

## GRADE 6

UNIT 1: CONNECTING WITH OTHERS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
<b>LESSON 1:</b> Making Shared Agreements	Working together to come up with Shared Agreements helps students establish a safe, respectful, and inclusive classroom community and helps them understand how that community is a good place for social-emotional learning.	<ul style="list-style-type: none"> <li>Explain what makes them feel safe, respected, and included.</li> <li>Develop Shared Agreements.</li> </ul>	<b>CASEL 5:</b> Relationship Skills <b>Skill:</b> Developing positive relationships
<b>LESSON 2:</b> Getting to Know Adults in Our School	School communities have many people who contribute to students' success. By naming staff members and understanding what they do, students can be better equipped to get support when they need it.	<ul style="list-style-type: none"> <li>Recognize which staff members can help with specific issues.</li> <li>Build a strong social support network.</li> </ul>	<b>CASEL 5:</b> Relationship Skills <b>Skill:</b> Developing positive relationships
<b>LESSON 3:</b> The ACT of Listening	Active listening is one of the best ways to communicate. As students learn about listening, they can find out what active listening looks like, apply ACT to their listening skills, and reflect on how to become better listeners.	<ul style="list-style-type: none"> <li>Identify the traits of active listening.</li> <li>Apply ACT to listen actively.</li> </ul>	<b>CASEL 5:</b> Relationship Skills <b>Skill:</b> Communicating effectively
UNIT 2: EXPLORING MY VALUES AND BELIEFS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
<b>LESSON 1:</b> Working Through Differences	Knowing how to work through differences helps students work well with other people and strengthens their relationships. In this lesson, students will use the STARS method to learn how to resolve conflicts together.	<ul style="list-style-type: none"> <li>Explain what causes conflicts.</li> <li>Resolve conflicts through STARS.</li> </ul>	<b>CASEL 5:</b> Relationship Skills <b>Skill:</b> Resolving conflicts constructively
<b>LESSON 2:</b> Staying Away from Stereotypes	Stereotypes hurt people and get in the way of valuing people for who they are. In this lesson, students will examine what stereotypes are, explore how they affect people, and learn how to treat people as individuals.	<ul style="list-style-type: none"> <li>Identify the effects of stereotypes.</li> <li>Demonstrate knowledge of individuality and diversity.</li> </ul>	<b>CASEL 5:</b> Social-Awareness, Relationship Skills <b>Skills:</b> Identifying diverse social norms, including unjust ones; Resisting negative social pressure; Demonstrating cultural competency
<b>LESSON 3:</b> Acting with Respect	Acting respectfully helps students connect with people and work with others. As students decide what respect means to them and what it means to others, they learn to understand how they can get along better.	<ul style="list-style-type: none"> <li>Explain why they value respect.</li> <li>Identify what respect looks like, sounds like, and feels like.</li> </ul>	<b>CASEL 5:</b> Relationship Skills <b>Skill:</b> Developing positive relationships
UNIT 3: UNDERSTANDING MY EMOTIONS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
<b>LESSON 1:</b> Talking About Emotions	Strengthening their emotion vocabulary gives students tools to identify what they're feeling and communicate their feelings to others. In this lesson, students will use emotion wheels to build their vocabulary, identify feelings in scenarios, and discuss why expressing emotions is helpful.	<ul style="list-style-type: none"> <li>Build their emotion vocabulary.</li> <li>Identify and label a range of emotions.</li> </ul>	<b>CASEL 5:</b> Self-Awareness <b>Skill:</b> Identifying one's emotions
<b>LESSON 2:</b> Signs and Symptoms of Stress	Stressors come in all shapes and sizes. By having students connect what they feel in their bodies and minds to stress, they can be more aware of what they're experiencing.	<ul style="list-style-type: none"> <li>Identify what makes them feel stressed.</li> <li>Identify how stress makes them feel in their bodies and their minds.</li> </ul>	<b>CASEL 5:</b> Self-Management <b>Skill:</b> Identifying stress
