

Scope & Sequence

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

Abstract: The 25-Session Scope and Sequence offers coverage of the main ingredients comprising the curriculum but with less frequency. These ingredients support 3 essential outcomes: well-being, belonging, and engagement. Considering that 6th grade is often a transitional year with students moving to new schools, we place special emphasis on creating a sense of belonging. *How can we create a place where everyone feels like they belong?* In this condensed version we place priority on sessions that address the belonging outcome. Below, you will find how the 5 ingredients are covered, followed by the sequential scope and sequence abstracts. **The main difference between this model and the full scope and sequence is the reduced coverage of conflict resolution skills, listening skills, sessions dedicated to friendship building, and less time allocated to end-of-the-year review.**

Foundation - Setting the Stage

- S00: Bullying 101 
- S1: Welcome
- S2: Building Connections
- S3: Middle School Mythbusting (Worries & Wonders)
- S4: Developing Community Agreements 
- S5: Understanding the CharacterDare Process
- S6: From Bystander to Advocate 
- S7: Middle School Mythbusting (Taking on Tests)
- S8: Meeting New People
- S9: Get to Know Your School

Values & Purpose

- S10: Values Exploration
- S11: Applying Values Online 
- S12: Practicing Values (What is Important to Us?)
- S19: Strengthening Friendship

Emotion Understanding & Regulation

- S17: Understanding Emotions
- S18: Regulating Emotions: (Naming Emotions)
- S22: Connecting Motivation & Emotions
- S23: Regulating Emotions (Calming Our Emotions)
- S24: Helping Others Resolve Conflict (Saying I'm Sorry) 

Empathy & Compassion

- S15: Understanding Others' Perspectives 
- S16: Practicing Perspective-Taking
- S20: Exercising Perspective-Taking 
- S21: Connecting Through Perspective-Taking

Goals & Habits

- S13: Building Listening Skills
- S14: Listening Practice

Leadership & Teamwork

Access project-based learning sessions in the Group Projects section of the Campus Resources menu.

Reflections

- S25: Final Reflections



Scope & Sequence

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

S00: Bullying 101 🖐️

This 45-60 minute session offers schools flexibility outside the regular curriculum to cover a wide range of bullying standards. It aims to understand and address bullying behavior by identifying key components, types, and impacts of bullying, distinguishing it from negative behavior, and recognizing response strategies. Students will learn about school rules, expectations, and how to respond to and report bullying. By achieving these objectives, we'll develop a deeper understanding of bullying dynamics and acquire essential skills to prevent it in our school community.

S1: Welcome

Welcome to Session 1! This session helps set the stage for the "What", the "How", and the "Why" for this year. It helps create clarity for both the educator and students which sets the program up for success.

S2: Building Connections

This session will help students to think about their own definition of community. We will build on what they know through activities that help students make the connection between community, safety, and respect.

S3: Middle School Mythbusting (Worries & Wonders)

This is the 1st of 2 sessions called "middle school mythbusting" that bring student voices forward with the goal of helping quell worries our students might have at the beginning of middle school. This session is about fitting in and belonging at school.

S4: Developing Community Agreements 🖐️

This session is dedicated to developing Community Agreements. These Agreements are meant to help the class become a safe place where people can be genuine without fear of mistreatment, where we listen to one another and speak about our needs allowing us to create anti-bullying environments proactively. The Agreements will serve as guidelines we can refer to throughout the year.

S5: Understanding the CharacterDare Process

This session will setup the first CharacterDare, which will be a consistent part of every session for the rest of the year. The CharacterDares are designed to help us practice putting values and character into action. The CharacterDare process includes a review of the challenge from the previous session, along with an introduction to a new challenge. Grades 6, 7, and 8 will all have the same challenge corresponding to this week's session. We will return to the conversation about character and values in a session called Values Exploration. Remember: CharacterDares are invitations, not demands! The power is in the conversation.

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

S6: From Bystander to Advocate

The goal of this session is to identify ways we can support others who are experiencing disrespect or bullying. We will learn about the role power plays in bullying behavior and how to shift that power to the person experiencing bullying. We will discuss what it means to move from being a bystander to an effective advocate for others, equipped with strategies to stop bullying, support those experiencing it, and report bullying incidents, thus fostering a safer and more supportive environment.

S7: Middle School Mythbusting (Taking on Tests)

This is the 2nd of 2 sessions called "Middle School Mythbusting" that bring student voices forward with the goal of helping to quell worries our students might have at the beginning of middle school. This session is focused on taking tests in middle school.

