



**Unit 1: Understanding
Self**

**Unit 2: Understanding
Others**

Unit 3: Mindset

**Unit 4: Decision Making
Process**

Scope and Sequence
7th Grade

Lesson Title	Objective
Lesson 1: Emotions	Identify emotions and how they make you feel. Describe how you will work through your emotions to have positive solutions to situations.
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 I am and Pretend to be	Understand that personalities are made up of multiple traits. Describe which traits are shown to others and which traits are hidden.
Lesson 4: Empathy	Identify empathy and how to put it in practice.
Lesson 5: Communication	Identify and demonstrate good communication techniques.
Lesson 6: Conflict	Understand that conflict is normal. Identify ways to disagree respectfully.
Lesson 7: Working in Groups	Identify positive ways to communicate in group work.
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: Peer Pressure	Understand the difference between positive and negative peer pressure. Identify ways to say, "no".