<b>LESSON 3:</b> Managing Stress	Students can use healthy strategies for stress relief by figuring out what works for them and learning how to use laughter to stop stress from becoming overwhelming.	<ul style="list-style-type: none"> <li>Use stress relief techniques to manage stress.</li> <li>Connect the mental feelings of stress relief to physical sensations.</li> </ul>	<b>CASEL 5:</b> Self-Management <b>Skill:</b> Using stress management strategies

## GRADE 6 (continued)

UNIT 4: RESPECTING MYSELF AND OTHERS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
<b>LESSON 1:</b> How Friendships Change	Friendships can change a lot during adolescence. Understanding how and why friendships change and how to use respectful strategies for when friendship issues come up can make these experiences more positive.	<ul style="list-style-type: none"> <li>Explain how and why relationships change during adolescence.</li> <li>Identify changes in their own friendships.</li> <li>Apply strategies for dealing with friendship problems.</li> </ul>	<b>CASEL 5:</b> Relationship Skills, Self-Awareness <b>Skills:</b> Developing positive relationships, Integrating personal and social identities
<b>LESSON 2:</b> How Body Language Affects Communication	Body language is a big part of how people communicate. Students can express themselves and understand what others are thinking and feeling when they consider how their body language might be interpreted.	<ul style="list-style-type: none"> <li>Explain why body language is important.</li> <li>Interpret body language as part of their communication.</li> </ul>	<b>CASEL 5:</b> Relationship Skills <b>Skill:</b> Communicating effectively
<b>LESSON 3:</b> Encouraging Others	Encouragement helps motivate and support people. Students learn the difference between cloudy and clear statements, and they practice giving clear statements to classmates.	<ul style="list-style-type: none"> <li>Identify different types of encouragement.</li> <li>Create clear statements of encouragement.</li> </ul>	<b>CASEL 5:</b> Social Awareness <b>Skills:</b> Showing concern for the feelings of others, Recognizing strengths in others
<b>LESSON 4:</b> Showing Empathy	Empathy helps people connect and feel supported. Students practice showing empathy by thinking about how other people might feel and then deciding what they could do and say to show that they care.	<ul style="list-style-type: none"> <li>Explain why empathy is important.</li> <li>Express empathy for others.</li> </ul>	<b>CASEL 5:</b> Social Awareness <b>Skills:</b> Demonstrating empathy and compassion, Taking others' perspectives, Showing concern for the feelings of others
UNIT 5: MAKING RESPONSIBLE DECISIONS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
<b>LESSON 1:</b> We All Belong	Belonging reflects how connected an individual is to a larger group. Belonging can improve students' motivation and academic success. In this lesson, students will learn strategies to include others and increase their sense of belonging with their peers.	<ul style="list-style-type: none"> <li>Explain the importance of belonging.</li> <li>Develop strategies for including others.</li> </ul>	<b>CASEL 5:</b> Self-Awareness, Relationship Skills <b>Skills:</b> Integrating personal and social identities, Seeking or offering support and help when needed
<b>LESSON 2:</b> Responsible Decision-Making	Every decision involves risks, positive or negative. Students can ask themselves questions to think about the risks they want to take and make responsible decisions.	<ul style="list-style-type: none"> <li>Determine the positive or negative consequences of decisions.</li> <li>Apply a decision-making process.</li> </ul>	<b>CASEL 5:</b> Responsible Decision-Making <b>Skill:</b> Anticipating and evaluating the consequences of one's actions
<b>LESSON 3:</b> Staying Focused	Distractions can come from anywhere. Students can learn how to avoid distractions and stay on task by using strategies like FOCUS.	<ul style="list-style-type: none"> <li>Recognize what they need to stay focused.</li> <li>Apply strategies to stay on task.</li> </ul>	<b>CASEL 5:</b> Self-Management <b>Skill:</b> Identifying and applying strategies to support focus and attention
BULLYING PREVENTION			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
