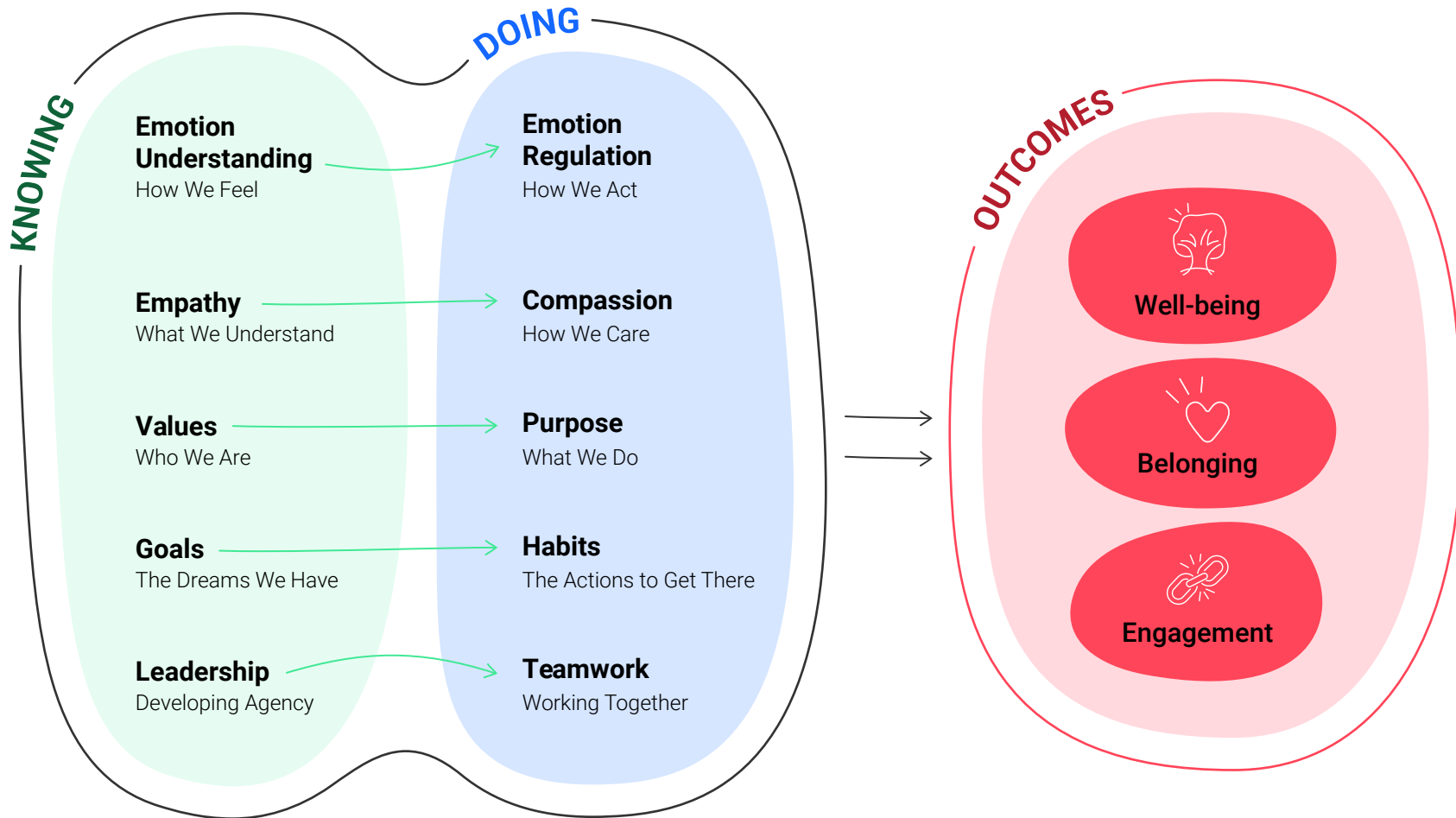


SECONDARY Ingredients & Outcomes



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