S8: Meeting New People

The theme of this year is "Belonging" and this is the 1st of 2 sessions with the goal of helping us make connections and build relationships. In this session's activity, we make plans to get to know 4 adults in the building.

S9: Get to Know Your School

The theme of this year is "Belonging" and this is the 2nd of 2 sessions with the goal of helping us make connections and build relationships. In this session, we identify opportunities to get involved in fun and interesting activities at school and think of opportunities we wish existed.

S10: Values Exploration

This is the 1st of 3 sessions focused on exploring values. Getting clear on our own personal values can help us make decisions and act in ways that align with our sense of self and what we think is important. In this session, we explore the topic of values by reflecting on the qualities we value in other people.

S11: Applying Values Online

This is the 2nd of 3 sessions on exploring values. Students will apply personal values to online environments, acknowledging the difficulty of implementing them in digital spaces. They will learn to identify cyberbullying and strategies for effective response.

S12: Practicing Values (What's Important to Us?)

This is the 3rd of 3 sessions focused on exploring values, in this session by reflecting on how we want to feel in different situations and discussing how this relates to and can help us understand our personal values. We will spend time thinking about what we value and how that helps us to think about who we want to be.

S13: Building Listening Skills

This is the 1st of 2 session on listening. Listening is an important skill that improves peer relationships and is important for perspective-taking, conflict resolution, and group work. In this session, we practice listening closely with a partner and reflect on what was hard (or easy) about it.

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S14: Listening Practice

This is the 2nd of 2 sessions focused on listening. Listening is a valuable skill that improves peer relationships and is important for perspective-taking, conflict resolution, and group work. In this session, we practice identifying good versus bad listening.

S15: Understanding Others' Perspectives 🖐️

This is the 1st of 2 session on perspective-taking. In this session we practice understanding others' perspectives using the strategy of seeking and offering advice. One scenario involves advising a student facing bullying, reinforcing strategies for handling such situations.

S16: Practicing Perspective-Taking

This is the 2nd of 2 sessions on perspective-taking. Perspective-taking is not just a passive process. In this session, we practice improving our ability to understand someone else by applying our listening skills and asking thoughtful questions.

S17: Understanding Emotions

This is the 1st of 2 sessions focused on understanding and learning ways to regulate our emotions. In this session, we talk about the value of regulating and calming our bodies and learn some techniques focused on breathing.

S18: Regulating Emotions (Naming Emotions)

This is the 2nd of 2 sessions on emotions. Research shows being able to name our strong emotions helps us stay calm and think through difficult situations.

S19: Strengthening Friendships

This is a session on friendship. The goal is to reflect on the qualities we value in friends.

S20: Exercising Perspective-Taking 🖐️

This is the 1st of 2 sessions on perspective-taking. In this session we learn that understanding others' viewpoints is vital for friendship, conflict resolution, and group collaboration. We'll explore how people react differently to situations, including a scenario where students empathize with someone facing bullying.

S21: Connecting Through Perspective-Taking

This is the 2nd of 2 sessions on perspective-taking. Learning to understand others' perspectives is a fundamental social skill important for making friends, solving conflicts, and working in groups. In this session, we explore and practice "perspective-getting" by actively asking questions of each other to better understand the perspectives behind their thoughts and opinions - rather than simply assuming we know.

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

S22: Connecting Motivation & Emotions

This is the 1st of 2 emotion-focused sessions that build on earlier emotion sessions in this grade. In this session, we work to understand the different ways people can notice and feel emotions in their bodies. Being able to notice physical sensations related to emotions can help us catch them early and use emotion regulation strategies before emotions get too intense.

S23: Regulating Emotions (Calming Emotions)

This is the 2nd of 2 emotion-focused sessions that follow up on earlier emotion sessions in this grade. In this session, we learn and practice a skill for helping us stay calm by focusing on the sensations where our body contacts solid surfaces.

S24: Helping Others Resolve Conflict (Saying I'm Sorry) 🙌

In this session, we concentrate on learning how to apologize effectively, a vital skill in resolving conflicts with others. Through a hypothetical scenario, students confront a situation where they're called out for bullying behaviors towards a peer, reflecting on the challenges of apologizing while acknowledging its effectiveness in combating bullying.

S25: Final Reflections

This session focuses on thinking back and reflecting on things we've learned and ways we've grown through a process called a Sankofa Session. This reflection process is important for us to cement the learning as we look to the past to inform our future.

