

Middle School Program

GRADE 6	GRADE 7	GRADE 8
<p>UNIT 1: MINDSETS AND GOALS</p> <ol style="list-style-type: none"> 1. Welcome! 2a. Starting Middle School 2b. Helping New Students 3. Grow Your Brain 1 4. Grow Your Brain 2 5. Can Personalities Change? 6. Setting Goals 7. If–Then Plans <p>Unit 1 Knowledge Assessment</p>	<p>UNIT 1: MINDSETS AND GOALS</p> <ol style="list-style-type: none"> 1. Welcome! 2a. Starting Middle School 2b. Helping New Students 3. Making Mistakes 4. Personalities Change 5. Setting Goals 6. If–Then Plans <p>Unit 1 Knowledge Assessment</p>	<p>UNIT 1: MINDSETS AND GOALS</p> <ol style="list-style-type: none"> 1. Welcome! 2. Helping New Students 3. Learning Strategies 4. Labels 5. SMART Goals 6. If–Then Plans <p>Unit 1 Knowledge Assessment</p>
<p>UNIT 2: VALUES AND FRIENDSHIPS</p> <ol style="list-style-type: none"> 8. Values and Decisions 9. Social Values 10. What’s a Friend? 11. Making Friends 12. Challenge: Making Friends <p>Unit 2 Knowledge Assessment</p>	<p>UNIT 2: VALUES AND FRIENDSHIPS</p> <ol style="list-style-type: none"> 7. Values and Decisions 8. Online Values 9. What Kind of Friend Are You? 10. Strengthening Friendships 11. Challenge: Friendships <p>Unit 2 Knowledge Assessment</p>	<p>UNIT 2: VALUES AND RELATIONSHIPS</p> <ol style="list-style-type: none"> 7. Values and Decisions 8. Positive Relationships 9. Relationships Change 10. Negative Relationships 11. Challenge: Relationships <p>Unit 2 Knowledge Assessment</p>
<p>UNIT 3: THOUGHTS, EMOTIONS, AND DECISIONS</p> <ol style="list-style-type: none"> 13. What Are Emotions? 14. Values and Emotions 15. Spot the Thought 16. Calming Down 17. Slow Breathing <p>Unit 3 Knowledge Assessment</p>	<p>UNIT 3: THOUGHTS, EMOTIONS, AND DECISIONS</p> <ol style="list-style-type: none"> 12. The Role of Emotions 13. Handling Emotions 14. Unhelpful Thoughts 15. Be Calm 16. Frustration <p>Unit 3 Knowledge Assessment</p>	<p>UNIT 3: THOUGHTS, EMOTIONS, AND DECISIONS</p> <ol style="list-style-type: none"> 12. Emotions and Decisions 13. Responding to Anger 14. Handling Rejection 15. Stay Calm 16. Anxiety <p>Unit 3 Knowledge Assessment</p>
<p>UNIT 4: SERIOUS PEER CONFLICTS</p> <ol style="list-style-type: none"> 18. Perspectives 19. Challenge: Perspectives 20. Recognizing Serious Conflicts 21. Challenge: Recognizing Conflicts 22. Resolving Serious Conflicts 23. Challenge: Resolving Conflicts 24. Making Amends 25. Bullying 26. Gratitude <p>Unit 4 Knowledge Assessment</p>	<p>UNIT 4: SERIOUS PEER CONFLICTS</p> <ol style="list-style-type: none"> 17. Jumping to Conclusions 18. Challenge: Conclusions 19. Avoiding Serious Conflicts 20. Challenge: Avoiding Conflicts 21. Resolving Serious Conflicts 22. Challenge: Resolving Conflicts 23. Taking Responsibility 24. Gender Harassment 25. What You Learned <p>Unit 4 Knowledge Assessment</p>	<p>UNIT 4: SERIOUS PEER CONFLICTS</p> <ol style="list-style-type: none"> 17. Assumptions 18. Challenge: Assumptions 19. Helping Friends Avoid Conflicts 20. Challenge: Avoiding Conflicts 21. Helping Friends Resolve Conflicts 22. Challenge: Resolving Conflicts 23. Helping Friends After a Conflict 24. Sexual Harassment 25. High School <p>Unit 4 Knowledge Assessment</p>