

# 7<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 [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
<a href="#">Address Cyberbullying</a>	<b>Objective:</b> Students will develop strategies to be respectful online and respond to cyberbullying.

## September Lesson 1

Online Safety	
Lesson Video	Learning Objectives
<a href="#">Safe and AWARE Online</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="#">Intent vs. Impacts</a>	<b>Objective:</b> Students will evaluate actions by differentiating between intent and impact.

## September Lesson 3

Self-Management: <i>Self-Control</i>	
Lesson Video	Learning Objectives
<a href="#">Goals With Self-Control</a>	<b>Objective:</b> Students will learn strategies for self-control to reach their goals.

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## September Lesson 4

Awareness of Self & Others: <i>Learning Skills</i>	
Lesson Video	Learning Objectives
<a href="#">Attention to Learning</a>	<b>Objective:</b> Students will learn strategies for focusing their attention.

## September Lesson 5

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

## October Lesson 1

Self-Management: <i>Problem Solving</i>	
Lesson Video	Learning Objectives
<a href="#">From Problem to Solution</a>	<b>Objective:</b> Students will use critical thinking strategies to identify solutions to a problem.

## October Lesson 2

Self-Management: <i>Resilience</i>	
Lesson Video	Learning Objectives
<a href="#">Recognizing Agency</a>	<b>Objective:</b> Students will recognize their agency to build resilience.

## October Lesson 3

Self-Care: <i>Mindfulness</i>	
Lesson Video	Learning Objectives
<a href="#">In the Moment</a>	<b>Objective:</b> Students will practice awareness to support mindfulness.

## October Lesson 4

Self-Care: <i>Self-Compassion</i>	
Lesson Video	Learning Objectives
<a href="#">Challenge the Inner Critic</a>	<b>Objective:</b> Students will challenge negative thinking to develop self-compassion.

## November Lesson 1

Self-Care: <i>Self-Efficacy</i>	
Lesson Video	Learning Objectives
<a href="#">Learn With Self-Efficacy</a>	<b>Objective:</b> Students will apply self-efficacy to learn a new skill.

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## November Lesson 2

Awareness of Self & Others: <i>Self-Knowledge</i>	
Lesson Video	Learning Objectives
<a href="#">Learning Strategies</a>	<b>Objective:</b> Students will explore and reflect on learning strategies in different situations.

## December Lesson 1

Self-Management: <i>Stress Management</i>	
Lesson Video	Learning Objectives
<a href="#">Negative Thinking</a>	<b>Objective:</b> Students will learn strategies for challenging negative thinking.

## December Lesson 2

Social Awareness: <i>Support Systems</i>	
Lesson Video	Learning Objectives
<a href="#">Building a Support System</a>	<b>Objective:</b> Students will understand how to build a support system.

## January Lesson 1

Self-Management: <i>Goal Setting</i>	
Lesson Video	Learning Objectives
<a href="#">Setting Academic Goals</a>	<b>Objective:</b> Students will create an academic goal and develop a plan to achieve it.

## January Lesson 2

Self-Management: <i>Focus</i>	
Lesson Video	Learning Objectives
<a href="#">Focus With Active Listening</a>	<b>Objective:</b> Students will apply active listening to support their focus.

## January Lesson 3

Self-Care: <i>Self-Advocacy</i>	
Lesson Video	Learning Objectives
<a href="#">Self-Advocacy Needs</a>	<b>Objective:</b> Students will practice self-advocacy by accessing a support system.

## January Lesson 4

Social Skills: <i>Respect</i>	
Lesson Video	Learning Objectives
<a href="#">Respect With Active Listening</a>	<b>Objective:</b> Students will understand how active listening can show respect.

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## February Lesson 1

Social Skills: <i>Conflict Resolution</i>	
Lesson Video	Learning Objectives
<a href="#">Conflict Happens</a>	<b>Objective:</b> Students will identify the conflict cycle and practice strategies for responding effectively.

## February Lesson 2

Social Skills: <i>Fairness</i>	
Lesson Video	Learning Objectives
<a href="#">Fairness and Rights</a>	<b>Objective:</b> Students will understand their human rights to promote fairness.

## February Lesson 3

Social Skills: <i>Cooperation</i>	
Lesson Video	Learning Objectives
<a href="#">Think Collectively</a>	<b>Objective:</b> Students will practice strategies for thinking collectively when working in groups.

## February Lesson 4

Social Skills: <i>Friendship</i>	
Lesson Video	Learning Objectives
<a href="#">Peer Pressure</a>	<b>Objective:</b> Students will identify and apply strategies for dealing with peer pressure.

## March Lesson 1

Social Skills: <i>Relationships</i>	
Lesson Video	Learning Objectives
<a href="#">Needs and Relationships</a>	<b>Objective:</b> Students will identify how their needs are met through their relationships.

## March Lesson 2

Awareness of Self & Others: <i>Wants and Needs</i>	
Lesson Video	Learning Objectives
<a href="#">Belonging Needs</a>	<b>Objective:</b> Students will identify their need to belong and groups they belong to.

## March Lesson 3

Awareness of Self & Others: <i>Values</i>	
Lesson Video	Learning Objectives
<a href="#">Values in the Media</a>	<b>Objective:</b> Students will compare their values with values portrayed in the media.

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## March Lesson 4

Social Awareness: <i>Cultural Competence</i>	
Lesson Video	Learning Objectives
<a href="#">Culture and Values</a>	<b>Objective:</b> Students will learn how to identify prejudice and discrimination.

## April Lesson 1

Social Awareness: <i>Social Contributions</i>	
Lesson Video	Learning Objectives
<a href="#">Aligning Social Contributions</a>	<b>Objective:</b> Students will identify their values and use them to impact the world around them.

## April Lesson 2

Social Awareness: <i>Empathy</i>	
Lesson Video	Learning Objectives
<a href="#">Empathy for Connection</a>	<b>Objective:</b> Students will differentiate between empathy and sympathy to build connection with others.

## April Lesson 3

Self-Care: <i>Healthy Boundaries</i>	
Lesson Video	Learning Objectives
<a href="#">Healthy Physical Boundaries</a>	<b>Objective:</b> Students will set and respond to physical boundaries in relationships

## April Lesson 4

Awareness of Self & Others: <i>Emotions</i>	
Lesson Video	Learning Objectives
<a href="#">My Emotions</a>	<b>Objective:</b> Students will identify ways the body responds to emotions.

## May Lesson 1

Anxiety	
Lesson Video	Learning Objectives
<a href="#">Present and Compassionate</a>	<b>Objective:</b> Students will identify signs that they or someone else may be feeling anxious and learn strategies for showing compassion for themselves and others.

## May Lesson 2

Mental Wellness	
Lesson Video	Learning Objectives
<a href="#">Change It Up</a>	<b>Objective:</b> Students will identify a connection between their feelings, thoughts, and behaviors and their mental wellness.

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### May Lesson 3

Healthy Identities	
Lesson Video	Learning Objectives
<a href="#">Pieces of Me</a>	<b>Objective:</b> Students will identify, analyze, and appreciate their social identities and the social identities of others.

### May Lesson 4

Self-Care: <i>Optimism</i>	
Lesson Video	Learning Objectives
<a href="#">Building Optimism</a>	<b>Objective:</b> Students will practice strategies for building optimism.