



Middle School Alignment to CASEL Competencies

Domain	Grade 6	Grade 7	Grade 8
Self Awareness	<p>Unit 1: Introduction to Emotions, Using Compassion to Stand Up to Bullying, Pressure and Stress, Mindfulness Matters, Facing failure</p> <p>Unit 2: Optimism, Grief, Healthy and Unhealthy Relationships, Making and Maintaining Friendships</p> <p>Unit 3: Resilience, Executive Functioning, Fear Less, Perseverance and Hope, Gratitude & Generosity</p>	<p>Unit 1: Introduction to Emotions, Confidence, Flexible Thinking, Healthy Choices, Stress, Conflict</p> <p>Unit 2: Body Language, Fear, Overcoming obstacles, Bullying, Empathy</p> <p>Unit 3: Dealing with disappointment, Stress Reduction, Mindfulness, Healthy Lifestyle, It's okay to fail, Relationships, Resilience, Emotional Awareness, Being Responsible, Forgiving</p>	<p>Unit 1: Introduction to Emotions, Balancing Your Body Budget, Kindness & Compassion</p> <p>Unit 2: Pain and Self-Harm, Self-Talk, Relationships, Conflict, Apologies and Forgiveness</p> <p>Unit 3: Happiness, Healthy Relationships, Negotiating, Public Speaking, Standing Up for Yourself, Transitions</p>
Self Awareness	<p>Unit 1: Introduction to Emotions, Understanding Compassion to Stand Up to Bullying, Pressure & Stress, Mindfulness Matters, Facing Failure, Growth Mindset</p> <p>Unit 2: Optimism, Grief, Perspective Taking, Healthy and Unhealthy Relationships, Making and Maintaining Friendships, Gossiping, Jealousy & Envy</p> <p>Unit 3: Resilience, Executive Functioning, Fear Less, Reaching Out for Resources, Gratitude & Generosity, Perseverance & Hope</p>	<p>Unit 1: Introduction to Emotions, SMART Goals, Teamwork & Collaboration, Flexible Thinking, Healthy Choices, Stress, Conflict, Morals,</p> <p>Unit 2: Body Language, Fear, Overcoming obstacles, Bullying, Empathy, Showing Respect, Advocacy, Stereotypes & Implicit Bias</p> <p>Unit 3: Dealing with disappointment, Stress Reduction, Mindfulness, Healthy Lifestyle, It's okay to fail, Relationships, Resilience, Emotional Awareness, Being Responsible, Forgiving, Community Involvement & Giving Back</p>	<p>Unit 1: Introduction to Emotions, Cultural Competency, Belonging & Rejection</p> <p>Unit 2: Pain and Self-Harm, Relationships, Conflict, Apologies and forgiveness, Leadership Skills, Be a team player, Loss</p> <p>Unit 3: Happiness, Healthy Relationships, Standing Up for Yourself, Transitions, Bullying, Rumors and gossip, Prejudice & Racism, Negotiating</p>
Self Awareness	<p>Unit 1: Introduction to Emotions, Understanding Compassion to Stand Up to Bullying, Pressure & Stress, Mindfulness Matters, Facing Failure, Growth Mindset</p> <p>Unit 2: Self-Perception, Optimism, Grief, Nonverbal Communication, Perspective Taking, Healthy and Unhealthy Relationships, Making and Maintaining Friendships, Gossiping, Jealousy & Envy</p> <p>Unit 3: Resilience, Executive Functioning, Fear Less, Reaching Out for Resources, Gratitude & Generosity, Perseverance & Hope</p>	<p>Unit 1: Introduction to Emotions, Teamwork & Collaboration, Flexible Thinking, Healthy Choices</p> <p>Unit 2: Feedback, Advocacy, Listening Skills, Perspective, Overcoming obstacles</p> <p>Unit 3: Dealing with disappointment, Stress Reduction, Mindfulness, Healthy Lifestyle, It's okay to fail, Relationships, Resilience, Emotional Awareness, Forgiving</p>	<p>Unit 1: Introduction to Emotions, Balancing your body budget, Problem-Solving, Cultural Competency, Community Support, Identifying Mentors, Kindness and Compassion</p> <p>Unit 2: Relationships, Perspective Taking, Be a Team Player, Self-Talk</p> <p>Unit 3: Healthy Relationships, Standing Up for Yourself, Negotiating</p>



