

Second Step's Social Emotional Learning (SEL) Program
Grade 8 Scope and Sequence
2023-2024

Sequence	Grade 8 Unit & Lesson
<u>Session 1</u> Friday, September 8	Unit 1: Mindsets & Goals Lesson 1: Welcome! Suggested Advisory Activities: <ul style="list-style-type: none"> • Full Circle • Name that Person Supplemental Ideas & Activities: <ul style="list-style-type: none"> • Instead of using the student handout, have students write their top three norms anonymously on a piece of lined paper. Have students crumple the paper into a ball and attempt to throw it in a basket/bin. Then, as a group read through all of the norms. Have the class vote on the top 5 norms they want to see in the classroom during SEL lessons. Write the 5 norms on a poster/slide and have them displayed during every lesson.
<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: Understanding Bullying Suggested Advisory Activities: <ul style="list-style-type: none"> • Keep it Positive Supplemental Ideas & Activities: <ul style="list-style-type: none"> • Have each student create an acrostic poem using their name and the positive traits they feel they portray • Color positive affirmations of your choice and play calm/meditative music: https://coloringhome.com/positive-coloring-pages

<u>Respect Week</u> Monday, October 2	TBA
<u>Anti-Violence Week</u> Monday, October 16	TBA
<u>Session 3</u> Monday, October 23	<p>Conflict, Bullying and Empathy</p> <ol style="list-style-type: none"> 1. “Together Against Bullying” Video 2. “Conflict vs. Bullying” Download the Free resource from Teachers Pay Teachers here 3. “The Bystander Effect: Science of Empathy” Video
<u>Session 4</u> Monday, October 30	<p>Unit 2: Recognizing Bullying and Harassment Lesson 9: Social Factors that Contribute to Bullying AND Lesson 10: Environmental Factors that Contribute to Bullying</p> <p>Suggested Advisory Activities:</p> <ul style="list-style-type: none"> • Things We Have in Common <p>Supplemental Ideas & Activities:</p> <ul style="list-style-type: none"> • Create groups of 3-4 students and have them list as many similarities as they can, apart from the obvious ones. Ex: We all go to GTMS. Then, have a competition for what group can come up with the longest list. Have students share. Use discussion questions from the advisory activities. • “What are Microaggressions?” Video • “Microaggressions (Clean)” Video • “Some Similarities Can’t Be Seen or Heard.” Video
<u>Session 5</u> Monday, November 6	<p>Unit 2: Recognizing Bullying and Harassment Lesson 11: Speak Up and Start a Movement AND Lesson 12: Be Inclusive and Ask for a Change</p> <p>Suggested Advisory Activities:</p> <ul style="list-style-type: none"> • You Are So <p>Supplemental Ideas & Activities:</p> <ul style="list-style-type: none"> • WWYD Videos <ul style="list-style-type: none"> ○ “WWYD Teenage Girls Fat Shame Friend” Video ○ “WWYD How Strangers Helped Teen Being Bullied”

	<p>Video</p> <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 ● End of Bullying Unit Google Form/Survey
<u>Veteran's Day Activity</u> Monday, November 13	TBA
<u>Session 6</u> Tuesday, November 14	<p>Unit 1: Mindsets & Goals Lesson 2: Who am I? My Identity <u>AND</u> Lesson 3: My Interests and Strengths</p> <p>Suggested Advisory Activities:</p> <ul style="list-style-type: none"> ● Just Be Yourself ● Who We Are (discussion after identity map rough draft) ● Strengths & Interests Inventory <p>Supplemental Ideas & Activities:</p> <ul style="list-style-type: none"> ● Take rough draft of identity maps from Lesson 2 and create large, artistic ones with construction paper to be displayed. ● "Wellbeing for Children: Identity and Values" Video ● "Your Assumptions About People Could Be Wrong" Video ● "Strengths and Challenges" Video ● Multiple Intelligence Quiz-Download the free quiz with link to the website on Teachers Pay Teachers here <p>**Teachers should use their discretion as to how to order the activities and lessons over the two week span.</p>
<u>Session 7</u> Monday, November 20	<p><i>CONTINUE</i></p> <p>Unit 1: Mindsets & Goals Lesson 2: Who am I? My Identity <u>AND</u> Lesson 3: My Interests and Strengths</p> <p>Suggested Advisory Activities:</p> <ul style="list-style-type: none"> ● Just Be Yourself ● Who We Are (discussion after identity map rough draft) ● Strengths & Interests Inventory <p>Supplemental Ideas & Activities:</p> <ul style="list-style-type: none"> ● Take rough draft of identity maps from Lesson 2 and create