<b>LESSON 1:</b> Social Bullying	Social bullying can be hard to spot, but it has long-lasting effects that students live with every day. In this lesson, students will talk about what social bullying is, how it can impact their lives, and what they can do to stop it.	<ul style="list-style-type: none"> <li>Identify social bullying at their school.</li> <li>Practice scenarios using slowdown strategies.</li> </ul>	<b>CASEL 5:</b> Relationship Skills, Social Awareness <b>Skills:</b> Communicating effectively, Resisting negative social pressure, Showing concern for the feelings of others
<b>LESSON 2:</b> Cyberbullying	As students use digital technology more, they're more likely to experience cyberbullying. In this lesson, students will identify the consequences of cyberbullying and use the Stop, Block, Tell strategy to respond to cyberbullying situations.	<ul style="list-style-type: none"> <li>Identify the signs of cyberbullying.</li> <li>Practice using Stop, Block, Tell to respond to cyberbullying situations.</li> </ul>	<b>CASEL 5:</b> Relationship Skills, Social Awareness <b>Skills:</b> Communicating effectively, Resisting negative social pressure, Showing concern for the feelings of others
<b>LESSON 3:</b> I Can Protect My Mental Health	Bullying often has lasting mental health effects on students. In this lesson, students will learn how to use coping strategies to deal with the mental health effects of bullying. They'll also create a personalized mental health plan in case they are ever bullied or need help in other stressful situations.	<ul style="list-style-type: none"> <li>Recognize how to protect one's mental health.</li> <li>Create a personalized mental health plan.</li> </ul>	<b>CASEL 5:</b> Self-Management, Self-Awareness <b>Skills:</b> Managing one's emotions, Identifying and using stress management strategies, Identifying one's emotions

## GRADE 7

UNIT 1: CONNECTING WITH OTHERS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
<b>LESSON 1:</b> Making Shared Agreements	Working together to come up with Shared Agreements helps adolescents set up a safe, respectful, and inclusive classroom community and helps them understand how that community is a good place for social-emotional learning.	<ul style="list-style-type: none"> <li>Explain what makes them feel safe, respected, and included.</li> <li>Develop Shared Agreements.</li> </ul>	<b>CASEL 5:</b> Relationship Skills <b>Skill:</b> Developing positive relationships
<b>LESSON 2:</b> Working Together	Working well together is an important way for students to be successful. In this lesson, students will use cooperative group norms to make working together on group tasks easier and more enjoyable.	<ul style="list-style-type: none"> <li>Identify signs of working together effectively.</li> <li>Apply strategies for working effectively with others.</li> </ul>	<b>CASEL 5:</b> Relationship Skills <b>Skills:</b> Practicing teamwork, Showing leadership in groups
<b>LESSON 3:</b> Figuring Out Unwritten Social Rules	Social interactions often involve implied or unwritten social rules. In this lesson, students will learn how to recognize these rules so they can better understand how to react appropriately.	<ul style="list-style-type: none"> <li>Identify unwritten social rules.</li> <li>Develop a plan for reacting to unwritten social rules.</li> </ul>	<b>CASEL 5:</b> Social-Awareness, Responsible Decision-Making <b>Skills:</b> Recognizing situational demands and opportunities, Understanding the influences of organizations/systems on behavior, Identifying solutions for personal and social problems
<b>LESSON 4:</b> How to Hear and Be Heard	Effective communication involves both listening and speaking skills. In this lesson, students will learn why these skills are important, how it feels to effectively implement these skills, and tips for how to start using these skills in real-life situations.	<ul style="list-style-type: none"> <li>Demonstrate knowledge of active listening skills.</li> <li>Identify skills needed to clearly share their message.</li> </ul>	<b>CASEL 5:</b> Relationship Skills <b>Skills:</b> Communicating effectively, Developing positive relationships
UNIT 2: EXPLORING MY VALUES AND BELIEFS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
