

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