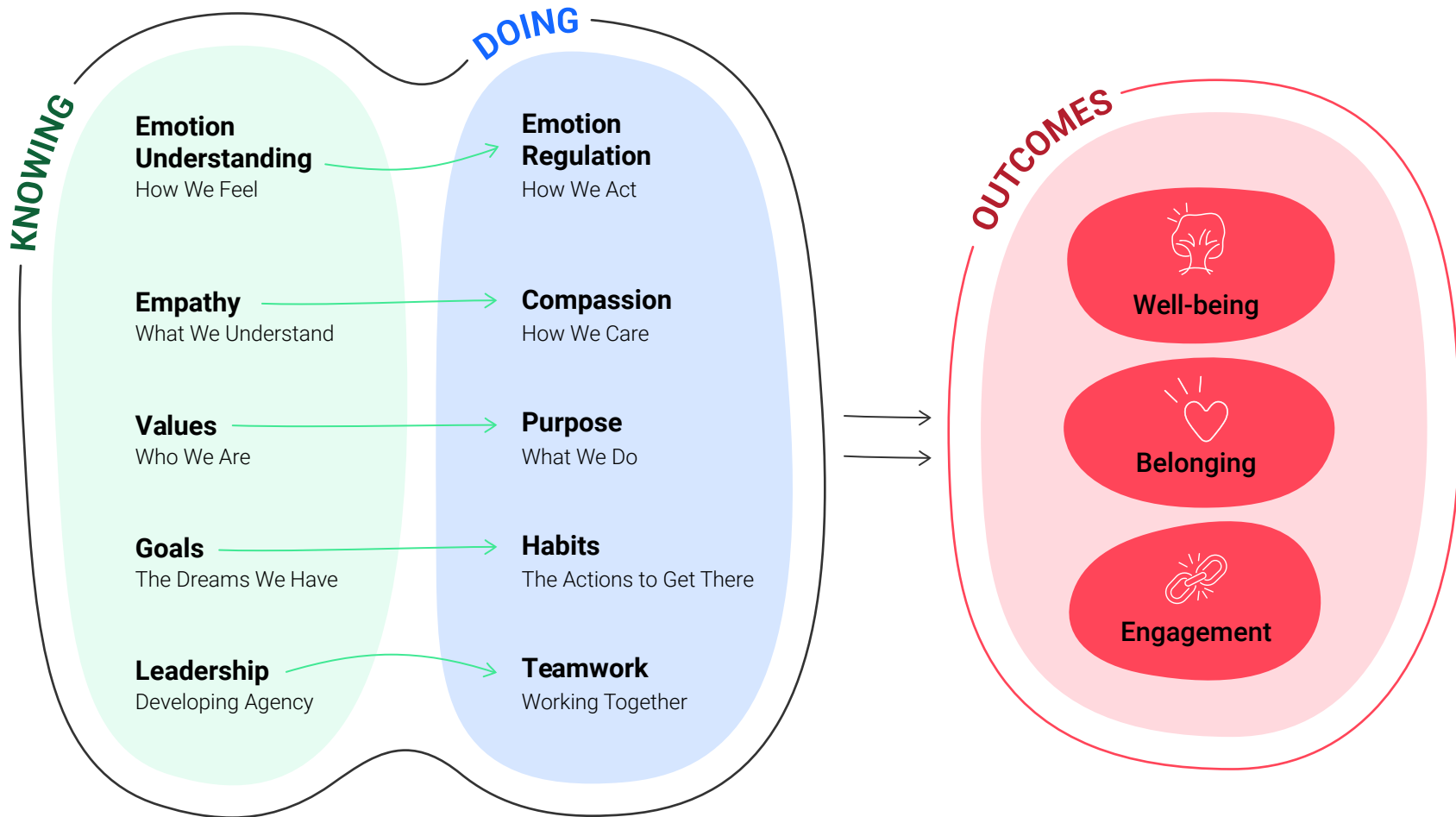


# SECONDARY Ingredients & Outcomes



## 6TH GRADE Scope & Sequence

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

### Setting the Stage

- S1: Building Connections
- S2: Building Community
- S3: Middle School Mythbusting (Belonging)
- S4: Middle School Mythbusting (Test Taking)
- S5: Developing Community Agreements
- S6: Upholding Community Agreements
- S7: Understanding the CharacterDare Process
- S8: Get to Know Your School: Who's Here?
- S9: Get to Know Your School: What's Here?