Scope & Sequence

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

Abstract: The 25-Session Scope and Sequence offers coverage of the main ingredients comprising the curriculum but with less frequency. These ingredients support 3 essential outcomes: well-being, belonging, and engagement. In 7th grade, we place special emphasis on well-being. Our essential question is: *How do I develop personal well-being and how does it affect our relationships with others?* In this condensed scope and sequence we place priority on sessions that address the well-being outcome. Below, you will find how the 5 ingredients featured in this version, followed by the sequential scope and sequence abstracts. **The differences between this model and the full scope and sequence includes reduced coverage of conflict resolution skills and fewer sessions dedicated to specific values, like growth mindset, respect, and honesty.**

Foundation - Setting the Stage

- S00: Bullying 101 
- S1: Welcome
- S2: Building Connections
- S3: Developing Community Agreements 
- S4: From Bystander to Advocate 
- S5: The CharacterDare

Values & Purpose

- S6: Values in Action
- S7: Developing Character Habits
- S8: Values as Guides
- S12: Real Life Respect: Defining Respect 
- S13: Real Life Respect: Creating Caring Environments 

Emotion Understanding & Regulation

- S9: Understanding Emotions
- S10: Expanding Emotion Vocabulary
- S11: Practicing Emotion Regulation
- S14: Understanding Stress
- S15: Stress Coping Strategies

Empathy & Compassion

- S16: Real Life Respect: The Power of Language 
- S17: Building Social Awareness
- S18: Understanding Effective Empathy (Choosing to Care)
- S19: Acting with Empathy
- S20: Practicing Effective Empathy

Goals & Habits

- S21: Understanding Mental Health & Well-Being
- S22: Exercising Well-Being
- S23: Well-Being In Practice
- S24: Developing Well-Being Habits

Leadership & Teamwork

Access additional teamwork and project-based learning sessions in the Group Projects section of the Campus Resources menu

Reflections

- S25: Final Reflections



Scope & Sequence

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

S00: Bullying 101 🖐️

This 45-60 minute session offers schools flexibility outside the regular curriculum to cover a wide range of bullying standards. It aims to understand and address bullying behavior by identifying key components, types, and impacts of bullying, distinguishing it from negative behavior, and recognizing response strategies. Students will learn about school rules, expectations, and how to respond to and report bullying. By achieving these objectives, we'll develop a deeper understanding of bullying dynamics and acquire essential skills to prevent it in our school community.

S1: Welcome

Welcome to Session 1! This session helps set the stage for the "What", the "How", and the "Why" for this year. It helps create clarity for both the educator and students which sets the program up for success.

S2: Building Connections

This session will help students to think about their own definition of community. We will build on what they know through activities that help students make the connection between community, safety, and respect.

S3: Developing Community Agreements 🖐️

This session is dedicated to developing Community Agreements. These Agreements are meant to help the class become a safe place where people can be genuine without fear of mistreatment, where we listen to one another and speak about our needs allowing us to create anti-bullying environments proactively. The Agreements will serve as guidelines we can refer to throughout the year.

S4: From Bystander to Advocate 🖐️

Advocacy and Well-Being. The goal of this session is to identify ways we can advocate for others experiencing bullying through isolation. We'll explore how isolation impacts well-being and why it's important to notice and respond. We'll also learn about the role of power in bullying and how to shift it back to the person being isolated. Finally, we'll discuss how to move from being a bystander to an advocate, with strategies to interrupt isolation, support others, and help build a more connected, safer environment.

Scope & Sequence



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

S5: The CharacterDare

This is the 1st of 4 sessions related to values. Thinking about and identifying values that we personally feel are important can help us make good decisions and guide our actions in positive directions. In this session, we will explore the definition of values, including where they come from and ways we can put them into action. We will also go through the full CharacterDare process: first, reflecting on the previous CharacterDare, and second, introducing them to the new CharacterDare. Remember, these challenges are invitations, not demands! The power is in the conversation.

S6: Values in Action

This is the 2nd of 4 sessions focused on values. This session builds upon the learnings from the previous session and offers perspectives on how we might share similar or different values for various reasons.

S7: Developing Character Habits

This is the 3rd of 4 sessions about values, where we explore the important role of building positive habits to help us live a life consistent with our values. We'll delve into how habits are formed, the initial challenges when starting new good habits, and why habits are crucial for shaping our character.