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Self Awareness	<p>Unit 1: Introduction to Emotions, Understanding Compassion to Stand Up to Bullying, Pressure & Stress, Mindfulness Matters, Facing Failure, Growth Mindset, Teamwork & Collaboration</p> <p>Unit 2: Self-Perception, Optimism, Grief, Perspective Taking, Healthy and Unhealthy Relationships, Making and Maintaining Friendships, Gossiping, Jealousy & Envy, Rules</p> <p>Unit 3: Resilience, Executive Functioning, Fear Less, Reaching Out for Resources, Respect for Living Things, Community Involvement, Giving & Receiving Feedback, Gratitude & Generosity, Perseverance & Hope, Leadership Skills</p>	<p>Unit 1: Introduction to Emotions, Character Traits, Strengths & Weaknesses, Confidence, Teamwork & Collaboration, Flexible Thinking, Healthy Choices, Self-Perception</p> <p>Unit 2: Showing Respect, Feedback, Advocacy, Listening Skills, Perspective, Overcoming obstacles, Bullying, Cultural Competency</p> <p>Unit 3: Dealing with disappointment, Stress Reduction, Mindfulness, Healthy Lifestyle, It's okay to fail, Relationships, Resilience, Emotional Awareness, Forgiving, Being Responsible</p>	<p>Unit 1: Introduction to Emotions, Identifying Strengths and Interests, Balancing your body budget, Problem-Solving, Cultural Competency, Community Support, Belonging & Rejection, Getting Your Point Across</p> <p>Unit 2: Human Variation, Pain & Self Harm, Self-Talk, Relationships, Be a Team Player, Extracurricular Activities, Perspective Taking, Conflict, Loss</p> <p>Unit 3: Prejudice and Racism, Bullying, Rumors & Gossips, Public Speaking, Standing Up for Yourself, Transitions, Negotiating, Point of View</p>
Self Awareness	<p>Unit 1: Introduction to Emotions, Understanding & Building Self-Confidence & Self-Esteem, Understanding & Appreciating Character Strength, Understanding Compassion to Stand Up to Bullying, Pressure & Stress, Mindfulness Matters, Facing Failure, Growth Mindset, Teamwork & Collaboration</p> <p>Unit 2: Self-Perception, Optimism, Identity, Nonverbal Communication, Perspective Taking, Healthy and Unhealthy Relationships, Making and Maintaining Friendships, Rules</p> <p>Unit 3: Resilience, Executive Functioning, Fear Less, Reaching Out for Resources, Respect for Living Things, Community Involvement, Giving & Receiving Feedback, Go for your goals, Perseverance & Hope, Leadership Skills</p>	<p>Unit 1: Introduction to Emotions, Character Traits, Strengths & Weaknesses, Confidence, Teamwork & Collaboration, Flexible Thinking, SMART Goals, Self-Perception</p> <p>Unit 2: Showing Respect, Feedback, Listening Skills, Perspective, Overcoming obstacles</p> <p>Unit 3: Dealing with disappointment, Stress Reduction, Mindfulness, It's okay to fail, Relationships, Resilience, Emotional Awareness, Being Responsible, Time Management, Community Involvement & Giving Back</p>	<p>Unit 1: Introduction to Emotions, Problem-Solving, Identifying Strengths and Interests, Community Support, Belonging and Rejection, Getting Your Point Across, Identifying Mentors, Ethics & Integrity, Goal Setting</p> <p>Unit 2: Be a Team Player, Extracurricular Activities, Relationships, Perspective taking, Leadership Skills</p> <p>Unit 3: Negotiating, Standing Up for Yourself, Transitions, Point of View, Public Speaking</p>
