

12th 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 [Schoolology](#) 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 Schoolology to UNLOCK access to the hyperlinks.

August Lesson 1

| Social Awareness: <i>Safe and Ethical Behavior</i> | |
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| Lesson Video | Learning Objectives |
| Stopping Harassment | Objective: Students will evaluate how societal messages perpetuate harassment and practice challenging those messages. |

September Lesson 1

| Online Safety | |
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| Lesson Video | Learning Objectives |
| Solve the Problem Online | Objective: Students will develop strategies to protect themselves and others online and use technology to address a problem in their community. |

September Lesson 2

| Social Awareness: <i>Actions and Consequences</i> | |
|---|---|
| Lesson Video | Learning Objectives |
| Decision-Making | Objective: Students will practice addressing their emotions when making decisions. |

September Lesson 3

| Self-Management: <i>Self-Control</i> | |
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| Lesson Video | Learning Objectives |
| In the Driver's Seat | Objective: Students will practice strategies for developing a sense of agency. |



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September Lesson 4

| Awareness of Self & Others: <i>Learning Skills</i> | |
|--|--|
| Lesson Video | Learning Objectives |
| Lifelong Learning | Objective: Students will learn strategies for becoming lifelong learners. |

September Lesson 5

| Awareness of Self & Others: <i>Growth Mindset</i> | |
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| Lesson Video | Learning Objectives |
| Your Growth Is My Growth | Objective: Students will find inspiration in the success of others. |

October Lesson 1

| Self-Management: <i>Problem Solving</i> | |
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| Lesson Video | Learning Objectives |
| Higher-Order Thinking | Objective: Students will apply higher-order thinking skills to solve a problem. |

October Lesson 2

| Self-Management: <i>Resilience</i> | |
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| Lesson Video | Learning Objectives |
| Overcoming Challenges | Objective: Students will identify and practice strategies to build resilience. |

October Lesson 3

| Self-Care: <i>Mindfulness</i> | |
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| Lesson Video | Learning Objectives |
| A New Perspective | Objective: Students will apply mindfulness to examine a stressful situation from another perspective. |

October Lesson 4

| Self-Care: <i>Self-Compassion</i> | |
|---|--|
| Lesson Video | Learning Objectives |
| Self-Compassion & Collective Care | Objective: Students will develop self-compassion through collective care. |

November Lesson 1

| Self-Care: <i>Self-Efficacy</i> | |
|--|---|
| Lesson Video | Learning Objectives |
| Build Your Self-Efficacy | Objective: Students will evaluate their self-efficacy and practice strategies to build it. |



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November Lesson 2

| Awareness of Self & Others: <i>Self-Knowledge</i> | |
|---|---|
| Lesson Video | Learning Objectives |
| Knowing Our SELVES | Objective: Students will reflect on their self-knowledge to evaluate their life choices. |

December Lesson 1

| Self-Management: <i>Stress Management</i> | |
|---|--|
| Lesson Video | Learning Objectives |
| Be Your Own CEO | Objective: Students will evaluate and develop a plan for managing stress. |

December Lesson 2

| Social Awareness: <i>Support Systems</i> | |
|--|--|
| Lesson Video | Learning Objectives |
| Supporting Your Goals | Objective: Students will access a support system to reach a goal. |

January Lesson 1

| Self-Management: <i>Goal Setting</i> | |
|--------------------------------------|---|
| Lesson Video | Learning Objectives |
| Grow Your Goal | Objective: Students will apply a growth mindset to reach a goal. |

January Lesson 2

| Self-Management: <i>Focus</i> | |
|----------------------------------|---|
| Lesson Video | Learning Objectives |
| Reach Your Goals | Objective: Students will evaluate strategies for staying focused to achieve goals. |

January Lesson 3

| Self-Care: <i>Self-Advocacy</i> | |
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| Lesson Video | Learning Objectives |
| Self-Advocacy in Adulthood | Objective: Students will practice self-advocacy skills for life after high school. |