<b>LESSON 1:</b> What Do I Value?	Values can help guide students' behavior and choices throughout the day. In this lesson, students will name and explore their values so that they can make sure their decisions reflect their value systems.	<ul style="list-style-type: none"> <li>Identify personal and core values.</li> <li>Examine how values guide decision-making.</li> </ul>	<b>CASEL 5:</b> Self-Awareness, Relationship Skills, Responsible Decision-Making <b>Skills:</b> Understanding one's own values and how they influence behavior across contexts; Developing positive relationships; Reflecting on one's role to promote personal, family, and community well-being
<b>LESSON 2:</b> Our Ability to Learn New Things	Understanding the brain's role in a growth mindset helps students recognize how they view their ability to learn new things. Students will learn how to identify signs of a growth mindset so they can better shape their ability to address areas of strength and growth.	<ul style="list-style-type: none"> <li>Examine the role of a growth mindset in their ability to learn new things.</li> <li>Identify areas of strength and areas of growth.</li> </ul>	<b>CASEL 5:</b> Self-Awareness, Self-Management <b>Skills:</b> Having a growth mindset, Exhibiting self-discipline and self-motivation
<b>LESSON 3:</b> Being Kind to My Mind	People's thoughts, feelings, and actions are all connected. In this lesson, students will learn how to identify when unkind thoughts may creep up and how to replace these with more productive, kind thoughts.	<ul style="list-style-type: none"> <li>Understand the connections between thoughts, feelings, and actions.</li> <li>Apply strategies for practicing positive self-talk.</li> </ul>	<b>CASEL 5:</b> Self-Awareness, Self-Management <b>Skills:</b> Experiencing self-efficacy, Demonstrating personal and collective agency
UNIT 3: UNDERSTANDING MY EMOTIONS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
<b>LESSON 1:</b> Thoughts, Feelings, Actions, and Our Brains	In this lesson—the first of three on thoughts, feelings, and actions—students will learn how their thoughts, feelings, and actions affect one another and how their brains support these important relationships.	<ul style="list-style-type: none"> <li>Summarize how the thoughts-feelings-actions triangle works.</li> <li>Identify areas of the brain that manage their thoughts, feelings, and actions.</li> </ul>	<b>CASEL 5:</b> Relationship Skills, Responsible Decision-Making, Self-Management <b>Skills:</b> Developing positive relationships, Identifying solutions for personal and social problems, Managing one's emotions
<b>LESSON 2:</b> Emotional Decision-Making	Emotions play an important role in the decisions people make. In this lesson, students will build on their knowledge of the thoughts-feelings-actions triangle. Students will explore how their emotions influence their decisions and come up with strategies for making decisions with a calm emotional state.	<ul style="list-style-type: none"> <li>Identify how emotions affect decision-making.</li> <li>Apply strategies to use emotions appropriately in decision-making.</li> </ul>	<b>CASEL 5:</b> Self-Management, Responsible Decision-Making <b>Skills:</b> Managing one's emotions, Demonstrating personal and collective agency, Identifying solutions for personal and social problems
<b>LESSON 3:</b> Building Positive Emotions	Adolescence can be a time of intense emotions. In this lesson, students will learn behaviors that can help their brains produce important brain chemicals and support improved mood.	<ul style="list-style-type: none"> <li>Understand what behaviors boost brain chemicals that influence positive emotions.</li> <li>Recognize ways to manage emotions and increase mood.</li> </ul>	<b>CASEL 5:</b> Self-Management <b>Skill:</b> Managing one's emotions

## GRADE 7 (continued)

UNIT 4: RESPECTING MYSELF AND OTHERS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
<b>LESSON 1:</b> Overcoming Procrastination	When students find tasks difficult or overwhelming, they are more likely to procrastinate. In this lesson, students will learn how to identify the positive feelings associated with completing tasks and practice ways to work through procrastination.	<ul style="list-style-type: none"> <li>Examine why people procrastinate.</li> <li>Identify strategies to avoid procrastination.</li> </ul>	<b>CASEL 5:</b> Self-Management <b>Skills:</b> Exhibiting self-discipline and self-motivation, Using planning and organizational skills
