

Second Step's Social Emotional Learning (SEL) Program
Grade 7 Scope and Sequence
2023-2024

Sequence	Grade 7 Unit/ Lesson
<u>Session 1</u> Friday, September 8	Unit 1: Mindsets & Goals Lesson 1: Starting Middle School Advisory Activities: <ul style="list-style-type: none"> ● Overcoming Difficulties ● Silent Icebreaker Supplemental Ideas & Activities: <ul style="list-style-type: none"> ● After-School Activities/Athletics Printable <ul style="list-style-type: none"> ○ Have each student read through clubs/sports and choose at least 1 activity or sport to participate in after-school. Students can share to the class/small group.
<u>9/11 Memorial</u> Monday, September 11	TBA
<u>Start with Hello Week</u> Monday, September 18	TBA
<u>Session 2</u> Monday, September 25	Unit 2: Recognizing Bullying and Harassment Lesson 8: What is Harassment? Advisory Activities: <ul style="list-style-type: none"> ● Social Media Experiences Supplemental Ideas & Activities: <ul style="list-style-type: none"> ● Add activity or WWYD ● “WWYD Teenage Girls Fat Shame Friend” Video ● “WWYD How Strangers Helped Teen Being Bullied” Video <ul style="list-style-type: none"> ○ Be sure to address how wrong it was for the first man to blame the victim for being bullied! It’s NEVER the victim’s fault. ● “WWYD Teens Bullying Stuttering Woman” Video

<u>Respect Week</u> Monday, October 2	TBA
<u>Anti-Violence Week</u> Monday, October 16	TBA
<u>Session 3</u> Monday, October 23	Unit 2: Recognizing Bullying and Harassment Lesson 9: What is Sexual Harassment? AND Lesson 10: The Effects of Sexual Harassment Advisory Activities: <ul style="list-style-type: none"> • Causes of Sexual Harassment
<u>Session 4</u> Monday, October 30	Unit 2: Recognizing Bullying and Harassment Lesson 11: Gender-Based Harassment Advisory Activities: <ul style="list-style-type: none"> • Gender Based Disrespect • The Word “Gay”
<u>Session 5</u> Monday, November 6	Unit 2: Recognizing Bullying and Harassment Lesson 12: Our Rights and Responsibilities Advisory Activities: <ul style="list-style-type: none"> • Our Responsibilities Supplemental Ideas & Activities: <ul style="list-style-type: none"> • Agenda Book Scavenger Hunt on Student Rights
<u>Veteran’s Day Activity</u> Monday, November 13	TBA
<u>Session 6</u> Tuesday, November 14	Unit 2: Recognizing Bullying and Harassment Lesson 13: Preventing Harassment Advisory Activities: <ul style="list-style-type: none"> • Student Handout for PSA Project • Show students an example of a student-made PSA. They can be cheesy, funny, serious, etc. Video1 Video2

	<p>Supplemental Ideas & Activities:</p> <ul style="list-style-type: none"> • After students create their PSA, have them present their project to the class.
<p><u>Session 7</u> Monday, November 20</p>	<p>Unit 1: Mindsets & Goals Lesson 2: Creating New Pathways in Your Brain</p> <p>Advisory Activities:</p> <ul style="list-style-type: none"> • Middle School Brain <p>Supplemental Ideas & Activities:</p> <ul style="list-style-type: none"> • “The Power of Positivity” Video • “Growth Mindset Vs Fixed Mindset: An Intro” video • “What’s the Smartest Age?” TedEd video • Brain coloring printable
<p><u>Session 8</u> Monday, November 27</p>	<p>Unit 1: Mindsets & Goals Lesson 3: Learning from Mistakes and Failure</p> <p>Advisory Activities:</p> <ul style="list-style-type: none"> • Choose ONE of the three Class Meeting activities • Hail the Mistake: Spaghetti Tower activity (need supplies) <ul style="list-style-type: none"> ◦ Introduce the activity. Students will start activity net week. <p>Supplemental Ideas & Activities:</p> <ul style="list-style-type: none"> • “3 Tips to Boost Your Confidence” TedEd video • “The Power of Yet” video • The Power of Yet printable printable
<p><u>Session 9</u> Monday, December 4</p>	<p>CONTINUE Unit 1: Mindsets & Goals Lesson 3: Learning from Mistakes and Failure <i>Continued</i></p> <p>Advisory Activities:</p> <ul style="list-style-type: none"> • Hail the Mistake <ul style="list-style-type: none"> ◦ Plan, complete and present <p>Supplemental Ideas & Activities:</p> <ul style="list-style-type: none"> • “Identify: Growth or Fixed Mindset?” video <ul style="list-style-type: none"> ◦ At the end of the video, there is an answer sheet. Recreate the chart on board and stop the video after each example and fill in the chart.

