

This session sets up the first Character Dare, which will be a consistent part of every session for the rest of the year. The Character Dares 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. Remember: CharacterDares are invitations, not demands! The power is in the conversation.

### S6: Values & Your Future

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.

8TH GRADE | 35 SESSIONS

# Scope & Sequence

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

**S7: Connecting Values & Your Future (Values & Dreams)**
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.

**S8: Connecting Values to 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 Online**
This is the 1st of 3 sessions on values and habits. Students will apply personal values to online environments, recognizing the challenges of implementing them in digital spaces. They will learn to identify cyberbullying and effective response strategies.

**S11: Creating Goals**
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.

# Scope & Sequence

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

### 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. We will all learn about this process in this session and the next. 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.

### 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 we learn 2 different strategies that can help us regulate our emotions.

### 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.

8TH GRADE | 35 SESSIONS

# Scope & Sequence

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

**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 (Overcoming Obstacles)**

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.

**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. In this session, students will learn about respect and its application in various school settings. They will identify areas on campus where more respect is needed, such as addressing bullying, and collaboratively create a group plan to foster a culture of mutual respect and combat bullying together.

**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 are 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.

8TH GRADE | 35 SESSIONS

# Scope & Sequence

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

**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: Grit and Willpower**
Facing challenges is a normal part of life, and learning to adapt and bounce back is crucial for growth and thriving. Here are some ways to build resilience: In this session, we will use the song 'I Will Survive' to reflect on the lessons we have learned from our past challenges. Additionally, we will discuss how we can use those lessons to overcome future obstacles.

**S31: Strengthening Commitment, pt 1**
This is the 1st of 2 sessions related to commitment. This session introduces the trait of commitment, what it means, and how it can impact our leadership.

**S32: Strengthening Commitment, pt 2**
This is the 2nd of 2 sessions related to commitment. In this session, we will learn strategies that can help promote commitment in our daily lives, then make a plan for personal improvement.

**S33: Understanding Selflessness, pt 1**
This is the 1st of 2 sessions on selflessness. In this session, we will examine what selflessness can look like in our daily or weekly lives, and create an ongoing commitment to make selflessness a habit.

**S34: Understanding Selflessness, pt 2**
This is the 2nd of 2 sessions on selflessness. Using a shared definition of selflessness as a starting point, we will brainstorm small, medium, and large selfless acts we can practice in our lives.

**S35: 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.