<b>LESSON 2:</b> Goal Setting	Goal setting is a useful tool that helps students move forward through their lives. In this lesson, students will set a goal based on one of their areas of interest.	<ul style="list-style-type: none"> <li>Describe a goal.</li> <li>Identify different goal timelines.</li> <li>Create a goal based on an area of interest.</li> </ul>	<b>CASEL 5:</b> Self-Management <b>Skills:</b> Setting personal and collective goals, Using planning and organizational skills
<b>LESSON 3:</b> Goal Planning	In this lesson, students will learn how to use planning skills, resources, and the supportive people around them to achieve their goals.	<ul style="list-style-type: none"> <li>Explain how a plan, resources, and people support goal achievement.</li> <li>Use visualization to help create a plan for goal achievement.</li> </ul>	<b>CASEL 5:</b> Self-Management <b>Skills:</b> Setting personal and collective goals, Using planning and organizational skills
UNIT 5: MAKING RESPONSIBLE DECISIONS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
<b>LESSON 1:</b> Analyzing Situations	As students gain more independence, they're faced with more opportunities to make responsible decisions. In this lesson, students will learn how to weigh their decisions using pros and cons and consider the possible consequences of their decisions.	<ul style="list-style-type: none"> <li>Compare responsible and impulsive decisions.</li> <li>Practice using pros and cons to support responsible decision-making.</li> </ul>	<b>CASEL 5:</b> Responsible Decision-Making <b>Skills:</b> Learning to make a reasoned judgment after analyzing information, data, and facts; Anticipating and evaluating the consequences of one's actions
<b>LESSON 2:</b> People Who Support Me	Being surrounded with positive influences can motivate people and create a kind and understanding environment for growth. In this lesson, students will identify characteristics of positive influences in their lives.	<ul style="list-style-type: none"> <li>Identify characteristics of positive influences.</li> <li>Examine how positive influences have affected their lives.</li> </ul>	<b>CASEL 5:</b> Relationship Skills, Social Awareness <b>Skills:</b> Developing positive relationships, Recognizing strengths in others
<b>LESSON 3:</b> Kindness and Gratitude	Kindness and gratitude are key social-emotional skills for boosting happiness and mood. In this lesson, students will learn why these skills are important and how they can start making acts of kindness and gratitude part of their routines.	<ul style="list-style-type: none"> <li>Identify the significance of kindness and gratitude in daily living.</li> <li>Describe and demonstrate kindness and gratitude to others.</li> </ul>	<b>CASEL 5:</b> Relationship Skills <b>Skills:</b> Developing positive relationships, Understanding and expressing gratitude
BULLYING PREVENTION			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
<b>LESSON 1:</b> Social Bullying	Social bullying can be hard to spot, but it has long-lasting effects that students live with every day. In this lesson, students will talk about what social bullying is, how it can impact their lives, and what they can do to stop it.	<ul style="list-style-type: none"> <li>Identify social bullying at their school.</li> <li>Practice scenarios using slowdown strategies.</li> </ul>	<b>CASEL 5:</b> Relationship Skills, Social Awareness <b>Skills:</b> Communicating effectively, Resisting negative social pressure, Showing concern for the feelings of others
<b>LESSON 2:</b> Cyberbullying	As students use digital technology more, they're more likely to experience cyberbullying. In this lesson, students will identify the consequences of cyberbullying and use the Stop, Block, Tell strategy to respond to cyberbullying situations.	<ul style="list-style-type: none"> <li>Identify the signs of cyberbullying.</li> <li>Practice using Stop, Block, Tell to respond to cyberbullying situations.</li> </ul>	<b>CASEL 5:</b> Relationship Skills, Social Awareness <b>Skills:</b> Communicating effectively, Resisting negative social pressure, Showing concern for the feelings of others