<u>Session 10</u> Monday, December 11	Unit 1: Mindsets & Goals Lesson 4: Identifying Roadblocks Advisory Activities: <ul style="list-style-type: none"> Reflecting on Roadblocks Supplemental Ideas & Activities: <ul style="list-style-type: none"> “Your Brain is wired for negative thoughts; here’s how to overcome them.” video
<u>Session 11</u> Monday, December 18	Unit 1: Mindsets & Goals Lesson 5: Overcoming Roadblocks 1 <u>AND</u> Lesson 6: Overcoming Roadblocks 2 Advisory Activities: <ul style="list-style-type: none"> Overcoming Challenges Discussion Goal Board If, Then, Notebook Supplemental Ideas & Activities: <ul style="list-style-type: none"> “Overcoming Obstacles” TedEd video “Beating the Odds: 6 stories that prove anything is possible” video
<u>Session 15</u> Monday January 8	Unit 5: Community Rebuilding Lesson 2: My Values <u>Community Rebuilding Lessons, Unit 5</u>
<u>Session 16</u> Monday January 22	Unit 3: Thoughts, Emotions & Decisions Lesson 14- Emotions Matter
<u>Session 17</u> Monday January 29	Unit 3: Thoughts, Emotions & Decisions Lesson 15- Feel, Think, Do
<u>Session 18</u> Monday February 5	Unit 3: Thoughts, Emotions & Decisions Lesson 16- Unhelpful Thoughts
<u>Session 19</u> Monday February 12	Unit 3: Thoughts, Emotions & Decisions Lesson 17- Reframe the Situation

<u>Session 20</u> Monday February 26	Unit 3: Thoughts, Emotions & Decisions Lesson 18- Practicing Positive Self-Talk
<u>Session 21</u> Monday March 4	Unit 3: Thoughts, Emotions & Decisions Lesson 19- Performance Task Making Better Decisions
<u>Session 22</u> Monday March 11	Unit 5 Community Building Making Our School Community Better <u>Community Rebuilding Lessons, Unit 5</u>
<u>Session 23</u> Monday March 18	Unit 4: Managing Relationships & Social Conflict Lesson 20- My Values
<u>Session 24</u> Monday March 25	Unit 5: Community Rebuilding Lesson 3: Value of Friendship <u>Community Rebuilding Lessons, Unit 5</u>
<u>Session 25</u> Monday April 8	Unit 4: Managing Relationships & Social Conflict Lesson 21- Values and Relationships
<u>Session 26</u> Monday April 15	Unit 4: Managing Relationships & Social Conflict Lesson 22- Recognizing Others' Perspectives
<u>Session 27</u> Monday April 22	Unit 4: Managing Relationships & Social Conflict Lesson 23- Finding the Best Solution
<u>Session 28</u> Monday April 29	Unit 4: Managing Relationships & Social Conflict Lesson 24- Making Things Right
<u>Session 29</u> Monday May 6	Unit 4: Managing Relationships & Social Conflict Lesson 25- Unhealthy Relationships
<u>Session 30</u> Monday May 13	Unit 4: Managing Relationships & Social Conflict

	Lesson 26- Performance Task; Guides to Healthy Relationships
<u>Session 31</u> Monday May 20	Unit 5: Community Rebuilding Lesson 5- Making Our School Community Better STATE TESTING CONCERNS <u>Community Rebuilding Lessons, Unit 5</u>

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