



## SCOPE AND SEQUENCE

# 2017 Middle School Program

### Grade 6

#### UNIT 1

##### Mindsets and Goals

1. Welcome!
- 2A. Starting Middle School
- 2B. Helping New Students
3. Grow Your Brain 1
4. Grow Your Brain 2
5. Can Personalities Change?
6. Setting Goals
7. If-Then Plans

Unit 1 Review and Assessment (Optional)

#### UNIT 2

##### Values and Friendships

8. Values and Decisions
9. Social Values
10. What's a Friend?
11. Making Friends
12. Challenge: Making Friends

Unit 2 Review and Assessment (Optional)

#### UNIT 3

##### Thoughts, Emotions, and Decisions

13. What Are Emotions?
14. Values and Emotions
15. Spot the Thought
16. Calming Down
17. Slow Breathing

Unit 3 Review and Assessment (Optional)

#### UNIT 4

##### Serious Peer Conflicts

18. Perspectives
19. Challenge: Perspectives
20. Recognizing Serious Conflicts
21. Challenge: Recognizing Conflicts
22. Resolving Serious Conflicts
23. Challenge: Resolving Conflicts
24. Making Amends
25. Bullying
26. Gratitude

Unit 4 Review and Assessment (Optional)

### Grade 7

#### UNIT 1

##### Mindsets and Goals

1. Welcome!
- 2A. Starting Middle School
- 2B. Helping New Students
3. Making Mistakes
4. Embracing Challenges
5. Personalities Change
6. Setting Goals
7. If-Then Plans

Unit 1 Review and Assessment (Optional)

#### UNIT 2

##### Values and Friendships

8. Values and Decisions
9. Online Values
10. What Kind of Friend Are You?
11. Strengthening Friendships
12. Challenge: Friendships

Unit 2 Review and Assessment (Optional)

#### UNIT 3

##### Thoughts, Emotions, and Decisions

13. The Role of Emotions
14. Handling Emotions
15. Unhelpful Thoughts
16. Be Calm
17. Frustration

Unit 3 Review and Assessment (Optional)

#### UNIT 4

##### Serious Peer Conflicts

18. Jumping to Conclusions
19. Challenge: Conclusions
20. Avoiding Serious Conflicts
21. Challenge: Avoiding Conflicts
22. Resolving Serious Conflicts
23. Challenge: Resolving Conflicts
24. Taking Responsibility
25. Gender Harassment
26. What You Learned

Unit 4 Review and Assessment (Optional)

### Grade 8

#### UNIT 1

##### Mindsets and Goals

1. Welcome!
2. Your Identity
3. Identity and Social Groups
4. Your Interests Matter
5. Overcoming Failure
6. SMART Goals
7. If-Then Plans

Unit 1 Review and Assessment (Optional)

#### UNIT 2

##### Values and Relationships

8. Values and Decisions
9. Positive Relationships
10. Relationships Change
11. Negative Relationships
12. Challenge: Relationships

Unit 2 Review and Assessment (Optional)

#### UNIT 3

##### Thoughts, Emotions, and Decisions

13. Emotions and Decisions
14. Responding to Anger
15. Handling Rejection
16. Stay Calm
17. Anxiety

Unit 3 Review and Assessment (Optional)

#### UNIT 4

##### Serious Peer Conflicts

18. Assumptions
19. Challenge: Assumptions
20. Helping Friends Avoid Conflicts
21. Challenge: Avoiding Conflicts
22. Helping Friends Resolve Conflicts
23. Challenge: Resolving Conflicts
24. Helping Friends After a Conflict
25. Sexual Harassment
26. High School

Unit 4 Review and Assessment (Optional)