### Values & Purpose

- S10: Exploring Values
- S11: Understanding Values
- S12: Practicing Values

### Empathy & Compassion

- S13: Building Listening Skills
- S14: Applying Listening Skills: Part 1
- S15: Understanding Others' Perspectives
- S16: Practicing Perspective-Taking

### Emotion Understanding & Regulation

- S17: Understanding Emotions
- S18: Regulating Emotions: Part 1
- S19: Using Values in Conflict Resolution

- S20: Understanding Conflict Resolution
- S21: Developing Friendships
- S22: Strengthening Friendships

### Empathy & Compassion

- S23: Applying Listening Skills: Part 2
- S24: Listening with Empathy
- S25: Exercising Perspective-Taking
- S26: Connecting Through Perspective-Taking

### Goals & Habits

- S27: Connecting Motivation & Emotions
- S28: Regulating Emotions: Part 2
- S29: Making New Friends
- S30: Becoming A Better Friend
- S31: Resolving Conflicts with Friends
- S32: Helping Others Resolve Conflict

### Reflections

- S33: Reflecting On The Year: Part 1
- S34: Reflecting On The Year: Part 2
- S35: Reflecting On The Year: Part 3

## 7TH GRADE Scope & Sequence

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

### Setting the Stage

- S1: Building Connections
- S2: Building Community
- S3: Developing Community Agreements
- S4: Upholding Community Agreements

### Values & Purpose

- S5: Identifying Values
- S6: Connecting Values & Actions
- S7: Applying Values

### Emotion Understanding & Regulation

- S8: Understanding Emotions
- S9: Identifying Emotions
- S10: Expanding Emotion Vocabulary
- S11: Practicing Emotion Regulation
- S12: Applying Emotion Regulation
- S13: Understanding Stress
- S14: Coping with Stress

### Empathy & Compassion

- S15: Understanding Social Connections
- S16: Developing Social Awareness
- S17: Understanding Effective Empathy
- S18: Recognizing When People Need Support
- S19: Practicing Effective Empathy

### Goals & Habits

- S20: Understanding Mental Health & Well-Being
- S21: Exercising Well-Being
- S22: Increasing Personal Well-Being
- S23: Developing Well-Being Habits

### Leadership & Teamwork

- S24: Communicating with Assertiveness
- S25: Practicing Assertiveness
- S26: Learning to Compromise
- S27: Handling Conflict
- S28: Reflecting on Conflict Resolution
- S29: Well-Being In Action: Introduction
- S30: Well-Being In Action: Plan
- S31: Well-Being In Action: Execute
- S32: Well-Being In Action: Evaluate

### Reflections

- S33: Reflecting On The Year: Part 1
- S34: Reflecting On The Year: Part 2
- S35: Reflecting On The Year: Part 3

## 8TH GRADE Scope & Sequence

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

### Setting the Stage

- S1:** Building Connections
- S2:** Building Community
- S3:** Developing Community Agreements
- S4:** Upholding Community Agreements

### Values & Purpose

- S5:** Envisioning Your Future
- S6:** Connecting Values & Your Future
- S7:** Connecting Your Future & High School
- S8:** Connecting Your Future & This Year

### Goals & Habits

- S9:** Developing Anchor Values
- S10:** Building Positive Habits
- S11:** Evaluating Habits

### Emotion Understanding & Regulation

- S12:** Increasing Self-Acceptance: Part 1
- S13:** Increasing Self-Acceptance: Part 2
- S14:** Understanding How Emotions Work: Part 1
- S15:** Understanding How Emotions Work: Part 2
- S16:** Reflecting on Emotion Regulation

### Goals & Habits

- S17:** Practicing Self Regulation
- S18:** Building an Emotion Regulation Toolbox

- S19:** Connecting Values & Emotion Regulation
- S20:** Practicing Emotion Regulation
- S21:** Regulating Emotions in Academics
- S22:** Using Values to Increase Belonging

### Values & Purpose

- S23:** Understanding the Value of Teamwork
- S24:** Practicing Effective Teamwork for Impact

### Emotion Understanding & Regulation

- S25:** Developing Strategies for Teamwork Challenges
- S26:** Regulating Emotions on a Team

### Empathy & Compassion

- S27:** Engaging in Empathy on a Team
- S28:** Exercising Listening on a Team

### Leadership & Teamwork

- S29:** Being School Leaders: Introduction
- S30:** Being School Leaders: Plan
- S31:** Being School Leaders: Develop
- S32:** Being School Leaders: Execute
- S33:** Being School Leaders: Evaluate

### Reflections

- S34:** Reflecting On The Year: Part 1
- S35:** Reflecting On The Year: Part 2