



THE MIND TREK

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Unit 1: Understanding Self

Unit 2: Understanding Others

Unit 3: Mindset

Unit 4: Decision Making Process

Scope and Sequence

8th Grade

Lesson Title	Objective
Lesson 1: Emotions	Understand and label what different emotions are and what they look like.
Lesson 2: Calming Your Brain	Understand how your brain controls emotions. Identify and practice ways to calm your brain such as progressive muscle relaxation.
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 the 3 most common ways to deal with conflict.
Lesson 7: Leadership	Describe the 3 types of leadership.
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	Identify influences on your decisions such as media and peer pressure.