



Scope and Sequence

6th Grade

Unit 1: Understanding Self

Unit 2: Understanding Others

Unit 3: Mindset

Unit 4: Decision Making Process

Lesson Title	Objective
Lesson 1: Emotions	Identify emotions and how they make you feel.
Lesson 2: Calming Your Brain	Understand how your brain controls emotions. Identify and practice ways to calm your brain such as deep breathing.
Lesson 3: Who Am I?	Understand that personalities are made up of multiple traits. List traits that describe who you are.
Lesson 4: Empathy	Identify empathy and ways that people are similar.
Lesson 5: Communication	Identify and demonstrate good communication techniques.
Lesson 6: Conflict	Understand that conflict is normal. Demonstrate healthy communication in conflict such as “I feel” and “I am” statements.
Lesson 7: Compromise	Understand and implement compromising strategies.
Lesson 8: Growth Mindset	Identify the differences between growth and fixed mindsets.
Lesson 9: Failure	Identify positive outcomes of mistakes and failure.
Lesson 10: Goal Setting	Break goals into specific measurable pieces.
Lesson 11: Grit	Understand what makes up grit.
Lesson 12: Values	Understand what a value is and define your values.
Lesson 13: Decision Making Process	Understand the steps of the decision making process.
Lesson 14: How to say “No”	Identify and demonstrate ways to say no.