S8: Values as Guides

This is the 4th of 4 sessions focused on values. In this session, we bring together the insights gained from the previous sessions and concentrate on their application in our personal lives

S9: Understanding Emotions

This is the 1st of 3 sessions focused on understanding and regulating emotions. Across this session and the next, we will learn some basic brain science to help us understand the origins of our emotions. We will discover that our brains generate emotions quickly and automatically, which means people do not intentionally create strong emotions. This understanding can provide us with valuable perspectives on both our own and others' intense emotions.

S10: Expanding Emotion Vocabulary

This is the 2nd of 3 Sessions on emotion understanding. In this session, we learn about regulating our own strong emotions by naming them and improving our ability to use this approach by practicing distinguishing between different intensities of emotion, which helps us find the right name for what we are experiencing.

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

S11: Practicing Emotion Regulation

This is the 3rd of 3 sessions related to emotion understanding and regulation. Handling powerful emotions requires learning strategies for calming down, we will learn two new strategies and revisit one that was learned last session.

S12: Real Life Respect: Defining Respect 🖐️

This session focuses on defining the value of respect. In this session, we will be introduced to the concept of respect, create a shared understanding of its meaning, learn that it is an action, and explore the different ways we experience respect. Respect is a foundational aspect of creating anti-bullying environments.

S13: Real-Life Respect: Creating Caring Environments 🖐️

In this session, students will learn about respect and how it applies in different school settings, pinpoint "Hot Spots" where more respect is needed, like tackling bullying, and then create personal plans to encourage respectful behavior, aiming to build a culture of mutual respect and combat bullying.

S14: Understanding Stress

This is the 1st of 2 sessions on stress and coping. Increasing numbers of adolescents struggle with stress. In this session, we focus on understanding stress and learning ways to cope with stress.

S15: Stress Coping Strategies

This is the 2nd of 2 sessions on stress and coping. In this session, we focus on coming up with and sharing ways to improve our well-being to help us cope with stress.

S16: Real Life Respect: The Power of Language 🖐️

In this session, we delve into the harmful impact of put-downs, acknowledging the pervasive nature of negativity in language compared to intentional kindness. Cultivating a school culture that prioritizes uplifting language is a key strategy in fostering an anti-bullying environment.

S17: Building Social Awareness

This is the 1st of 4 sessions on how we can effectively engage in empathy in ways that result in helping others in need rather than just feeling bad for them. To start this section off we focus on noticing as much as we can about others as a way to get us started on improving our empathy and perspective-taking skills.

S18: Understanding Effective Empathy (Choosing to Care) 🖐️

This is the 2nd of 4 sessions on empathy. In this session we emphasize the significance of showing concern for others and recognizing when they may need assistance. They engage with a scenario depicting bullying in a hallway, exploring various responses, including direct involvement and bystander intervention (advocacy), to reinforce positive and constructive ways of supporting those experiencing bullying.

Scope & Sequence



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

S19: Acting with Empathy

This is the 3rd of 4 sessions on effective empathy. In this session, we focus on the 3rd ingredient that makes empathy effective - taking action to help others.

S20: Practicing Effective Empathy

This is the 4th of 4 sessions on effective empathy. In this session, we reflect on and explore ways to engage in all three parts of the effective empathy formula: noticing, caring, and taking action.

S21: Understanding Mental Health & Well-Being

This is the 1st of 4 sessions on mental health and well-being. Recent science has shown that we can benefit from increasing our well-being (which we use synonymously with mental health) even when we struggle with mental illness and life's challenges. Well-being matters for all of us and in this session we learn about three types or aspects of well-being.

S22: Exercising Well-Being

This is the 2nd of 4 sessions on well-being. In this session, we continue to focus on the three aspects of well-being and explore ways we can support and increase our well-being.

S23: Well-Being In Practice

This is the 3rd of 4 sessions on well-being. In this session, we continue to work together to generate and share ideas for ways we can boost our well-being.

S24: Developing Well-Being Habits

This is the 4th of 4 sessions on well-being. In this session, we think about personal goals we have for our well-being and identify the barriers we may face in trying to achieve them.

S25: Final Reflections

This session focuses on thinking back and reflecting on things we've learned and ways we've grown through a process called a Sankofa Session. This reflection process is important for us to cement the learning as we look to the past to inform our future.

