

# 11<sup>th</sup> Grade Scope and Sequence

## Let's Get Started

This is a suggested implementation plan with resources from RethinkEd's SEL curriculum to teach social-emotional learning on your campus. These lessons have been selected to support students by fostering SEL skills, with the educator and school year cadence in mind.

### Step 1

Open the RethinkEd platform through [Schoology](#) or Clever.

### Step 2

Find the current month and week below, then click the link to access the 2-5 minute lesson video.

Show the video to your students

### Step 3

After the video, click on the discussion questions and facilitate a conversation amongst your students.

**Log into RethinkEd via Schoology to UNLOCK access to the hyperlinks.**

## August Lesson 1

Social Awareness: <i>Safe and Ethical Behavior</i>	
Lesson Video	Learning Objectives
<a href="#">Bullying &amp; Harassment</a>	<b>Objective:</b> Students will understand what harassment is and how to respond to it.

## September Lesson 1

Online Safety	
Lesson Video	Learning Objectives
<a href="#">Online Accuracy</a>	<b>Objective:</b> Students will develop strategies to protect themselves and others online and evaluate the accuracy and validity of digital media.

## September Lesson 2

Social Awareness: <i>Actions and Consequences</i>	
Lesson Video	Learning Objectives
<a href="#">The Long and Short of It</a>	<b>Objective:</b> Students will evaluate the short-term and long-term consequences of actions.

## September Lesson 3

Self-Management: <i>Self-Control</i>	
Lesson Video	Learning Objectives
<a href="#">Self-Control and Resilience</a>	<b>Objective:</b> Students will learn strategies for using self-control to build resilience.

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## September Lesson 4

Awareness of Self & Others: <i>Learning Skills</i>	
Lesson Video	Learning Objectives
<a href="#">Nourishing a Positive Mindset</a>	<b>Objective:</b> Students will use strategies for developing a positive mindset for learning.

## September Lesson 5

Awareness of Self & Others: <i>Growth Mindset</i>	
Lesson Video	Learning Objectives
<a href="#">Growing from Setbacks</a>	<b>Objective:</b> Students will apply a growth mindset to learn from setbacks.

## October Lesson 1

Self-Management: <i>Problem Solving</i>	
Lesson Video	Learning Objectives
<a href="#">Cognitive Flexibility</a>	<b>Objective:</b> Students will apply cognitive flexibility to solve a problem.

## October Lesson 2

Self-Management: <i>Resilience</i>	
Lesson Video	Learning Objectives
<a href="#">Growing Resilience</a>	<b>Objective:</b> Students will identify opportunities for growth in challenging situations.

## October Lesson 3

Self-Care: <i>Mindfulness</i>	
Lesson Video	Learning Objectives
<a href="#">Practice PEACE</a>	<b>Objective:</b> Students will practice mindfulness as a tool for impulse control.

## October Lesson 4

Self-Care: <i>Self-Compassion</i>	
Lesson Video	Learning Objectives
<a href="#">Take Care of You</a>	<b>Objective:</b> Students will apply self-compassion to process mistakes.

## November Lesson 1

Self-Care: <i>Self-Efficacy</i>	
Lesson Video	Learning Objectives
<a href="#">Collective Goals</a>	<b>Objective:</b> Students will apply self-efficacy to reach a collective goal.

## November Lesson 2

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## Awareness of Self & Others: *Self-Knowledge*

Lesson Video	Learning Objectives
<a href="#">Accepting Ourselves</a>	<b>Objective:</b> Students will learn strategies for understanding and accepting themselves.

### December Lesson 1

## Self-Management: *Stress Management*

Lesson Video	Learning Objectives
<a href="#">Balancing Stress</a>	<b>Objective:</b> Students will learn strategies for identifying and balancing their optimal stress levels.

### December Lesson 2

## Social Awareness: *Support Systems*

Lesson Video	Learning Objectives
<a href="#">Giving Support</a>	<b>Objective:</b> Students will understand how to show support to their support system.

### January Lesson 1

## Self-Management: *Goal Setting*

Lesson Video	Learning Objectives
<a href="#">Persevere Towards the Goal</a>	<b>Objective:</b> Students will understand how to persevere to achieve a goal.

