



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 10th Grade

Lesson Title	Objective
Lesson 1: Reframing Emotions	Identify the relationship between emotions and the thought process including attitudes.
Lesson 2: Mindfulness	Identify how mindfulness can reduce stress. Identify and practice mindful techniques.
Lesson 3: Stress	Understand the health effects of stress. Identify ways to use stress to your advantage.
Lesson 4: Accepting Others that are Different	Understand how differences can impact people. Discover ways to accept people that are different than you.
Lesson 5: Social Cues and Compliments	Identify social cues and their meanings. Practice giving and receiving compliments.
Lesson 6: Disagree Respectfully	Identify styles of conflict resolution. Understand the positive and negative impacts of conflict.
Lesson 7: Boundaries	Understand boundaries. Identify personal boundaries.
Lesson 8: Understanding Strengths	Identify personal strengths and the strengths of others. Understand how strengths can be used to overcome weaknesses.
Lesson 9: Failure	Identify benefits of failure. Understand that failure should not be a stumbling block to trying.
Lesson 10: Feedback	Identify ways to give and receive feedback. Practice giving and receiving feedback.
Lesson 11: Ethics/ Values/Morals	Identify ethics, values, and morals in your culture. Discover your personal values.
Lesson 12: Information Gathering	Identify the steps in the decision making process. Understand the importance of gathering all of the information before making decisions.
Lesson 13: Standing Up for Self	Identify and practice ways to stand up for yourself.
Lesson 14: Choices and the Future	Understand that choices today can impact the future tomorrow.