Scope & Sequence

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

Abstract: The 25-Session Scope and Sequence offers coverage of the main ingredients comprising the curriculum but with less frequency. These ingredients support 3 essential outcomes: well-being, belonging, and engagement. In 8th grade, we place special emphasis on engagement. Our essential question is: *How do we practice engaging meaningfully in our lives, our friendships, and in our school?* In this condensed scope and sequence we place priority on sessions that address the engagement outcome. Below, you will find how the 5 ingredients featured in this version, followed by the sequential scope and sequence abstracts. **The differences between this model and the full scope and sequence are less coverage of conflict resolution skills, and fewer sessions on specific values, like growth mindset, respect, and honesty.**

Foundation - Setting the Stage

- S00: Bullying 101 
- S1: Welcome
- S2: Building Community
- S3: Developing Community Agreements 
- S4: From Bystander to Advocate 
- S5: The CharacterDare

Values & Purpose

- S7: Connecting Values & Your Future (Values & Dreams)
- S8: Values to Your Future in High School (The Story of Values)
- S10: Developing Values as Guides Online 

Emotion Understanding & Regulation

- S13: Happiness Mythbusting
- S14: Happiness Self-Acceptance
- S15: Understanding How Emotions Work, pt 1
- S16: Understanding How Emotions Work, pt 2
- S17: Dealing with Emotions
- S18: Practicing Self-Regulation
- S19: Building an Emotions Toolbox
- S21: Practicing Emotion Regulation

Empathy & Compassion

none

Goals & Habits

- S6: Envisioning Your Future (Dreams Ahead)
- S9: Connecting Your Future & This Year (Planning Ahead)
- S11: Creating Goals
- S12: Making Positive Habits
- S20: Connecting Emotion Regulation and Values
- S22: Regulating Emotions in Academics
- S24: Grit and Willpower

Leadership & Teamwork

- S23: Using Values to Increase Belonging (Our Influences)

Access additional teamwork and project-based learning sessions in the Group Projects section of the Campus Resources menu

Reflections

- S25: Final Reflections



Scope & Sequence

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

S00: Bullying 101 🖐️

This 45-60 minute session offers schools flexibility outside the regular curriculum to cover a wide range of bullying standards. It aims to understand and address bullying behavior by identifying key components, types, and impacts of bullying, distinguishing it from negative behavior, and recognizing response strategies. Students will learn about school rules, expectations, and how to respond to and report bullying. By achieving these objectives, we'll develop a deeper understanding of bullying dynamics and acquire essential skills to prevent it in our school community.

S1: Welcome

Welcome to Session 1! This session helps set the stage for the "What", the "How", and the "Why" for this year. It helps create clarity for both the educator and students which sets the program up for success.

S2: Building Community

This session is focused on learning more about each other and getting to know each other better.

S3: Developing Community Agreements 🖐️

This session is dedicated to developing Community Agreements. These Agreements are meant to help the class become a safe place where people can be genuine without fear of mistreatment, where we listen to one another and speak about our needs allowing us to create anti-bullying environments proactively. The Agreements will serve as guidelines we can refer to throughout the year.

S4: From Bystander to Advocate 🖐️

The Advocacy Influencer. The goal of this session is to reflect on the power we have as leaders in our school to influence others and respond to bullying. We will learn about how power plays a role in bullying behavior and how to use our influence to support those being targeted. We will discuss what it means to move from being a bystander to an active advocate, equipped with strategies to speak up, include others, and shift the dynamic in positive ways. By recognizing our ability to lead through action, we can help create a safer and more supportive school environment for everyone.

S5: The CharacterDare

This session sets up the first CharacterDare, which will be a consistent part of every session for the rest of the year. The CharacterDares are designed to help us practice putting values and character into action. The CharacterDare process includes reviewing the challenge from the previous session, along with an introduction to a new challenge. Every grade level has the same challenge corresponding to that week's session. Remember: CharacterDares are invitations, not demands! The power is in the conversation.

S6: Values & Your Future

This is the 1st of 4 sessions where we look ahead and start to envision plans for our futures. In this session, we envision our hopes for our futures, then harness the wisdom of these imagined positive future selves to think about healthy ways to live our lives today. In this session we will go through the full CharacterDare process: 1st, reflect on the previous Dare, and 2nd, introduce them to the new Dare. Remember: Dares are invitations, not demands! The power is in the conversation.

Scope & Sequence



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

S7: Connecting Values & Your Future (Values & Dreams)

This is the 2nd of 4 sessions where we look ahead and plan for our futures. In this session, we touch base with our individual values and use them to help guide us in thinking about dreams we want to see come true in our futures.

S8: Connecting Values to Your Future in High School (The Story of Values)

This is the 3rd of 4 sessions where we look ahead and plan for our futures. Thinking about what we have already accomplished can help guide our actions in positive directions. In this session, we think about personal values that influenced us in elementary school, experiences we've had in middle school, and how remembering and acting on our individual values can help us have the kind of high school experience we hope for.

