

SCOPE AND SEQUENCE: MIDDLE SCHOOL SOCIAL SKILLS (SBC)

Academic Year 2026–2027

1st Grading Period

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	RESOURCES
1	Campus expectations	Phase System Overview	Point System	Weekly Goal Planning Process	Friday Celebration	Middle School AB Manual
2	Weekly Goal Planning & Introduction of Skill of the Week	Introduction to Think, Chill, Cool Process	Self-Monitoring Forms	Using the School Store	Friday Celebration	Middle School AB Manual
3	Weekly Goal Planning & Review of Skill of the Week	How We Learn Social Skills	BT Basic 8: Following Instructions	BT Basic 8: Accepting “No” for an answer	Friday Celebration	Teaching Social Skills to Youth More Tools for Teaching Social Skills in School
4	Weekly Goal Planning & Having Conversations <i>BT = Boystown</i>	BT Basic 8: Talking with Others	BT Basic 8: Introducing myself	BT Basic 8: How to Disagree	Friday Celebration	Teaching Social Skills to Youth More Tools for Teaching Social Skills in School
5	Weekly Goal Planning & Appropriate Response	BT Basic 8: Accepting Criticism or Consequence	BT Basic 8: Showing Respect	BT Basic 8: Showing Sensitivity to Others	Friday Celebration	Teaching Social Skills to Youth More Tools for Teaching Social Skills in School
6	Weekly Goal Planning & Processing Time	Introduce Stop and Think Strategy	Practice and Role Play Stop and Think Strategy	Practice and Role Play Stop and Think Strategy	Friday Celebration	Stop and Think
7	Weekly Goal Planning & Dealing with Anger	Dealing with another person's anger: Personal Space	Dealing with another person's anger: My Voice Volume and Tone	Dealing with another person's anger: Knowing When to Walk Away	Friday Celebration	101 Ways to Teach Children Social Skills goo.gl/VdMyMv
8	Weekly Goal Planning & Responding to Conflict	Resolving Conflict: The Conflict-Belief Connection	Resolving Conflict: Words Can Sometimes Hurt	Resolving Conflict: Give and Take and Meditate	Friday Celebration	Getting Along with Others 6-8 Thinking, Feeling, Behaving 7-12
9	Weekly Goal Planning & Resolving Conflicts	Resolving Conflicts	Resolving Conflicts	Resolving Conflicts	Friday Celebration	Getting to Know You 6-9

Other Resources: Schoology (online platform)- videos, lessons, activities; Everyday Speech (online lessons, activities, videos and homework); Coach modeling (from district); Social skills workbooks (provided): Trauma-Informed Social Emotional Toolbox for Children and Adolescents, A Journey through Emotional, Social, Cognitive and Self-Development Grades 6-8, Connecting with Others Lessons for Teaching Social and Emotional Competence Grades 6-8, The Tough Kid Social Skills Book, The Anxiety Workbook for Teens, The Social Success Workbook for Teens, Social Skills Lessons & Activities Grades 4-6.

2nd Grading Period

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	RESOURCES
1	Weekly Goal Planning & Processing and Asking for Help	Practice and Role Play Stop and Think Strategy	How to Ask for Help	Interrupting Others	Friday Celebration	Teaching Social Skills to Youth Getting to Know You 6-9
2	Weekly Goal Planning & Respecting Yourself	Standing up for Yourself: Feeling Good About Yourself	Standing up for Yourself: Learning to say “No”	Standing up for Yourself: Avoiding Fights	Friday Celebration	101 Ways to Teach Children Social Skills goo.gl/VdMyMv
3	Weekly Goal Planning & Defending Yourself	Standing up for Yourself: Sticking Up for Yourself	Standing up for Yourself: Rights and Responsibilities	Standing up for Yourself: Patting Yourself on the Back	Friday Celebration	
4	Weekly Goal Planning & How to Deal with Bullying	Tough Kid Bully Blockers	Tough Kid Bully Blockers	Tough Kid Bully Blockers	Friday Celebration	The Tough Kid Bully Blockers Book Bully Proofing Your School
5	Weekly Goal Planning & Speaking Up	Bullying: Bullies, Victims and Bystanders	Harassment and Taking a Stand	Creating Caring Communities and Including Others	Friday Celebration	
6	Weekly Goal Planning & How to Be a Leader	Inclusion and Groups	Positive Leadership	Characteristics of Leadership	Friday Celebration	
7	Weekly Goal Planning & How to Solve Problem	Problem Solving (Interventions with Bullies)	Corrective Social Thinking	Prosocial Consequences	Friday Celebration	
8	Weekly Goal Planning & Self Development	Self-Development: Growing Pains	Self-Development: Self-Spin	Self-Development: I Can't Be Perfect	Friday Celebration	101 Ways to Teach Children Social Skills Getting Along with Others 6-8 Passport Program 6-8 Thinking, Feeling, Behaving 1-6, 7-12
9	Goal Planning and Reflection & Understanding Differences	Understanding Differences: A Walk In Your Shoes	Understanding Differences: Kindness	Understanding Differences: Respecting Others	Friday Celebration	

