# second State

### Short Scope and Sequence

#### 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 Knowledge Assessment

#### 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 Knowledge Assessment

#### 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 Knowledge Assessment

#### 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

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Unit 4 Knowledge Assessment

#### GRADE 7

#### UNIT 1: MINDSETS AND GOALS

- 1. Welcome!
- 2a. Starting Middle School
- 2b. Helping New Students
- 3. Making Mistakes
- 4. Personalities Change
- 5. Setting Goals
- 6. If-Then Plans

Unit 1 Knowledge Assessment

#### UNIT 2: VALUES AND FRIENDSHIPS

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

Unit 2 Knowledge Assessment

## UNIT 3: THOUGHTS, EMOTIONS, AND DECISIONS

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

Unit 3 Knowledge Assessment

#### **UNIT 4: SERIOUS PEER CONFLICTS**

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

Unit 4 Knowledge Assessment

#### **GRADE 8**

#### **UNIT 1: MINDSETS AND GOALS**

- 1. Welcome!
- 2. Helping New Students
- 3. Learning Strategies
- 4. Labels
- 5. SMART Goals
- 6. If-Then Plans

Unit 1 Knowledge Assessment

#### UNIT 2: VALUES AND RELATIONSHIPS

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

Unit 2 Knowledge Assessment

## UNIT 3: THOUGHTS, EMOTIONS, AND DECISIONS

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

Unit 3 Knowledge Assessment

#### **UNIT 4: SERIOUS PEER CONFLICTS**

Helping Friends Avoid Conflicts

17. Assumptions

Conflicts

25. High School

19.

18. Challenge: Assumptions

21. Helping Friends Resolve

24. Sexual Harassment

Unit 4 Knowledge Assessment

20. Challenge: Avoiding Conflicts

22. Challenge: Resolving Conflicts

23. Helping Friends After a Conflict

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