



THE MIND TREK

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Unit 1: Understanding Self

Scope and Sequence Special Education

Module	Lesson
Module 1: Understanding Me	Who am I?
	Strengths and Weaknesses
	Self-Talk
Module 2: What are Emotions?	What are emotions?
	What do emotions look like?
	Identifying Emotions
Module 3: Expressing Emotions	How can we control emotions?
	Expressing and talking about feelings.
	I Messages
Module 4: Handling Emotions	What do I do when I am worried?
	Staying Calm with Change.
	Calming your Brain
	Dealing with Distractions



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Unit 2: Understanding Others

Module	Lesson
Module 5: Understanding Others	Empathy
	How do I listen?
	Understanding Similarities and Differences
Module 2: Communication	Understanding Body Language
	Personal Space
	Verbal-Communication
Module 3: Conversation	Initiating a Conversation
	Entering a Conversation
	Continuing a Conversation
	Ending a Conversation
Module 4: Conflict	What is conflict?
	Apologizing
	Compromising
Module 5: Groups	Meeting New People
	Joining a Group
	Working Together
	Being a Good Sport
Module 6: Friendship	Greetings
	What is a friend?
	Making Friends
	Feeling Left Out



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Unit 3: Mindset

Unit 4: Decision Making Process

Module	Lesson
Module 11: Mindset	Never Give Up
	Doing Your Best
	Failure
	Goal Setting
	Overcoming Obstacles
Module 12: Expectations	Values
	Manners
	Rules
	Following Directions
Module 13: Problem Solving	Identify Problems
	Identify Solutions
	Positive/Negative Consequences
	Making a Decision
	Reflect on Your Decision
Module 14: Peer Pressure	What is peer pressure?
	How to Say "No"
	Standing up for Yourself
	Bullying