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| **UNIT/ORGANIZING PRINCIPLE: Develop Self Awareness Skills** | | | **PACING: August and September** | |
| **ESSENTIAL QUESTIONS:** | 1. **How can self-awareness skills develop self-efficacy, optimism, gratitude and confidence** | | | |
| **STANDARDS** | **PREP & POST**  **ASSESMENT** | **CURRICULUM ALIGNMENT** | | **ADDITIONAL RESOURCES** |
| * Identify one’s emotions * Maintain an accurate and positive self-concept * Recognize individual strengths * Experience a sense of self-efficacy |  | **Second Step Curriculum**  **Unit 1:** Mindset and Goals  **Unit 3:** Thoughts, Emotions and Friendship  **6th Grade**   * 1.1 Welcome * 3.13 What are Emotions * 3.15 Spot the Thought   **7th Grade**   * 1.1 Welcome * 3.12 The Roles of Emotion * 3.14 Unhelpful Thoughts   **8th Grade**   * 1.1Welcome * 3.12 Emotions and Decisions * 3.14 Handling Rejection | | **RULER:**   * Mood Meter   **Additional Lesson Plans:**   * Personal Mission Statement * Describing Me   SOCIAL STUDIES:  READING: |

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| **UNIT/ORGANIZING PRINCIPLE: Develop Self-Management Skills** | | | **PACING: October** | |
| **ESSENTIAL QUESTIONS:** | 1. How self-management skills can help me manage my behavior in pro-social ways | | | |
| **STANDARDS** | **PRE & POST**  **ASSESSMENT** | **CURRICULUM ALIGNMENT** | | **ADDITIONAL RESOURCES** |
| * Students demonstrate ability to regulate emotions * Manage stress * Students use effective strategies to achieve behaviors related to school and life success |  | **Second Step Curriculum**  **Unit 1:** Mindset and Goals  **Unit 3:** Thoughts, Emotions and Friendship  **6th Grade**   * 3.14 Values and Emotions * 1.5 Can Personalities Change * 3.17 Slow Breathing   **7th Grade**   * 3.13 Handling Emotions * 1.5 Setting Goals * 3.16 Frustration   **8th Grade**   * 3.13 Responding to Anger * 1.5 SMART Goals * 3.16 Anxiety | | **RULER**:   * Meta- Moment * Best Self Reflection   **Additional Activities:**   * Controlling Emotions * Control and Responsibility |

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| **UNIT/ORGANIZING PRINCIPLE: Social Awareness Skills** | | | **PACING: November and December** | |
| **ESSENTIAL QUESTIONS:** | 1. How can I demonstrate awareness of diversity and develop empathy for others | | | |
| **STANDARDS** | **PRE & POST**  **ASSESMENTS** | **CURRICULUM ALIGNMENT** | | **ADDITIONAL RESOURCES** |
| * Students appreciate diversity and respect for human dignity * Demonstrate empathy and ability to share the feelings of others * Recognize family, school, and community supports * Analyze ways their behavior may affect others and adjust accordingly |  | **Second Step Curriculum**  **Unit 2:** Values & Friendship  **Unit 4:** Serious Peer Conflict  **6th Grade**   * 2.8 Values and Decision * 2.9 Social Values * 4.25 Bullying   **7th Grade**   * 2.7 Values and Decision * 2.8 Online Values * 4.24 Gender Harassment   **8th Grade**   * 2.7 Values and Decision * 2.8 Positive Relationships * 4.24 Sexual Harassment | | **RULER**:   * Meta- Moment * Best Self Reflection   **Additional Activities**   * Walk in their shoes * Teaching Empathy |

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| **UNIT/ORGANIZING PRINCIPLE: Relationship Skills** | | | **PACING: January** | |
| **ESSENTIAL QUESTIONS:** | 1. How can I interact with others in a meaningful and productive way | | | |
| **STANDARDS** | **PRE & POST**  **ASSESSMENT** | **CURRICULUM ALIGNMENT** | | **ADDITIONAL RESOURCES** |
| * Build and maintain relationships with diverse groups & individuals * Demonstrate the ability to use positive communicate to affectively to solve problem |  | Second Step Curriculum  **Unit 2:** Values & Friendship  **Unit 4**: Serious Peer Conflict  **6th Grade:**   * 2.10 What’s a Friend * 2.11 Making Friends * 4.24 Making Amends   **7th Grade:**   * 2.10 Strengthening Friendships * 2.11 Challenges: Friendships * 4.23 Taking Responsibility   **8th Grade:**   * 2.10 Negative Relationships * 2.11 Challenge: Relationships * 4.21 Helping Friends Resolve Conflict | |  |
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| **UNIT/ORGANIZING PRINCIPLE: Responsible Decision Making** | | | **PACING: February** | |
| **ESSENTIAL QUESTIONS:** | 1. How can I identify and avoid serious conflict | | | |
| **STANDARDS** | **PRE & POST**  **ASSESSMENT** | **CURRICULUM ALIGNMENT** | | **ADDITIONAL RESOURCES** |
| * Problem solve effectively * Maintain accountable behaviors in school, personal, and community contexts |  | Second Step Curriculum  Unit 4: Serious Peer Conflict  **6th Grade**:  • 4.18 Perspective   * 4.19 Challenge: Perspective * 4.20 Recognize Serious Conflict   **7th Grade:**  • 4.17 Jumping to Conclusion   * 4.18 Challenge: Conclusion * 4.19 Avoiding Serious Conflict   **8th Grade**:  • 4.17 Assumptions   * 4.18 Challenge: Assumptions * 4.19 Helping Friends Avoid Conflict | | **RULER**:   * Blueprint   **Additional Activities**   * Decision Making * Better Choices |

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| **UNIT/ORGANIZING PRINCIPLE: Growth Mindset** | | | **PACING: March** | |
| **ESSENTIAL QUESTIONS:** | 1. How can I develop a growth mindset and apply it to my social and academic life | | | |
| **STANDARDS** | **PRE & POST**  **ASSESSMENT** | **CURRICULUM ALIGNMENT** | | **ADDITIONAL RESOURCES** |
|  |  | Second Step Curriculum  Unit 1: Mindset & Goals  6th Grade:  • 1.3 Growing your Brain 1   * 1.4 Growing your Brain 2 * 1.6 Setting Goals   7th Grade:  • 1.4 Personality Change  • 1.5 Setting Goals   * 1.6 If-Then Goals   8th Grade:  • 1.4 Labels  • 1.5 Smart Goal   * 4.25 High School | |  |

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| **UNIT/ORGANIZING PRINCIPLE:** | | | | **PACING: March**  **Unit Number:** |
| **ESSENTIAL QUESTIONS:** |  | | | |
| **STANDARDS** | **BENCHMARKS** | **TEXTBOOK ALIGNMENT** | **RESOURCES** | |
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