



## Grade 9

### Module 1: Identity & Perspective

What is SEL?; Your Predicting Brain; Emotional Granularity; Growth Mindset; Visualization; Values

### M2: Self-Management & Self-Care

SCOPE-IT Strategy; Body Budget: Eating Healthy; Stress Management: Mandalas; Optimism; Self-Talk; Mindfulness

### M3: Communication Skills

Reflection; Healthy Relationships; Apologies & Forgiveness; Teamwork; Cultural Competency; Giving & Receiving Feedback

### M4: Relationships

Problem-Solving; Being Assertive/Refusal Skills; Peer Pressure/Bullying/Digital; Empathy & Compassion; Self-Advocacy; Gratitude

### M5: Go for Your Goals

SMART Goals 1 & 2; Resilience & Perseverance; Flexible Thinking; Organization Skills; Resume Writing

## Grade 10

### Module 1: Identity & Perspective

What is SEL?; Strengths & Interests, Self-Confidence & Self-Esteem; Values; Integrity & Values; Point of View

### M2: Self-Management & Self-Care

SCOPE-IT; Body Budget: Exercise, Stress Management: Zentangles; Avoiding Addiction; Media Influences: Violence; Alcohol; etc.; Healthy Lifestyles

### M3: Communication Skills

Public speaking; Standing Up for Yourself & Others; Agree to Disagree; Leadership Skills; Navigating Social Media; Avoiding Gossip & Rumor

### M4: Relationships

Respect; Conflict Resolution; Community Supports/Resources; Negotiation; Gratitude; Diversity

### M5: Go for Your Goals

Self-Advocacy; Being Responsible & Time Management; SMART Goals; Overcoming Obstacles with Optimism; Flexible Thinking; Action/Planning a Community Service Project

## Grade 11

### Module 1: Identity & Perspective

What is SEL?; Character Strengths; Self-Compassion; Ethics & Integrity; Benefits of Diversity; Perspective

### M2: Self-Management & Self-Care

SCOPE-IT; Stress Management: Yoga; Emotional Granularity; Grief & Loss; Body Budget: Sleep; Showing Courage

### M3: Communication Skills

Effective Communication Skills; Being Assertive Without Being Aggressive; Getting Your Point Across; Collaboration; Navigating Social Media; Gossip & Rumors

### M4: Relationships

Problems & Conflict Resolution; Consequences of Peer Pressure; Giving & Receiving Help; Gratitude; Social Norms; Relationships (Work)

### M5: Go for Your Goals

Growth Mindset; SMART Goals; Curiosity; Resilience & Perseverance; Begin with the End in Mind; The Job Search Process

## Grade 12

### Module 1: Identity & Perspective

What is SEL?; Skills, Abilities, Interests, & Careers; Growth Mindset; Purpose; Stereotypes; Racism

### M2: Self-Management & Self-Care

SCOPE-IT; Stress Management: Meditation; Avoiding Drugs & Alcohol: Health Impact; Body Budget: Mental Focus; Character Counts; Healthy Lifestyles

### M3: Communication Skills

Communicating with Others: Respectful Discussions; Standing Up for Yourself & Others; Apologies & Forgiveness; Demonstrating Leadership; Cultural Competency; Avoiding Gossip & Rumors

### M4: Relationships

Empathy & Compassion; Peer Pressure & Your Future; Teamwork & Collaboration; Gratitude; Positive Relationships; Transitioning to Life After School

### M5: Go for Your Goals

Self-Advocacy; SMART Goal Action Planning; Overcoming Obstacles; Grit; Flexible Thinking; Interview Skills