January Lesson 4

| Social Skills: <i>Respect</i> | |
|------------------------------------|---|
| Lesson Video | Learning Objectives |
| Navigating Respect | Objective: Students will practice how to respond to situations involving disrespect. |



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February Lesson 1

| Social Skills: <i>Conflict Resolution</i> | |
|---|---|
| Lesson Video | Learning Objectives |
| Resolve. Restore. Repeat. | Objective: Students will practice Restorative Questions to resolve conflict and restore relationships. |

February Lesson 2

| Social Skills: <i>Fairness</i> | |
|---|--|
| Lesson Video | Learning Objectives |
| Achieving Fairness | Objective: Students will practice strategies to advocate for fairness in society. |

February Lesson 3

| Social Skills: <i>Cooperation</i> | |
|--|---|
| Lesson Video | Learning Objectives |
| Group Decision- Making | Objective: Students will practice strategies for making decisions in groups. |

February Lesson 4

| Social Skills: <i>Friendship</i> | |
|--|---|
| Lesson Video | Learning Objectives |
| Lasting Friendships | Objective: Students will apply strategies to maintain friendships. |

March Lesson 1

| Social Skills: <i>Relationships</i> | |
|--|--|
| Lesson Video | Learning Objectives |
| Building Healthy Relationships | Objective: Students will identify and cultivate the building blocks of healthy relationships. |

March Lesson 2

| Awareness of Self & Others: <i>Wants and Needs</i> | |
|--|--|
| Lesson Video | Learning Objectives |
| The World We Need | Objective: Students will apply strategies to advocate for their needs for a better world. |



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March Lesson 3

| Awareness of Self & Others: <i>Values</i> | |
|---|---|
| Lesson Video | Learning Objectives |
| My Life Compass | Objective: Students will set long-term goals that align with their values. |

March Lesson 4

| Social Awareness: <i>Cultural Competence</i> | |
|--|--|
| Lesson Video | Learning Objectives |
| Reflecting on Culture | Objective: Students will build cultural competence through self-reflection. |

April Lesson 1

| Social Awareness: <i>Social Contributions</i> | |
|---|--|
| Lesson Video | Learning Objectives |
| Changemakers | Objective: Students will understand how to address social injustice to make a change. |

April Lesson 2

| Social Awareness: <i>Empathy</i> | |
|---|---|
| Lesson Video | Learning Objectives |
| Empathy and Social Change | Objective: Students will leverage empathy as a tool for social change. |

April Lesson 3

| Self-Care: <i>Healthy Boundaries</i> | |
|--------------------------------------|---|
| Lesson Video | Learning Objectives |
| My Boundaries | Objective: Students will set and maintain healthy boundaries in relationships. |

April Lesson 4

| Awareness of Self & Others: <i>Emotions</i> | |
|---|--|
| Lesson Video | Learning Objectives |
| My Emotional Intelligence | Objective: Students will evaluate their emotional intelligence and develop strategies for growth. |

May Lesson 1

| Anxiety | |
|----------------------------------|---|
| Lesson Video | Learning Objectives |
| Managing Anxiety | Objective: Students will assess their own levels of anxiety and identify resources to help manage their anxiety. |



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May Lesson 2

| Mental Wellness | |
|---|---|
| Lesson Video | Learning Objectives |
| Mental Wellness Laws and Policies | Objective: Students will evaluate how laws and policies can impact mental wellness and take action to promote mental wellness for all. |

May Lesson 3

| Healthy Identities | |
|--|---|
| Lesson Video | Learning Objectives |
| Identity Intersections | Objective: Students will evaluate how their identities impact their experiences in the world and vice versa. |

May Lesson 4

| Self-Care: <i>Optimism</i> | |
|---------------------------------------|--|
| Lesson Video | Learning Objectives |
| Leading with Optimism | Objective: Students will identify how optimism supports effective leadership. |

