



Middle School Social and Emotional Learning (SEL) Curriculum SCOPE AND SEQUENCE

	MODULE 1	MODULE 2	MODULE 3	MODULE 4	MODULE 5	MODULE 6	MODULE 7
2024 – 2025	Taking Care of Me	Meet Your Brain	Decision Making and Taking Risks	Peer Pressure and Boundaries	Leadership and Sharing Power	Time Management and Goal Setting	Review of Year
SEL Core Competency	Self Awareness Self Management Relationship Skills	Self Awareness Self Management Responsible Decision Making	Self Awareness Self Management Responsible Decision Making	Self Management Social Awareness Relationship Skills	Social Awareness Relationship Skills Responsible Decision Making	Self Awareness Self Management Responsible Decision Making	Review content from Modules 1 – 6
Developmental Assets	Positive Values Social Competencies Positive Identity	Empowerment Boundaries and Expectations Commitment to Learning	Boundaries and Expectations Constructive Use of Time Commitment to Learning	Empowerment Boundaries & Expectations Social Competencies	Support Empowerment Positive Identity	Constructive Use of Time Positive Values Social Competencies	
Developmental Relationships	Express Care Challenge Growth Provide Support	Express Care Provide Support Expand Possibilities	Challenge Growth Provide Support Share Power	Provide Support Share Power Expand Possibilities	Challenge Growth Share Power Expand Possibilities	Challenge Growth Provide Support Expand Possibilities	
Objectives	<ul style="list-style-type: none"> Identify and focus on what is within your scope of control Recognize personal needs for self-care and re-charging Learn resilience and how to rebound through challenges 	<ul style="list-style-type: none"> Understand the anatomy and physiology of the adolescent brain Comprehend the effects of sleep, technology, and substances on the brain Use the knowledge of brain function to make wise decisions 	<ul style="list-style-type: none"> Differentiate between taking risks and bring risky Learn how to assess and mitigate risk Practice the 5•Step decisions making process 	<ul style="list-style-type: none"> Define and understand peer pressure Develop strategies to resist peer pressure Examine our personal boundaries 	<ul style="list-style-type: none"> Describe qualities and characteristics of a positive and effective leader Differentiate between responsibility and power Learn how to share power 	<ul style="list-style-type: none"> Learn how to prioritize tasks Manage time by building a sustainable schedule Make SMART goals 	
2025 – 2026	Friendship, Part 1	Use Your Superpowers	Friendship, Part 2	Teamwork and Collaboration	Conflict Resolution	Digital Citizenship	Review of Year
SEL Core Competency	Self Management Relationship Skills Social Awareness	Self Awareness Social Awareness Relationship Skills	Self Awareness Relationship Skills Responsible Decision Making	Self Awareness Social Awareness Relationship Skills	Self Management Social Awareness Relationship Skills	Self Management Social Awareness Responsible Decision Making	Review content from Modules 1 – 6
Developmental Assets	Support Social Competencies Positive Identity	Support Empowerment Social Competencies	Boundaries and Expectations Positive Values Social Competencies	Empowerment Constructive Use of Time Commitment to Learning	Boundaries and Expectations Positive Values Social Competencies	Constructive Use of Time Commitment to Learning Positive Identity	
Developmental Relationships	Express Care Challenge Growth Provide Support	Express Care Provide Support Expand Possibilities	Express Care Provide Support Expand Possibilities	Challenge Growth Provide Support Share Power	Express Care Challenge Growth Expand Possibilities	Challenge Growth Expand Possibilities Share Power	
Objectives	<ul style="list-style-type: none"> Practice meeting new people and maintaining a conversation Understand the components of non-verbal communication Recognize the impact of digital vs in-person communication 	<ul style="list-style-type: none"> Develop kindness, gratitude, and service Learn the science of happiness Apply kindness, service, and gratitude to oneself 	<ul style="list-style-type: none"> Discuss the influence of friends on our lives Identify core values and characteristics of yourself and in friendships Practice evaluating and modifying friendships 	<ul style="list-style-type: none"> Experience verbal and nonverbal communication Build discussion skills Practice empathy and perspective taking while working in a group 	<ul style="list-style-type: none"> Practice resolving conflict in respectful and kind ways Understand the importance of listening Learn how to make an authentic apology 	<ul style="list-style-type: none"> Use technology responsibly Discuss digital habits and wise media balance Recognize the impact of your digital footprint 	
2026 – 2027	Managing Emotions	Relationships	Stress, Part 1	Stress, Part 2	Me & You, Part 1	Me & You, Part 2	Review of Year
SEL Core Competency	Self Awareness Self Management Social Awareness	Self Management Social Awareness Relationship Skills	Self Awareness Self Management Social Awareness	Self Awareness Self Management Responsible Decision Making	Self Awareness Social Awareness Relationship Skills	Social Awareness Relationship Skills Responsible Decision Making	Review content from Modules 1 – 6
Developmental Assets	Boundaries and Expectations Social Competencies Positive Identity	Support Positive Values Social Competencies	Support Empowerment Positive Identity	Support Boundaries and Expectations Social Competencies	Empowerment Positive Values Social Competencies	Boundaries and Expectations Commitment to Learning Positive Identity	
Developmental Relationships	Express Care Challenge Growth Provide Support	Challenge Growth Provide Support Expand Possibilities	Challenge Growth Provide Support Share Power	Express Care Provide Support Share Power	Express Care Challenge Growth Expand Possibilities	Challenge Growth Provide Support Expand Possibilities	
Objectives	<ul style="list-style-type: none"> Define and manage emotions Identify what is within your control vs outside your control Match the intensity of emotions with the moment 	<ul style="list-style-type: none"> Recognize the importance of social connections Practice active listening Construct an asset based perspective vs deficit based perspective 	<ul style="list-style-type: none"> Identify benefits of stress and optimal levels of stress Learn how stress affects the body Determine personal stressors 	<ul style="list-style-type: none"> Teach stress management and coping skills Learn about suicide warning signs and prevention Share resources for getting help 	<ul style="list-style-type: none"> Investigate personal identity, core values, and perspective taking Practice articulating personal views and opinions Learn how to disagree respectfully 	<ul style="list-style-type: none"> Define bias, stereotype, discrimination, and racism Create a framework for how to be anti-racist and an UPstander Experience the power of storytelling 	