<b>LESSON 3:</b> I Can Protect My Mental Health	Bullying often has lasting mental health effects on students. In this lesson, students will learn how to use coping strategies to deal with the mental health effects of bullying. They'll also create a personalized mental health plan in case they are ever bullied or need help in other stressful situations.	<ul style="list-style-type: none"> <li>Recognize how to protect one's mental health.</li> <li>Create a personalized mental health plan.</li> </ul>	<b>CASEL 5:</b> Self-Management, Self-Awareness <b>Skills:</b> Managing one's emotions, Identifying and using stress management strategies, Identifying one's emotions

## GRADE 8

UNIT 1: CONNECTING WITH OTHERS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
<b>LESSON 1:</b> Making Shared Agreements	Shared Agreements support a positive, safe, and inclusive learning environment for students. In this lesson, students will work together to create their own classroom shared agreements.	<ul style="list-style-type: none"> <li>Explain what makes them feel safe, respected, and included.</li> <li>Develop Shared Agreements.</li> </ul>	<b>CASEL 5:</b> Relationship Skills <b>Skill:</b> Developing positive relationships
<b>LESSON 2:</b> Recognizing Talents	Building an awareness of their own talents can help students identify ways they can contribute to a group and help strengthen the ways they connect with peers. In this lesson, students will identify their talents and use them to make stronger connections in the classroom and community.	<ul style="list-style-type: none"> <li>Identify their strengths and talents.</li> <li>Use talents to connect with peers.</li> </ul>	<b>CASEL 5:</b> Self-Awareness, Social Awareness <b>Skills:</b> Developing interests and a sense of purpose, Recognizing strengths in others
<b>LESSON 3:</b> Finding Common Ground	Feeling a sense of belonging is important to increasing self-esteem and building community during middle school. In this lesson, students will find commonalities amongst themselves and see how this helps them feel like part of the group.	<ul style="list-style-type: none"> <li>Explore how their commonalities increase a sense of belonging.</li> <li>Identify what it means to belong in a group.</li> </ul>	<b>CASEL 5:</b> Relationship Skills, Self-Awareness <b>Skills:</b> Developing positive relationships, Integrating personal and social identities
UNIT 2: EXPLORING MY VALUES AND BELIEFS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
<b>LESSON 1:</b> My Beliefs and Values	A person's beliefs and values influence their actions. In this lesson, students will examine beliefs and values, determine the differences between beliefs and values, and explore how these affect their actions in challenging situations.	<ul style="list-style-type: none"> <li>Identify the differences between beliefs and values.</li> <li>Determine how beliefs and values affect actions in challenging situations.</li> </ul>	<b>CASEL 5:</b> Self-Awareness, Responsible Decision-Making <b>Skills:</b> Understanding one's own values and how they influence behavior across contexts; Reflecting on one's role to promote personal, family, and community well-being
<b>LESSON 2:</b> My Beliefs and My Peers	As students get older, their beliefs can be positively supported by their peers. In this lesson, students will identify their beliefs and then compare them to those of their peers. They will also explore what to do when their beliefs don't align with their peers' beliefs.	<ul style="list-style-type: none"> <li>Compare their beliefs to those of their peers.</li> <li>Explore how peers can positively support their beliefs.</li> </ul>	<b>CASEL 5:</b> Self-Awareness, Responsible Decision-Making <b>Skills:</b> Understanding one's own values and how they influence behavior across contexts; Reflecting on one's role to promote personal, family, and community well-being