S9: Connecting Your Future & This Year (Planning Ahead)

This is the 4th of 4 sessions where we look ahead and plan for our futures. In this session we continue thinking about high school, what we hope for, obstacles we might face to achieving those wishes, and ways we might overcome those obstacles.

S10: Developing Values as Guides Online

This is the 1st of 3 sessions on values and habits. Students will apply personal values to online environments, recognizing the challenges of implementing them in digital spaces. They will learn to identify cyberbullying and effective response strategies.

S11: Creating Goals

This is the 2nd of 3 sessions on values and habits. Our values can help us identify things we want to accomplish that are important to us. In this session we work on connecting our values to goals.

S12: Making Positive Habits

This is the 3rd of 3 sessions on values and habits. In this session, we focus on how our values, goals, and habits are all connected.

S13: Happiness Mythbusting

This session examines emotion regulation. Understanding and being able to handle strong emotions is important for coping with a variety of challenges including maintaining well-being, building peer relationships and handling peer conflicts, and meeting classroom expectations. This session explores common myths about happiness that can make it harder for us to handle difficult emotions.

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

S14: Happiness Self-Acceptance

In this session we continue to look at the concept of happiness. In this session, we examine another myth about happiness – that if we're not always happy there's something wrong with us. Being unhappy at times is normal and knowing that can help us not feel even worse when we experience unhappiness.

S15: Understanding How Emotions Work, pt 1

This is the 1st of 2 sessions on understanding emotions. Our brains create our emotions by rapidly and automatically assessing what's going on around us and inside us and whether it is good or bad for us. We will all learn about this process in this session and the next. Understanding that emotions are natural, automatic, and arise very quickly can help us improve how we view ourselves and others when strong emotions arise and helps lay the foundation for learning emotion regulation skills.

S16: Understanding How Emotions Work, pt 2

This is the 2nd of 2 sessions on understanding emotions. In this session, we continue learning about how our emotions are natural and happen automatically. Understanding some of the science of emotions can help us improve how we view ourselves and others when strong emotions arise and help lay the foundation for learning emotion regulation skills.

S17: Dealing with Emotions

This is the 1st of 4 sessions on emotion regulation. Early adolescents experience their emotions especially powerfully and we can all struggle sometimes to handle powerful emotions well. In this session, we learn about how our emotions can sometimes cause us to do things we later regret. Exploring this can help motivate us to learn emotion regulation strategies.

S18: Practicing Self-Regulation

This is the 2nd of 4 sessions on emotion regulation. Early adolescents experience their emotions especially powerfully and we can all struggle to handle strong emotions well. In this session, we learn we learn 2 different strategies that can help us regulate our emotions.

S19: Building an Emotions Toolbox

This is the 3rd of 4 sessions on emotion regulation. Early adolescents experience their emotions especially powerfully and we can all struggle to handle powerful emotions well. In this session, we learn more strategies to add to our emotion regulation toolbox.

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

S20: Connecting Emotion Regulation and Values

This is the 4th of 4 sessions on emotion regulation. Early adolescents experience their emotions especially powerfully and we can all struggle to handle powerful emotions well. In this session, we explore ways to get better at using emotion regulation tools to put our values into action and work toward our goals.

S21: Practicing Emotion Regulation

We know being in touch with our personal values can help us make good decisions. In this session, we work on understanding impulsivity, ways we can notice our impulses pulling us away from our values, and how to use that awareness to avoid impulsive reactions to situations.

S22: Regulating Emotions in Academics (Overcoming Obstacles)

In this session, we focus on the academic goals we have for ourselves and create maps of our journey towards those goals. One powerful way to make goals more effective is to anticipate and plan for overcoming barriers that can interfere with our progress toward our goals. In today's session, we work together to anticipate different types of obstacles and come up with ways to overcome them.

S23: Using Values to Increase Belonging (Overcoming Obstacles)

In this session students work together to identify things that can get in the way of their shared goals for the school community and come up with strategies to combat them.

S24: Grit and Willpower 🖐️

In this session, we will use the song "I Will Survive" to reflect on the lessons we have learned from our past challenges. We will also discuss how we can use those lessons to overcome future obstacles.

S25: Final Reflections

This is a review session focused on thinking back and reflecting on things we've learned and ways we've grown this year through a process called a Sankofa Session. This reflection process is important for us to cement the learning we have done this year. In this session we will continue identify what was most valuable, what we used or benefitted from, and what we'll keep trying to use.