Self Awareness	<p>Unit 1: Understanding & Building Self-Confidence & Self-Esteem, Understanding & Appreciating Character Strength, Facing Failure, Growth Mindset, Decision Making, Responsibility & Accountability</p> <p>Unit 2: Nonverbal Communication, Healthy and Unhealthy Relationships, Making and Maintaining Friendships, Rules</p> <p>Unit 3: Resilience, Executive Functioning, Fear Less, Reaching Out for Resources, Community Involvement, Giving & Receiving Feedback, Go for your goals, Perseverance & Hope, Leadership Skills</p>	<p>Unit 1: Character Traits, Strengths & Weaknesses, Confidence, Teamwork & Collaboration, Flexible Thinking, SMART Goals, Self-Perception</p> <p>Unit 2: Showing Respect, Feedback, Listening Skills, Perspective, Overcoming obstacles</p> <p>Unit 3: Dealing with disappointment, Stress Reduction, Mindfulness, It's okay to fail, Relationships, Resilience, Emotional Awareness, Being Responsible, Time Management, Community Involvement & Giving Back</p>	<p>Unit 1: Identifying Strengths & Interests, Problem Solving, Getting your point across, Belonging & Rejection, Goal Setting</p> <p>Unit 2: Rules for life, Be a team player, Extracurricular Activities, Perspective Taking, Relationships, Leadership Skills</p> <p>Unit 3: Healthy Living, Happiness, Healthy Relationships, Point of view, Negotiating, Public Speaking, Standing up for yourself, Transitions</p>



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Self Awareness	Unit 3: Reaching Out for Resources, Community Involvement	Unit 3: Community Involvement & Giving Back	Unit 1: Community Support, Identifying mentors Unit 2: Be a team player, Relationships
Self Awareness	Unit 1: Understanding & Building Self-Confidence & Self-Esteem, Understanding & Appreciating Character Strength, Growth Mindset, Teamwork & Collaboration, Values Unit 2: Nonverbal Communication, Healthy and Unhealthy Relationships, Making and Maintaining Friendships Unit 3: Resilience, Executive Functioning, Fear Less, Community Involvement, Giving & Receiving Feedback, Go for your goals, Perseverance & Hope, Leadership Skills	Unit 1: Character Traits, Strengths and Weaknesses, Teamwork and Collaboration, Confidence, Morals, Healthy Choices, Flexible Thinking, Conflict, Stress, Self-Perception Unit 2: Advocacy, Stereotypes and Implicit Bias, Listening Skills, Overcoming Obstacles, Feedback, Bullying, Perspective, Cultural Competency, Empathy Unit 3: Dealing with Disappointment, Stress Reduction, Mindfulness, It's Okay to Fail, Relationships, Resilience, Time Management, Emotional Awareness, Being Responsible	Unit 1: Identifying Strengths and Interests, Balancing your body budget, Problem-Solving, Cultural Competency, Community Support, Belonging and Rejection, Getting Your Point Across, Goal Setting Unit 2: Leadership Skills, Be a team player, extracurricular activities, Conflict, Self-Talk, Human Variation Unit 3: Healthy Living, Happiness, Healthy Relationships, Prejudice and Racism, Bullying, Rumors and Gossip, Public Speaking, Negotiating, Standing Up for Yourself, Transitions, Point of View
Self Awareness	Unit 3: Community Involvement, Giving & Receiving Feedback, Reaching Out for Resources	Unit 2: Feedback Unit 3: Community Involvement and Giving Back	Unit 1: Community Support, Identifying mentors Unit 2: Be a team player, Relationships