<b>LESSON 3:</b> Using Passion and Perseverance to Navigate Challenges and Failure	In the face of new challenges during adolescence, students will need to decide whether to give up or build the skill set they need to persevere and pursue their passions. In this lesson, students will discuss tips for building perseverance and figure out how overcoming failure can be a positive experience.	<ul style="list-style-type: none"> <li>Identify how passion and perseverance can help them accomplish tasks and meet goals.</li> <li>Determine how to use passion and perseverance to overcome failure.</li> </ul>	<b>CASEL 5:</b> Self-Management, Self-Awareness <b>Skills:</b> Exhibiting self-discipline and self-motivation, Showing the courage to take initiative, Experiencing self-efficacy
<b>LESSON 4:</b> Personal Power and Choice	Personal power is an individual's ability to impact other people through skills, attitudes, and mannerisms. In this lesson, students will identify how they can use their skills and talents to affect situations and people around them. They will explore how they can use their personal power for good.	<ul style="list-style-type: none"> <li>Identify how their skills and talents help them demonstrate personal power.</li> <li>Examine how they can use their power for good.</li> </ul>	<b>CASEL 5:</b> Self-Awareness, Relationship Skills <b>Skills:</b> Integrating personal and social identities, Showing leadership in groups
UNIT 3: UNDERSTANDING MY EMOTIONS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
<b>LESSON 1:</b> Your Brain on Stress	Stress is a normal part of life. In this lesson, students will learn how to identify their most common sources of stress, how their brain reacts to stress, and how they can cope with different levels of stress.	<ul style="list-style-type: none"> <li>Identify sources of stress.</li> <li>Prioritize coping strategies for different levels of stress.</li> </ul>	<b>CASEL 5:</b> Self-Management <b>Skills:</b> Identifying and using stress management strategies, Managing one's emotions
<b>LESSON 2:</b> Relationships and Emotions	During adolescence, the sudden fluctuation of intense emotions can negatively impact relationships. In this lesson students will identify times that they have felt intense emotions and how they can use strategies to deal with those emotions.	<ul style="list-style-type: none"> <li>Identify waves of intense emotions that affect relationships.</li> <li>Use strategies to deal with intense emotions.</li> </ul>	<b>CASEL 5:</b> Relationship Skills, Social Awareness <b>Skills:</b> Developing positive relationships, Recognizing situational demands and opportunities
<b>LESSON 3:</b> Emotional Communication	During adolescence, students are figuring out how to communicate about their emotions with other people. In this lesson, students will learn ways to clearly communicate their emotions and practice using specific emotion vocabulary.	<ul style="list-style-type: none"> <li>Explore ways to clearly communicate about their emotions.</li> <li>Demonstrate using specific emotion vocabulary.</li> </ul>	<b>CASEL 5:</b> Self-Awareness, Relationship Skills <b>Skills:</b> Identifying emotion vocabulary, Communicating effectively

## GRADE 8 (continued)

UNIT 4: RESPECTING MYSELF AND OTHERS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
<b>LESSON 1:</b> I See Where You're Coming From	Sometimes it's hard to come to an agreement. Learning when to table a topic, or agree to disagree, helps students move forward. In this lesson, students will learn how to use empathy and respect during disagreements.	<ul style="list-style-type: none"> <li>Use empathy and respect during disagreements.</li> <li>Identify when it is appropriate to agree to disagree.</li> <li>Demonstrate how to agree to disagree.</li> </ul>	<b>CASEL 5:</b> Relationship Skills <b>Skills:</b> Resolving conflicts constructively, Practicing teamwork and collaborative problem-solving
<b>LESSON 2:</b> Chunk It Up!	As their responsibilities increase, many students feel overwhelmed. In this lesson, students will learn how to use the strategy of chunking to break down larger projects into more manageable pieces. Chunking can help students better balance multiple priorities and increase motivation for getting things done.	<ul style="list-style-type: none"> <li>Identify tasks that are overwhelming.</li> <li>Explore strategies that break down tasks into smaller chunks.</li> </ul>	<b>CASEL 5:</b> Self-Management <b>Skills:</b> Exhibiting self-discipline and self-motivation, Using planning and organizational skills
