

Social Emotional Learning and Mental Health
Middle School Scope and Sequence 2022-2023

August				
	Required Lesson	Required Lesson	Choice Lesson	Choice Lesson
Competency	Awareness of Self & Others	Social Skills	Self-Management	Self-Management
Grade	Learning Skills	Cooperation	Self-Control	Focus
6 th	ASK Quality Questions	THINK in Groups	Stress Solutions	Focus to Study
7 th	Attention to Learning	Let It SLIDE!	Self-Control: It's Magic!	Visualize It!
8 th	My Study Skills	Operation: Cooperation	Let's Delay	Visualizing for Success
Tier 3	Follow the Directions	Make Your School Cool	What Am I Good At?	Family Culture
September is National Suicide Prevention Month				
	Required Lesson	Required Lesson	Required Lesson	Choice Lesson
Competency	Self-Care	Social Awareness	Mental Health	Self-Management
Grade	Healthy Boundaries	Safe & Ethical Behavior	Reducing the Risk of Suicide	Stress Management
6 th	Setting Boundaries to Be Yourself	Bullies Bully!	Suicide Facts	Don't Stress
7 th	Healthy Boundaries	Stand Up Against Bullying!	Suicide: Myth Busters	Stinking Thinking
8 th	Too Much of a Good Thing?	Speak Out!	Suicide: Risk Factors	Find the Funny
Tier 3	Your Limits	No Bullying Zone	Tier 3 supports included in lesson above	How Would You Feel?
October is National Stop Bullying Day and Cyber Safety Month				
	Required Lesson	Required Lesson	Required Lesson	Choice Lesson
Competency	Social Skills	Social Awareness	Mental Health	Awareness of Self & Others
Grade	Respect	Empathy	Online Safety	Emotions
6 th	Ripple of Respect	ACTIVE Listening	Safe and Respectful Online	Sparks of Emotion
7 th	Let's Communicate	Reflective Listening	Safe and AWARE Online	My Emotions
8 th	The 7 C's	Developing Empathy	Safe and Connected Online	My Emotional Brain
Tier 3	Respect	Different Perspective	Tier 3 supports included in lesson above	How Would You Feel?
November is World Kindness Day				
	Required Lesson	Required Lesson	Required Lesson	Choice Lesson
Competency	Social Awareness	Social Awareness	Mental Health	Awareness of Self & Others

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Grade	Cultural Competence	Actions and Consequences	Depression	Values
6 th	Be Cool: INCLUDE	OWN Your Actions	Optimistic Options	My Personal Values
7 th	Challenge Prejudice	Actions Have Consequences	Affirming My Worth	Mind Your Media
8 th	SPOT the Stereotype	Positive Patterns	Compassionate Thoughts	Our Values
Tier 3	Cultural Differences	Good Choices	Tier 3 supports included in lesson above	Family Culture
December is Human Rights Month				
	Required Lesson	Choice Lesson		Winter Break
Competency	Social Awareness	Social Skills		Winter Break
Grade	Social Contributions	Fairness		Winter Break
6 th	Be the Change	Our Rights and Responsibilities		Winter Break
7 th	Plan to Do Your Part	Self-Control: It's Magic!		Winter Break
8 th	C's the Opportunity	Speak Out for Fairness		Winter Break
Tier 3	Helping My School	We All Have Rights		Winter Break
January is National Slavery and Human Trafficking Preventing Month				
	Winter Break	Required Lesson	Required Lesson	Required Lesson
Competency	Winter Break	Self-Care	Social Awareness	Mental Health
Grade	Winter Break	Self-Advocacy	Support Systems	Human Trafficking
6 th	Winter Break	Speak Up for Fairness	Who Supports You?	Traffickers' Tactics Online
7 th	Winter Break	Be Your Own Advocate	Support Systems	Human Trafficking: Rights and Laws
8 th	Winter Break	Get What You Need	My TRIBE	Risk Factors for Human Trafficking
Tier 3	Winter Break	On My Own	With a Little Help From My Friends	Tier 3 supports included in lesson above
February is Teen Dating Awareness Month				
	Required Lesson	Required Lesson	Required Lesson	Choice Lesson
Competency	Social Skills	Self-Care	Mental Health	Awareness of Self & Others
Grade	Relationships	Self-Compassion	Preventing Violence	Self-Knowledge
6 th	NO "I" In Team	Be Kind to Yourself	Safe and Protected	Social Strengths
7 th	Peering Into Relationships	Quiet the Inner Critic	Silencing Harassment	You Got Style
8 th	KISS Peer Pressure Goodbye	Breath Through It	Roots of Relationship Violence	Ignite Your Passion

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Tier 3	Conversation Tips	Turn it Around		What Am I Good At?
March is National Social Work Month				
	Required Lesson	Required Lesson	Required Lesson	Choice Lesson
Competency	Self-Management	Self-Management	Mental Health	Awareness of Self & Others
Grade	Resilience	Problem-Solving	Anxiety	Growth Mindset
6 th	Reframe It!	Think Solution!	Breathe Through It	A Tale of Two Brains
7 th	Bend, but Not Break	From Problem to Solution	Present and Compassionate	Growing from Feedback
8 th	Everyday Courage	Evaluate the Solutions	ICE Anxiety	A Good Mistake
Tier 3	Part of the Group	Good Time to Ask	Tier 3 supports included in lesson above	Part of the Group
April is Alcohol Awareness Month				
	Required Lesson	Required Lesson	Required Lesson	Choice Lesson
Competency	Social Skills	Awareness of Self & Others	Mental Health	Mental Health
Grade	Friendship	Wants and Needs	Substance Use Disorders	Support Systems
6 th	Lean on Me	Building my Self-Esteem	Identifying Positive Activities	Who's Your Who?
7 th	Friends & Peer Pressure	High Esteem	Identifying Positive Adult Relationships	Picture My Needs
8 th	Be Yourself	Building Self-Esteem	Managing Peer Pressure	Make the Connection
Tier 3	Conversation Tips	Good Time to Ask	Tier 3 supports included in lesson above	Tier 3 supports included in lesson above
May is Mental Health Awareness Month				
	Required Lesson	Required Lesson	Required Lesson	Choice Lesson
Competency	Social Skills	Self-Care	Mental Health	Mental Health
Grade	Conflict Resolution	Mindfulness	Mental Wellness	Healthy Identities
6 th	Resolving Conflict	Practice Gratitude	Physical and Mental Wellness	Pieces of Me
7 th	Conflict Happens!	Focus NOW	Change It Up	Impacts of Identity
8 th	Conversations to Resolve Conflict	In The Moment	Wellness Is Social	Identity Inventory
Tier 3	Do It Better	Being Aware	Tier 3 supports included in lesson above	Tier 3 supports included in lesson above
June				

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	Required Lesson	Required Lesson	Choice Lesson
Competency	Self-Care	Self-Care	Mental Health
Grade	Self-Efficacy	Optimism	Resilience
6 th	Build Your Belief	Random Acts	Facing My Challenges
7 th	Be Positive	Optimistic Thinking	Beautiful Beyond
8 th	Who Believes in You?	Look for the Good	Resilience: Action!
Tier 3	One Step at a Time	Thankful	Tier 3 supports included in lesson above