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3rd Grading Period

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	RESOURCES
1	Weekly Goal Planning & Understanding others Perception	Practice and Role Play Stop and Think Strategy	Expressing Myself: Identifying Your Feelings	Expressing Myself: Understanding Feelings of Others	Friday Celebration	Getting to Know You 6-9 101 Ways to Teach Children Social Skills goo.gl/VdMyMv

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	RESOURCES
2	Weekly Goal Planning & Expressing Myself	Expressing Myself: Know What You Are Feeling	Expressing Myself: Make Positive Statements	Expressing Myself: Listen to Others / Empathy	Friday Celebration	Getting to Know You 6-9
3	Weekly Goal Planning & Self Control	Handling Aggression: Using Self Control	Handling Aggression: Avoiding Fights	Handling Aggression: Avoiding Trouble	Friday Celebration	Getting to Know You 6-9
4	Weekly Goal Planning & Expressing Anger	Handling Aggression: Intimidation	Handling Aggression: Expressing Anger	Handling Aggression: Negotiation	Friday Celebration	Getting to Know You 6-9
5	Weekly Goal Planning & Expressing Feelings	Handling Aggression: Handling Feelings	Worrying: All or Nothing Thinking	Worrying: Talking it Out	Friday Celebration	Getting to Know You 6-9 Anxiety Workbook Teens
6	Weekly Goal Planning & Relieving Stress	Relieving Stress: Stress Awareness and Inventory	Relieving Stress: Ways to Relieve Stress	Relieving Stress: Act on the A's	Friday Celebration	Connecting with Others 6-8 Beyond the Blues MS AB Manual
7	Weekly Goal Planning & Fear and Anxiety	Relieving Stress: Time to Relax	Relieving Stress: Dealing with Fear	Relieving Stress: Dealing with Anxiety	Friday Celebration	Getting to Know You 6-9
8	Weekly Goal Planning & Complaining	Relieving Stress: Stating a Complaint	Relieving Stress: Responding to a Complaint	Relieving Stress: Responding to Failure	Friday Celebration	Getting to Know You 6-9
9	Goal Planning and Reflection	Resolving Conflicts with Adults	Resolving Conflicts with Adults	Resolving Conflicts with Adults	Friday Celebration	101 Ways to Teach Children Social Skills goo.gl/VdMyMv

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4th Grading Period

WK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	RESOURCES
1	Weekly Goal Planning & Teasing	Practice and Role Play Stop and Think Strategy	Teasing, Being rejected or left out: Check Your Teasing	Teasing, Being rejected or left out: Check Your Teasing, Hurtful or Friendly?	Friday Celebration	Connecting with Others 6-8 Bully Proofing Your School
2	Weekly Goal Planning & Decision Making	Decision Making: Making a Decision	Decision Making: Approach or Avoid?	Decision Making: Assess the Situation	Friday Celebration	Ready to Use Social Skills 7-12 Thinking, Feeling, Behaving 1-6, 7-12
3	Weekly Goal Planning & Making a Decision	Decision Making: One Step at a Time	Decision Making: Goal for It	Decision Making: Dubious Decisions	Friday Celebration	
4			Managing Conflict: It Takes Two	Managing Conflict: Negotiation	Friday Celebration	