<b>LESSON 3:</b> Respecting Others Online	For most adolescents, technology is a part of their daily lives and provides a powerful tool for building relationships. In this lesson, students will learn strategies for interacting with others online with care and respect.	<ul style="list-style-type: none"> <li>Identify how to use online communication respectfully.</li> <li>Generate solutions for online communication dilemmas.</li> </ul>	<b>CASEL 5:</b> Relationship Skills <b>Skills:</b> Communicating effectively, Resisting negative social pressure
UNIT 5: MAKING RESPONSIBLE DECISIONS			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
<b>LESSON 1:</b> Going with the Flow	In life, change is always happening. Learning how to adapt to change helps students keep progressing through life's challenges. In this lesson, students will think about different situations where being flexible is important and practice using skills to deal with change.	<ul style="list-style-type: none"> <li>Examine situations where they may need to be flexible.</li> <li>Apply strategies to support flexibility.</li> </ul>	<b>CASEL 5:</b> Self-Management <b>Skills:</b> Exhibiting self-discipline and self-motivation, Using planning and organizational skills
<b>LESSON 2:</b> Ethical Responsibility	The way people make decisions may be guided by their values and beliefs. In this lesson, students will discuss how their values and beliefs guide decision-making and consider the consequences of their actions as they debate an ethical dilemma.	<ul style="list-style-type: none"> <li>Identify how values and beliefs can guide ethical decision-making.</li> <li>Evaluate the consequences of their actions.</li> <li>Defend their point of view in an ethical decision-making debate.</li> </ul>	<b>CASEL 5:</b> Responsible Decision-Making, Self-Awareness <b>Skills:</b> Anticipating and evaluating the consequences of one's actions, Understanding one's own values and how they influence behavior across contexts
<b>LESSON 3:</b> Reflecting	Reflection helps people learn from their experiences. In this lesson, students will discuss the meaning of reflection and how it supports growth. They will also reflect on the social-emotional skills that they have learned.	<ul style="list-style-type: none"> <li>Identify what it means to reflect.</li> <li>Reflect on their Lions Quest time.</li> </ul>	<b>CASEL 5:</b> Self-Awareness <b>Skills:</b> Experiencing self-efficacy, Having a growth mindset
BULLYING PREVENTION			
LESSON TITLE	OVERVIEW	CHILDREN WILL . . .	SEL COMPETENCIES
<b>LESSON 1:</b> Social Bullying	Social bullying can be hard to spot, but it has long-lasting effects that students live with every day. In this lesson, students will talk about what social bullying is, how it can impact their lives, and what they can do to stop it.	<ul style="list-style-type: none"> <li>Identify social bullying at their school.</li> <li>Practice scenarios using slowdown strategies.</li> </ul>	<b>CASEL 5:</b> Relationship Skills, Social Awareness <b>Skills:</b> Communicating effectively, Resisting negative social pressure, Showing concern for the feelings of others
<b>LESSON 2:</b> Cyberbullying	As students use digital technology more, they're more likely to experience cyberbullying. In this lesson, students will identify the consequences of cyberbullying and use the Stop, Block, Tell strategy to respond to cyberbullying situations.	<ul style="list-style-type: none"> <li>Identify the signs of cyberbullying.</li> <li>Practice using Stop, Block, Tell to respond to cyberbullying situations.</li> </ul>	<b>CASEL 5:</b> Relationship Skills, Social Awareness <b>Skills:</b> Communicating effectively, Resisting negative social pressure, Showing concern for the feelings of others
<b>LESSON 3:</b> I Can Protect My Mental Health	Bullying often has lasting mental health effects on students. In this lesson, students will learn how to use coping strategies to deal with the mental health effects of bullying. They'll also create a personalized mental health plan in case they are ever bullied or need help in other stressful situations.	<ul style="list-style-type: none"> <li>Recognize how to protect one's mental health.</li> <li>Create a personalized mental health plan.</li> </ul>	<b>CASEL 5:</b> Self-Management, Self-Awareness <b>Skills:</b> Managing one's emotions, Identifying and using stress management strategies, Identifying one's emotions