

Social-Emotional Learning Curriculum

6th-8th

Curriculum Overview

Improve students' social-emotional skills, such as emotion management, impulse control, problem solving, and empathy.

Unit Title	Timeframe	SEL Competencies / Themes
<i>Mindset and Goals</i>	<i>(September-October / 8 Weeks)</i>	<ul style="list-style-type: none"> • <i>Recognize one's personal traits, strengths, and limitations</i> • <i>Recognize the importance of self-confidence in handling daily tasks and challenges</i> • <i>Recognize the skills needed to establish and achieve personal and educational goals</i>
<i>Respect (Week of Respect Lessons and activities)</i>	<i>(October / 4 weeks)</i>	<ul style="list-style-type: none"> • <i>Utilize positive communication and social skills to interact effectively with others</i> • <i>Demonstrate an awareness of the differences among individuals, groups, and others' cultural backgrounds</i>
<i>Recognizing Bullying and Harassment</i>	<i>(November-December / 8 Weeks)</i>	<ul style="list-style-type: none"> • <i>Learn how to recognize bullying and harassment</i> • <i>Stand up safely to bullying</i> • <i>Respond appropriately to harassment</i>
<i>Thoughts, Emotions and Decisions</i>	<i>(January-February/ 8 weeks)</i>	<ul style="list-style-type: none"> • <i>Learn how to recognize strong emotions and unhelpful thoughts</i> • <i>Apply strategies to manage their emotions and reduce stress</i> • <i>Understand and practice strategies for managing one's own emotions, thoughts, and behaviors</i>
<i>Managing Relationships and Social Conflicts</i>	<i>(March-April / 8 weeks)</i>	<ul style="list-style-type: none"> • <i>Learn strategies for developing and maintaining healthy relationships</i> • <i>Understanding perspective-taking</i> • <i>Dealing with conflict</i> • <i>Recognize and identify the thoughts, feelings, and perspectives of others</i> • <i>Demonstrate an awareness of the differences among individuals, groups, and others' cultural backgrounds</i> • <i>Demonstrate an understanding of the need for mutual respect when viewpoints differ</i> • <i>Demonstrate an awareness of the expectations for social interactions in a variety of settings</i>
<i>Mindfulness/Stress Management Year Wrap Up</i>	<i>(May-June/ 8 weeks)</i>	<ul style="list-style-type: none"> • <i>Recognize one's feelings and thoughts</i> • <i>Recognize the impact of one's feelings and thoughts on one's own behavior</i> • <i>Utilize strategies to alleviate stressful situations</i>