

6th 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>	
Lesson Video	Learning Objectives
Make a Difference	Objective: Students will understand types of bullying and practice strategies for responding to bullying.

September Lesson 1

Online Safety	
Lesson Video	Learning Objectives
Safe and Respectful Online	Objective: Students will develop strategies to protect themselves and others online and be respectful online.

September Lesson 2

Social Awareness: <i>Actions and Consequences</i>	
Lesson Video	Learning Objectives
Actions and Consequences	Objective: Students will evaluate how actions can influence negative consequences.

September Lesson 3

Self-Management: <i>Self-Control</i>	
Lesson Video	Learning Objectives
Managing Stress	Objective: Students will apply strategies for using self-control to manage stress.

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September Lesson 4

Awareness of Self & Others: <i>Learning Skills</i>	
Lesson Video	Learning Objectives
ASK Quality Questions	Objective: Students will learn strategies for developing curiosity.

September Lesson 5

Awareness of Self & Others: <i>Growth Mindset</i>	
Lesson Video	Learning Objectives
What's in a Mindset?	Objective: Students will identify the differences between a fixed mindset and a growth mindset.

October Lesson 1

Self-Management: <i>Problem Solving</i>	
Lesson Video	Learning Objectives
Think Solution!	Objective: Students will identify a problem and focus on the solution.

October Lesson 2

Self-Management: <i>Resilience</i>	
Lesson Video	Learning Objectives
Building Resilience	Objective: Students will practice strategies for building their resilience.

October Lesson 3

Self-Care: <i>Mindfulness</i>	
Lesson Video	Learning Objectives
Focus on Mindfulness	Objective: Students will practice focusing their attention to develop mindfulness.

October Lesson 4

Self-Care: <i>Self-Compassion</i>	
Lesson Video	Learning Objectives
Self-Talk With Compassion	Objective: Students will recognize and reframe critical self-talk.

November Lesson 1

Self-Care: <i>Self-Efficacy</i>	
Lesson Video	Learning Objectives
Believe to Achieve	Objective: Students will practice strategies for building belief in their ability to reach a goal.



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November Lesson 2

Awareness of Self & Others: <i>Self-Knowledge</i>	
Lesson Video	Learning Objectives
Social Strengths	Objective: Students will identify their social strengths.

December Lesson 1

Self-Management: <i>Stress Management</i>	
Lesson Video	Learning Objectives
Making Stress Work for You	Objective: Students will learn strategies to manage stress.

December Lesson 2

Social Awareness: <i>Support Systems</i>	
Lesson Video	Learning Objectives
My Support System	Objective: Students will identify a support system.

January Lesson 1

Self-Management: <i>Goal Setting</i>	
Lesson Video	Learning Objectives
S.M.A.R.T. Goals	Objective: Students will evaluate a goal using the S.M.A.R.T goal acronym.

January Lesson 2

Self-Management: <i>Focus</i>	
Lesson Video	Learning Objectives
Focus at Home	Objective: Students will apply strategies to support their focus at home.

January Lesson 3

Self-Care: <i>Self-Advocacy</i>	
Lesson Video	Learning Objectives
Speaking Up for Your Needs	Objective: Students will practice strategies that support self-advocacy.

January Lesson 4

Social Skills: <i>Respect</i>	
Lesson Video	Learning Objectives
Ripples of Respect	Objective: Students will practice strategies to model and show respect.



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February Lesson 1

Social Skills: <i>Conflict Resolution</i>	
Lesson Video	Learning Objectives
Resolving Conflicts	Objective: Students will apply strategies for resolving conflicts.

February Lesson 2

Social Skills: <i>Fairness</i>	
Lesson Video	Learning Objectives
Reflecting on Fairness	Objective: Students will consider different perspectives to understand and evaluate fairness.

February Lesson 3

Social Skills: <i>Cooperation</i>	
Lesson Video	Learning Objectives
Giving & Receiving Feedback	Objective: Students will practice giving and receiving feedback when working in groups.

February Lesson 4

Social Skills: <i>Friendship</i>	
Lesson Video	Learning Objectives
Supportive Friendships	Objective: Students will practice strategies for being a supportive friend.

March Lesson 1

Social Skills: <i>Relationships</i>	
Lesson Video	Learning Objectives
Collaborative Relationships	Objective: Students will identify and practice ways to collaborate with others to build healthy relationships.

March Lesson 2

Awareness of Self & Others: <i>Wants and Needs</i>	
Lesson Video	Learning Objectives
Safe Boundaries	Objective: Students will identify and set healthy boundaries to meet their safety needs.

March Lesson 3

Awareness of Self & Others: <i>Values</i>	
Lesson Video	Learning Objectives
My Personal Values	Objective: Students will identify their personal values.

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April Lesson 1

Social Awareness: <i>Cultural Competence</i>	
Lesson Video	Learning Objectives
Understanding Culture	Objective: Students will learn about the effects of inclusion and exclusion in social environments.

April Lesson 2

Social Awareness: <i>Social Contributions</i>	
Lesson Video	Learning Objectives
Passions to Contribute	Objective: Students will identify their passions to help contribute to their communities.

April Lesson 3

Self-Care: <i>Healthy Boundaries</i>	
Lesson Video	Learning Objectives
Setting Social Boundaries	Objective: Students will practice strategies for setting and respecting social boundaries.

April Lesson 4

Awareness of Self & Others: <i>Emotions</i>	
Lesson Video	Learning Objectives
Sparks of Emotion	Objective: Students will learn strategies for identifying and responding to situations that bring up strong emotions.

May Lesson 1

Anxiety	
Lesson Video	Learning Objectives
Breathe Through It	Objective: Students will identify signs of anxiety and learn strategies for managing anxiety.

May Lesson 2

Mental Wellness	
Lesson Video	Learning Objectives
Physical and Mental Wellness	Objective: Students will recognize the connection between physical and emotional wellness and develop a plan to support their mental wellness.

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May Lesson 3

Healthy Identities	
Lesson Video	Learning Objectives
Appreciating Identity	Objective: Students will identify, analyze, and appreciate their identities and the identities of others.

May Lesson 4

Self-Care: <i>Optimism</i>	
Lesson Video	Learning Objectives
Optimism as Self-Care	Objective: Students will identify how optimism supports self-care.

