



# Middle School Social and Emotional Learning (SEL) 3-Year Curriculum

## PROJECT CORNERSTONE

2022-2023	2023-2024	2024-2025
<p><b>Friendship, Part 1</b> The art of communication, verbal vs nonverbal communication, in-person vs virtual communication</p>	<p><b>Self-Awareness</b> Defining and managing emotions, identifying what is within your control vs outside of your control, matching the intensity of emotions with the moment</p>	<p><b>Re-Entry</b> Emerging into a new normal, checking in about self-care, stress, social interactions, and reflecting on the past and looking to the future with resiliency</p>
<p><b>Use Your Superpowers</b> Developing kindness, gratitude, and service, and using these practices to improve happiness</p>	<p><b>Relationships</b> Social connection, active listening skills, using an asset-based perspective instead of a deficit-based lens</p>	<p><b>Meet Your Brain</b> Adolescent brain development, the effects of sleep, nutrition, technology, and substance abuse on middle schoolers</p>
<p><b>Friendship, Part 2</b> Life cycle of a friendship, core values, toxic friendships, evaluating/modifying friendships</p>	<p><b>Stress, Part 1</b> Healthy/optimal levels of stress, how stress affects the body, common and personal stressors, stress busters</p>	<p><b>Decision Making/Risk Assessment</b> Identifying comfort zones and stretch zones, tools for making constructive, safe, and wise choices</p>
<p><b>Teamwork/Collaboration</b> Verbal and non-verbal communication, group roles, discussion starters, empathy and perspective taking</p>	<p><b>Stress, Part 2</b> Coping skills, stress management techniques, suicide warning signs and prevention</p>	<p><b>Boundaries and Peer Pressure</b> Setting, expressing, and honoring boundaries, managing peer pressure</p>
<p><b>Conflict Resolution</b> Identifying fact vs opinion, how to apologize, how to resolve conflict in effective and kind ways</p>	<p><b>Me &amp; You, Part 1</b> Identity, core values, perspective taking, how to disagree respectfully</p>	<p><b>Sharing Power and Leadership</b> Learning about influence and being an effective leader, understanding privilege and how to share power</p>
<p><b>Digital Citizenship</b> Navigating social media, identifying reliable sources, being safe and wise in digital interactions</p>	<p><b>Me &amp; You, Part 2</b> Bias, stereotypes, prejudice, discrimination, racism, how to be an anti-racist, the power of storytelling</p>	<p><b>Time Management and Goal Setting</b> Tips and routines for managing time, developing SMART goals, how to grow through failure</p>

The Project Cornerstone Middle School SEL Curriculum is designed for 6th, 7th, and 8th graders. Schools using the Middle School SEL Curriculum will move through the same sequence of content modules during a given school year and will cycle through the subsequent years of curriculum. This alignment promotes a common language, collective skill development, and shared learning experiences for students and their home and school communities. Each module contains a slide deck complete with notes for the facilitator, a short high-interest video, engaging student-centered activities, and a newsletter for parents/caregivers. Facilitators receive training prior to each module. For more information contact [info@projectcornerstone.org](mailto:info@projectcornerstone.org).