	<p>large, artistic ones with construction paper to be displayed.</p> <p>**Teachers should use their discretion as to how to order the activities and lessons over the two week span.</p>
<p><u>Session 8</u> Monday, November 27</p>	<p>Unit 1: Mindsets & Goals Lesson 4: Harnessing My Strengths</p> <p>Suggested Advisory Activities:</p> <ul style="list-style-type: none"> • Try Something New! <p>***Alternative Project for Lessons 4, 5, 6, 7 “Map to My Future”</p> <ol style="list-style-type: none"> 1. Students will take a free career quiz - Read directions to students. There are 60 questions. The quiz is leveled at an 8th grade reading level, so some students may need assistance with the questions. 2. Students will receive a list of suggested careers at the end of the quiz. The first career listed is their highest scoring choice. They will research the career suggested using this website. They can use Google, but encourage the website. Model how to navigate the website, it does offer a lot of information and even has videos. Students can also filter it by education required. ***If a student does not like their first suggested choice, allow them to choose from the Top 3. 3. Students will define the strengths needed to pursue this career. Does the student have these strengths? What will they need to work on in order to acquire skills necessary for the career. Further education required beyond high school? 4. What roadblocks could the student encounter? 5. List at least 3 pros and 1 con for the career. 6. Present on 12/18
<p><u>Session 9</u> Monday, December 4</p>	<p>Unit 1: Mindsets & Goals Lesson 5: Pursuing My Interests</p> <p>Suggested Advisory Activities:</p> <ul style="list-style-type: none"> • I Don't Want That <p>***Alternative Project for Lessons 4, 5, 6, 7</p>
<p><u>Session 10</u> Monday, December 11</p>	<p>Unit 1: Mindsets & Goals Lesson 6: My Future Self</p> <p>Suggested Advisory Activities:</p> <ul style="list-style-type: none"> • What I Want

	***Alternative Project for Lessons 4, 5, 6, 7
<u>Session 11</u> Monday, December 18	Unit 1: Mindsets & Goals Lesson 7: Performance Task - My Path Forward Suggested Advisory Activities: <ul style="list-style-type: none"> • How Are You Changing? • I Am/I Will Be ***Alternative Project for Lessons 4, 5, 6, 7
<u>Session 15</u> Monday January 8	Unit 5: Community Rebuilding Lesson 2: My Values Community Rebuilding Lessons, Unit 5
<u>Session 16</u> Monday January 22	Unit 3: Thoughts, Emotions, & Decisions Lesson 14: Understanding Stress and Anxiety
<u>Session 17</u> Monday January 29	Unit 3: Thoughts, Emotions, & Decisions Lesson 15: Where Does Stress Come From?
<u>Session 18</u> Monday February 5	Unit 3: Thoughts, Emotions, & Decisions Lesson 16: Can Stress Help You Grow?
<u>Session 19</u> Monday February 12	Unit 3: Thoughts, Emotions, & Decisions Lesson 17: Strategies for Managing Stress
<u>Session 20</u> Monday February 26	Unit 3: Thoughts, Emotions, & Decisions Lesson 18: Changing Strategies and Getting Help
<u>Session 21</u> Monday March 4	Unit 3: Thoughts, Emotions, & Decisions Lesson 19: Performance Task - My Stress-Management Plan
<u>Session 22</u> Monday March 11	Unit 5: Community Rebuilding Lesson 4: Community Values

	Community Rebuilding Lessons, Unit 5
<u>Session 23</u> Monday March 18	Unit 5: Community Rebuilding Lesson 3: Value of Friendship Community Rebuilding Lessons, Unit 5
<u>Session 24</u> Monday March 25	Unit 4: Managing Relationships & Social Conflict Lesson 5: Making Our School Community Better
<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 Rights
<u>Session 29</u> Monday May 6	Unit 4: Managing Relationships & Social Conflict Lesson 25: Unhealthy Relationships
<u>Session 30</u> Monday May 13	Testing?? Unit 4: Managing Relationships & Social Conflict Lesson 26: Performance Task - Guide to Healthy Relationships
<u>Session 31</u> Monday May 20	Testing?? Unit 4: Managing Relationships & Social Conflict Lesson 27: High School Challenges