### January Lesson 2

## Self-Management: *Focus*

Lesson Video	Learning Objectives
<a href="#">Self-Care for Focus</a>	<b>Objective:</b> Students will identify how self-care can support their focus.

### January Lesson 3

## Self-Care: *Self-Advocacy*

Lesson Video	Learning Objectives
<a href="#">Advocate for You</a>	<b>Objective:</b> Students will practice strategies to advocate for their rights and responsibilities.

### January Lesson 4

## Social Skills: *Respect*

Lesson Video	Learning Objectives
<a href="#">Understanding Respect</a>	<b>Objective:</b> Students will consider how culture, background, values, and environments impact the way people show and understand respect.



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## February Lesson 1

Social Skills: <i>Conflict Resolution</i>	
Lesson Video	Learning Objectives
<a href="#">Reaching Consensus</a>	<b>Objective:</b> Students will apply strategies for reaching a consensus in a conflict.

## February Lesson 2

Social Skills: <i>Fairness</i>	
Lesson Video	Learning Objectives
<a href="#">Fairness in Communities</a>	<b>Objective:</b> Students will practice strategies to advocate for fairness in their communities.

## February Lesson 3

Social Skills: <i>Cooperation</i>	
Lesson Video	Learning Objectives
<a href="#">Wired for Cooperation</a>	<b>Objective:</b> Students will evaluate the benefits of cooperation.

## February Lesson 4

Social Skills: <i>Friendship</i>	
Lesson Video	Learning Objectives
<a href="#">Healthy Friendships</a>	<b>Objective:</b> Students will evaluate the health of a friendship.

## March Lesson 1

Social Skills: <i>Relationships</i>	
Lesson Video	Learning Objectives
<a href="#">Shifting Relationships</a>	<b>Objective:</b> Students will evaluate how their relationships shift over time.

## March Lesson 2

Awareness of Self & Others: <i>Wants and Needs</i>	
Lesson Video	Learning Objectives
<a href="#">Exploring Creativity</a>	<b>Objective:</b> Students will explore their creativity to practice self-actualization.

## March Lesson 3

Awareness of Self & Others: <i>Values</i>	
Lesson Video	Learning Objectives
<a href="#">My Values, My Passions</a>	<b>Objective:</b> Students will explore their passions by connecting to their values.

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## March Lesson 4

Social Awareness: <i>Cultural Competence</i>	
Lesson Video	Learning Objectives
<a href="#">Valuing All Cultures</a>	<b>Objective:</b> Students will acknowledge the value in all cultures to build cultural competence.

## April Lesson 1

Social Awareness: <i>Social Contributions</i>	
Lesson Video	Learning Objectives
<a href="#">Take Action, Make a Difference</a>	<b>Objective:</b> Students will evaluate actions they can take to contribute to the world.

## April Lesson 2

Social Awareness: <i>Empathy</i>	
Lesson Video	Learning Objectives
<a href="#">Care to Care</a>	<b>Objective:</b> Students will recognize the benefits of empathy for developing healthy relationships.

## April Lesson 3

Self-Care: <i>Healthy Boundaries</i>	
Lesson Video	Learning Objectives
<a href="#">The Balancing Act</a>	<b>Objective:</b> Students will set boundaries to support their priorities.

## April Lesson 4

Awareness of Self & Others: <i>Emotions</i>	
Lesson Video	Learning Objectives
<a href="#">Accepting Emotions</a>	<b>Objective:</b> Students will learn how to accept and express emotions.

## May Lesson 1

Anxiety	
Lesson Video	Learning Objectives
<a href="#">Cultivating Compassion</a>	<b>Objective:</b> Students will identify signs that they or someone else may have anxiety and learn strategies for showing compassion to themselves and others.

## May Lesson 2

Mental Wellness	
Lesson Video	Learning Objectives
<a href="#">Social Factors of Mental Wellness</a>	<b>Objective:</b> Students will identify the social factors that influence mental wellness and take action to support the mental wellness of themselves and others.

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## May Lesson 3

Healthy Identities	
Lesson Video	Learning Objectives
<a href="#">Identity in Context</a>	<b>Objective:</b> Students will analyze the context around their identities.

## May Lesson 4

Self-Care: <i>Optimism</i>	
Lesson Video	Learning Objectives
<a href="#">Respond With Optimism</a>	<b>Objective:</b> Students will identify strategies for responding to challenging situations with optimism.