

9th 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
Safe and Ethical Online	Objective: Students will evaluate the safety and ethics of behavior on the internet.

September Lesson 1

Online Safety	
Lesson Video	Learning Objectives
Balancing Screen Time	Objective: Students will develop strategies to protect themselves and others online and evaluate their screen time.

September Lesson 2

Social Awareness: <i>Actions and Consequences</i>	
Lesson Video	Learning Objectives
Decisions, Decisions, Decisions	Objective: Students will evaluate consequences in decision making.

September Lesson 3

Self-Management: <i>Self-Control</i>	
Lesson Video	Learning Objectives
Take Control	Objective: Students will develop strategies for using self-control to manage unexpected situations.

September Lesson 4

Awareness of Self & Others: <i>Learning Skills</i>	
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Lesson Video	Learning Objectives
Getting Organized	Objective: Students will learn and practice strategies for organizing information.

September Lesson 5

Awareness of Self and Others: <i>Growth Mindset</i>	
Lesson Video	Learning Objectives
Challenge Accepted	Objective: Students will apply a growth mindset to learn from challenges.

October Lesson 1

Self-Management: <i>Problem Solving</i>	
Lesson Video	Learning Objectives
Effective Solutions	Objective: Students will apply strategies for choosing an effective solution to a problem.

October Lesson 2

Self-Management: <i>Resilience</i>	
Lesson Video	Learning Objectives
Strength from Support	Objective: Students will identify and engage with a support system to overcome challenging situations.

October Lesson 3

Self-Care: <i>Mindfulness</i>	
Lesson Video	Learning Objectives
Being Mindful	Objective: Students will be mindful of how emotions manifest in their bodies.

October Lesson 4

Self-Care: <i>Self-Compassion</i>	
Lesson Video	Learning Objectives
Self-Compassion	Objective: Students will identify the scientific benefits of self-compassion.

November Lesson 1

Self-Care: <i>Self-Efficacy</i>	
Lesson Video	Learning Objectives
Let Go of Limiting Beliefs	Objective: Students will identify and challenge their limiting beliefs.

November Lesson 2

Awareness of Self & Others: <i>Self-Knowledge</i>	
Lesson Video	Learning Objectives

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Our Personalities	Objective: Students will identify their personality patterns.
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December Lesson 1

Self-Management: <i>Stress Management</i>	
Lesson Video	Learning Objectives
Facing Your Fears	Objective: Students will learn strategies for managing stress when facing their fears.

December Lesson 2

Social Awareness: <i>Support Systems</i>	
Lesson Video	Learning Objectives
Supporting Emotional Needs	Objective: Students will access a support system for an emotional need.

January Lesson 1

Self-Management: <i>Goal Setting</i>	
Lesson Video	Learning Objectives
Work the Plan	Objective: Students will evaluate a plan for achieving a goal and adjust the plan as needed.

January Lesson 2

Self-Management: <i>Focus</i>	
Lesson Video	Learning Objectives
Overcoming Distractions	Objective: Students will identify distractions and practice strategies for supporting their focus.

January Lesson 3

Self-Care: <i>Self-Advocacy</i>	
Lesson Video	Learning Objectives
Self-Advocacy for All	Objective: Students will practice self-advocacy to meet a collective need.

January Lesson 4

Social Skills: <i>Respect</i>	
Lesson Video	Learning Objectives
Respect Yourself	Objective: Students will learn the importance of self-respect.

February Lesson 1

Social Skills: <i>Conflict Resolution</i>	
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Lesson Video	Learning Objectives
Seeking Compromise	Objective: Students will practice seeking compromise in a conflict.

February Lesson 2

Social Skills: *Fairness*

Lesson Video	Learning Objectives
Understanding Fairness	Objective: Students will evaluate their understanding of fairness.

February Lesson 3

Social Skills: *Cooperation*

Lesson Video	Learning Objectives
Trust and Cooperation	Objective: Students will practice strategies for building trust when cooperating with others.

February Lesson 4

Social Skills: *Friendship*

Lesson Video	Learning Objectives
Quality Friendship	Objective: Students will learn strategies for being and having a good friend.

March Lesson 1

Social Skills: *Relationships*

Lesson Video	Learning Objectives
Healthy Social Groups	Objective: Students will identify healthy social groups and apply strategies for building them.

March Lesson 2

Awareness of Self & Others: *Wants and Needs*

Lesson Video	Learning Objectives
My Contributions	Objective: Students will identify and practice meeting their need for generativity.

March Lesson 3

Awareness of Self & Others: *Values*

Lesson Video	Learning Objectives
Respecting Values	Objective: Students will apply strategies for respecting values different from their own.

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March Lesson 4

Social Awareness: <i>Cultural Competence</i>	
Lesson Video	Learning Objectives
Opposing Stereotypes	Objective: Students will identify stereotyping and apply strategies for opposing stereotyping.

April Lesson 1

Social Awareness: <i>Social Contributions</i>	
Lesson Video	Learning Objectives
Passion to CARE	Objective: Students will identify their passion to contribute to the world.

April Lesson 2

Social Awareness: <i>Empathy</i>	
Lesson Video	Learning Objectives
Empathy Busters	Objective: I can recognize barriers to empathy.

April Lesson 3

Self-Care: <i>Healthy Boundaries</i>	
Lesson Video	Learning Objectives
Responding to Boundaries	Objective: Students will practice responding to the boundaries of others.

April Lesson 4

Awareness of Self & Others: <i>Emotions</i>	
Lesson Video	Learning Objectives
Waves of Emotion	Objective: Students will identify ranges of emotions and how emotions change.

May Lesson 1

Anxiety	
Lesson Video	Learning Objectives
Recognizing Anxiety	Objective: Students will identify situations that trigger anxiety and strategies for managing their anxiety.

May Lesson 2

Mental Wellness	
Lesson Video	Learning Objectives
Mental Wellness Factors	Objective: Students will identify the factors that influence mental wellness and evaluate their own mental wellness.

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May Lesson 3

Healthy Identities	
Lesson Video	Learning Objectives
Identity Inventory	Objective: Students will identify the benefits and challenges of their social identities.

May Lesson 4

Self-Care: <i>Optimism</i>	
Lesson Video	Learning Objectives
Optimistic Self-Talk	Objective: Students will practice and apply strategies for positive self-talk.