Self Awareness	Unit 1: Understanding & Building Self-Confidence & Self-Esteem, Understanding & Appreciating Character Strength, Using compassion to stand up for bullying, Facing Failure, Growth Mindset, Responsibility & Accountability Unit 3: Resilience, Executive Functioning, Fear Less, Reaching out for Resources, Community Involvement, Giving & Receiving Feedback, Go for your goals, Leadership Skills	Unit 1: Character Traits, Strengths and Weaknesses, Teamwork and Collaboration, Healthy Choices, SMART Goals, Flexible Thinking, Stress, Conflict, Self-Perception, Morals Unit 2: Showing Respect, Body Language, Stereotypes and Implicit Bias, Fear, Listening Skills, Overcoming Obstacles, Feedback, Bullying, Perspective, Empathy, Cultural Competency Unit 3: Dealing with Disappointment, Stress Reduction, Mindfulness, It's Okay to Fail, Relationships, Resilience, Emotional Awareness, Forgiving, Being Responsible, Community Involvement and Giving Back, Time Management	Unit 1: Balancing your body budget, Problem-Solving, Belonging and Rejection, Getting Your Point Across, Ethics & Integrity, Goal Setting, Identifying mentors, Kindness & Compassion Unit 2: Rules for life, Human Variation, Pain and Self-Harm, Self-Talk, Be a team player, Perspective Taking, Leadership Skills, Relationships, Conflict Unit 3: Happiness, Healthy Relationships, Prejudice and Racism, Bullying, Rumors and Gossip, Point of View, Generosity, Public Speaking, Negotiating, Standing Up for Yourself, Transitions



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Self Awareness	<p>Unit 1: Understanding and Building Self-Confidence and Self-Esteem, Understanding and Appreciating Character Strengths, Pressure & Stress, Facing Failure, Growth Mindset, Decision-Making, Responsibility & Accountability</p> <p>Unit 2: Optimism, Perspective Taking</p> <p>Unit 3: Resilience, Executive Functioning, Reaching Out for Resources, Community Involvement, Giving and Receiving Feedback, Cultural Competence, Leadership Skills, Go for your goals</p>	<p>Unit 1: Character Traits, Confidence, SMART Goals, Strengths and Weaknesses, Flexible Thinking</p> <p>Unit 2: Advocacy, Overcoming Obstacles, Fear, Listening Skills, Cultural Competency, Empathy</p> <p>Unit 3: Dealing with Disappointment, Stress Reduction, Mindfulness, Resilience, Emotional Awareness, Forgiving, Time-Management</p>	<p>Unit 1: Identifying Strengths and Interests, Balancing Your Body Budget, Problem-Solving, Cultural Competency, Goal setting, Getting your point across, Identifying Mentors</p> <p>Unit 2: Rules for life, Self-Talk, Be a Team Player, Extracurricular activities, Leadership Skills, Perspective taking, Relationships</p> <p>Unit 3: Healthy Living, Happiness, Healthy relationships, Public Speaking, Negotiating, Standing Up for Yourself, Transitions, Point of View</p>
Self Awareness	<p>Unit 1: Understanding and Building Self-Confidence and Self-Esteem, Understanding and Appreciating Character Strengths, Pressure & Stress, Facing Failure, Growth Mindset, Decision-Making, Responsibility & Accountability, Values</p> <p>Unit 2: Self-Perception, Nonverbal communication, Rules, Gossiping, Jealousy & Envy, Optimism, Perspective Taking</p> <p>Unit 3: Resilience, Executive Functioning, Reaching Out for Resources, Community Involvement, Giving and Receiving Feedback, Cultural Competence, Leadership Skills, Go for your goals, Gratitude & Generosity</p>	<p>Unit 1: SMART Goals, Morals, Confidence, Flexible Thinking, Strengths and Weaknesses, Healthy Choices</p> <p>Unit 2: Overcoming obstacles, Perspective, Advocacy, Stereotypes & Implicit Bias, Bullying, Cultural Competency</p> <p>Unit 3: Dealing with disappointment, Stress Reduction, Mindfulness, Healthy Lifestyles, Resilience, Being Responsible, Time Management, Community Involvement & giving back</p>	<p>Unit 1: Getting Your Point Across</p> <p>Unit 2: Be a team player, Leadership Skills</p> <p>Unit 3: Prejudice & Racism, Bullying, Rumors & gossip, Point of View, Public Speaking</p>
