

8th 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
Upstander Culture	Objective: Students will apply protective strategies against bullying to build a culture of safety at school.

September Lesson 1

Online Safety	
Lesson Video	Learning Objectives
Safe and Connected Online	Objective: Students will develop strategies to protect themselves and others online and use technology to address a problem on campus.

September Lesson 2

Social Awareness: <i>Actions and Consequences</i>	
Lesson Video	Learning Objectives
Setting New Patterns	Objective: Students will identify and address unhealthy behavior patterns.

September Lesson 3

Self-Management: <i>Self-Control</i>	
Lesson Video	Learning Objectives
Let's Delay	Objective: Students will learn strategies for delayed gratification.

8th Grade Scope and Sequence

September Lesson 4

Awareness of Self & Others: <i>Learning Skills</i>	
Lesson Video	Learning Objectives
My Study Skills	Objective: Students will learn strategies for developing study skills.

September Lesson 5

Awareness of Self & Others: <i>Growth Mindset</i>	
Lesson Video	Learning Objectives
A Good Mistake	Objective: Students will learn strategies for reframing mistakes as an opportunity for growth.

October Lesson 1

Self-Management: <i>Problem Solving</i>	
Lesson Video	Learning Objectives
Evaluate Your Options	Objective: Students will learn strategies for evaluating possible solutions to a problem.

October Lesson 2

Self-Management: <i>Resilience</i>	
Lesson Video	Learning Objectives
Connect to Your Values	Objective: Students will connect to their values to build resilience.

October Lesson 3

Self-Care: <i>Mindfulness</i>	
Lesson Video	Learning Objectives
Practicing Non-Judgment	Objective: Students will apply non-judgment to practice mindfulness.

October Lesson 4

Self-Care: <i>Self-Compassion</i>	
Lesson Video	Learning Objectives
Power of Breath	Objective: Students will develop self-compassion through mindfulness.

November Lesson 1

Self-Care: <i>Self-Efficacy</i>	
Lesson Video	Learning Objectives
Find Your Fan Club	Objective: Students will engage their support system to boost self-efficacy.

8th Grade Scope and Sequence

November Lesson 2

Awareness of Self & Others: <i>Self-Knowledge</i>	
Lesson Video	Learning Objectives
Ignite Your Spark	Objective: Students will identify their interests and passions.

December Lesson 1

Self-Management: <i>Stress Management</i>	
Lesson Video	Learning Objectives
Find the Funny	Objective: Students will learn strategies for using humor to help manage stress.

December Lesson 2

Social Awareness: <i>Support Systems</i>	
Lesson Video	Learning Objectives
Access Support	Objective: Students will practice strategies to access a support system.

January Lesson 1

Self-Management: <i>Goal Setting</i>	
Lesson Video	Learning Objectives
Plan S.M.A.R.T.	Objective: Students will create a S.M.A.R.T. goal for their personal life and develop a plan to achieve it.

January Lesson 2

Self-Management: <i>Focus</i>	
Lesson Video	Learning Objectives
Visualize Your Success	Objective: Students will apply visualization strategies to support focus.

January Lesson 3

Self-Care: <i>Self-Advocacy</i>	
Lesson Video	Learning Objectives
Communicate With Confidence	Objective: Students will practice self-advocacy by communicating with confidence.

January Lesson 4

Social Skills: <i>Respect</i>	
Lesson Video	Learning Objectives
Respectful Communication	Objective: Students will evaluate how to communicate effectively with respect.

8th Grade Scope and Sequence

February Lesson 1

Social Skills: <i>Conflict Resolution</i>	
Lesson Video	Learning Objectives
Healthy Conflict	Objective: Students will identify the benefits of healthy conflict and practice strategies for healthy communication.

February Lesson 2

Social Skills: <i>Fairness</i>	
Lesson Video	Learning Objectives
Our Roles in Fairness	Objective: Students will build a sense of collective responsibility for promoting fairness at school.

February Lesson 3

Social Skills: <i>Cooperation</i>	
Lesson Video	Learning Objectives
Strengths and Responsibilities	Objective: Students will determine responsibilities in a group based on individual strengths.

February Lesson 4

Social Skills: <i>Friendship</i>	
Lesson Video	Learning Objectives
Honesty in Friendships	Objective: Students will practice strategies for being honest with friends.

March Lesson 1

Social Skills: <i>Relationships</i>	
Lesson Video	Learning Objectives
Peer Pressure in Relationships	Objective: Students will practice strategies for coping with peer pressure in their relationships.

March Lesson 2

Awareness of Self & Others: <i>Wants and Needs</i>	
Lesson Video	Learning Objectives
Know Your Worth	Objective: Students will practice strategies for building their self-esteem.

March Lesson 3

Awareness of Self & Others: <i>Values</i>	
Lesson Video	Learning Objectives
Reflecting on Values	Objective: Students will identify where their values come from.

8th Grade Scope and Sequence

March Lesson 4

Social Awareness: <i>Cultural Competence</i>	
Lesson Video	Learning Objectives
Celebrating Culture	Objective: Students will learn what stereotyping is and ways to spot stereotyping.

April Lesson 1

Social Awareness: <i>Social Contributions</i>	
Lesson Video	Learning Objectives
Community Contributions	Objective: Students will understand the benefits of social contributions for themselves and their communities.

April Lesson 2

Social Awareness: <i>Empathy</i>	
Lesson Video	Learning Objectives
Developing Empathy	Objective: Students will develop empathy to understand different perspectives.

April Lesson 3

Self-Care: <i>Healthy Boundaries</i>	
Lesson Video	Learning Objectives
Protecting Your Boundaries	Objective: Students will practice responding when a boundary is crossed.

April Lesson 4

Awareness of Self & Others: <i>Emotions</i>	
Lesson Video	Learning Objectives
My Emotional Brain	Objective: Students will learn how the adolescent brain responds to emotional situations.

May Lesson 1

Anxiety	
Lesson Video	Learning Objectives
ICE Anxiety	Objective: Students will identify negative thinking that may contribute to anxiety and strategies to challenge their negative thinking.

May Lesson 2

Mental Wellness	
Lesson Video	Learning Objectives
Wellness Is Social	Objective: Students will evaluate how support systems can help them care for their mental wellness.

8th Grade Scope and Sequence

May Lesson 3

Healthy Identities	
Lesson Video	Learning Objectives
Impacts of 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
Practicing Gratitude	Objective: Students will apply strategies for practicing gratitude.

