

Grade 6

Unit 1: Connecting with Others

- Lesson 1: Making Shared Agreements
- Lesson 2: Getting to Know Adults in Our School
- Lesson 3: The ACT of Active Listening

Unit 2: Exploring My Values and Goals

- Lesson 1: Working Through Differences
- Lesson 2: Staying Away from Stereotypes
- Lesson 3: Acting with Respect

Unit 3: Understanding My Emotions

- Lesson 1: Talking About Emotions
- Lesson 2: Signs and Symptoms of Stress
- Lesson 3: Managing Stress

Unit 4: Respecting Myself and Others

- Lesson 1: How Friendships Change
- Lesson 2: How Body Language Affects Communication
- Lesson 3: Encouraging Others
- Lesson 4: Showing Empathy

Unit 5: Making Responsible Decisions

- Lesson 1: We All Belong
- Lesson 2: Responsible Decision-Making
- Lesson 3: Staying Focused

Grade 7

Unit 1: Connecting with Others Lesson 1:

- Making Shared Agreements
- Lesson 2: Working Together
- Lesson 3: Figuring Out Unwritten Social Rules
- Lesson 4: How to be Heard; How to Hear

Unit 2: Exploring My Values and Goals

- Lesson 1: What Do I Value?
- Lesson 2: Our Ability to Learn New Things
- Lesson 3: Being Kind to My Mind

Unit 3: Understanding My Emotions

- Lesson 1: Thoughts, Feelings, Actions and Our Brains
- Lesson 2: Emotional Decision-making
- Lesson 3: Managing my Emotions

Unit 4: Respecting Myself and Others

- Lesson 1: Overcoming Procrastination
- Lesson 2: Plan to Succeed Part 1
- Lesson 3: Plan to Succeed Part 2

Unit 5: Making Responsible Decisions

- Lesson 1: Analyzing Situations
- Lesson 2: People Who Support Me
- Lesson 3: Kindness and Gratitude

Grade 8

Unit 1: Connecting with Others

Lesson 1: Making Shared Agreements

Lesson 2: Recognizing Talents

Lesson 3: Finding Common Ground

Unit 2: Exploring My Values and Goals

Lesson 1: My Beliefs and Values

Lesson 2: My Beliefs and My Peers

Lesson 3: Passion & Perseverance

Lesson 4 Personal Power & Agency

Unit 3: Understanding My Emotions

Lesson 1: Your Brain on Stress

Lesson 2: Relationships and Emotions

Lesson 3: Emotional Communication

Unit 4: Respecting Myself and Others

Lesson 1: Agreeing to Disagree

Lesson 2: Chunking it Down

Lesson 3: Encouraging Others

Lesson 4: Respecting Others

Online

Unit 5: Making Responsible Decisions

Lesson 1: Going with the Flow

Lesson 2: Ethical Responsibility

Lesson 3: Reflecting