Self Management	<p>Unit 1: Understanding & Building Self-Confidence & Self-Esteem, Understanding and Appreciating Character Strength, Using Compassion to Stand Up to Bullying, Mindfulness Matters, Facing Failure, Growth Mindset, Responsibility & Accountability, Teamwork and Collaboration</p> <p>Unit 2: Self-Perception, Optimism, Perspective Taking, Health and Unhealthy relationships, Making and maintaining friendships, Gossiping, Jealousy & Envy</p> <p>Unit 3: Resilience, Fear Less, Executive Functioning, Giving and Receiving Feedback, Leadership Skills, Perseverance & Hope</p>	<p>Unit 1: Introduction to Emotions, Character Traits, Strengths and Weaknesses, Confidence, SMART Goals, Flexible Thinking, Self-Perception</p> <p>Unit 2: Listening Skills, Overcoming Obstacles, Feedback, Perspective, Empathy</p> <p>Unit 3: Dealing with disappointments, Stress Reduction, Mindfulness, Relationships, Resilience, Emotional Awareness, Forgiving</p>	<p>Unit 1: Introduction to Emotions, Identifying Strengths and Interests, Balancing your body budget, Problem solving, Getting your point across, Kindness & Compassion</p> <p>Unit 2: Perspective Taking, Be a Team Player, Extracurricular Activities, Conflict, Leadership Skills, Apologies and Forgiveness, Relationships</p> <p>Unit 3: Healthy Relationships, Point of view, Negotiating, Public Spaking, Standing up for yourself, Transitions</p>



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Self Management	<p>Unit 1: Introduction to Emotions, Understanding compassion to stand up to bullying, Pressure & Stress, Mindfulness Matters, Facing Failure, Teamwork & Collaboration, Responsibility & Accountability, Growth Mindset, Decision Making</p> <p>Unit 2: Optimism, Grief, Perspective Taking, Making and maintaining friendships, Healthy & Unhealthy Relationships, Jealousy & Envy</p> <p>Unit 3: Resilience, Executive Functioning, Fear Less, Reaching out for Resources, Respect for Living Things, Community Involvement, Giving and Receiving Feedback, Cultural Competence, Go for your goals</p>	<p>Unit 1: Introduction to Emotions, Confidence, Flexible Thinking, Stress, Conflict</p> <p>Unit 2: Fear, Listening Skills, Overcoming obstacles, Perspective, Bullying, Empathy</p> <p>Unit 3: Dealing with disappointments, Stress Reduction, Mindfulness, It's okay to fail, Relationships, Resilience, Being Responsible, Emotional Awareness, Community Involvement & Giving Back</p>	<p>Unit 1: Introduction to emotions, Balancing your body budget, Problem Solving, Community Support, Cultural Competency, Belonging & Rejection, Getting Your Point Across</p> <p>Unit 2: Human Variation, Be a team player, Extracurricular activities, Perspective Taking, Relationships, Conflict, Leadership Skills, Loss</p> <p>Unit 3: Healthy Living, Happiness, Healthy Relationships, Prejudice & Racism, Bullying, Rumors & Gossip, Public Speaking, Negotiating, Standing Up for Yourself, Point of View, Transitions</p>
Self Management	<p>Unit 1: Introduction to Emotions, Understanding Compassion to Stand Up to Bullying, Pressure and Stress, Mindfulness Matters, Facing Failure, Growth Mindset</p> <p>Unit 2: Optimism, Grief, Perspective Taking</p> <p>Unit 3: Resilience, Executive Functioning, Fear Less, Perseverance & Hope</p>	<p>Unit 1: Introduction to Emotions, Strengths & Weaknesses, Flexible Thinking, Conflict</p> <p>Unit 2: Listening Skills, Overcoming Obstacles, Perspective</p> <p>Unit 3: Dealing with Disappointments, Stress Reduction, Mindfulness, Resilience</p>	<p>Unit 1: Introduction to emotions, Identifying strengths & Weaknesses, Balancing your body budget, Problem-Solving, Belonging and Rejection, Getting Your Point Across</p> <p>Unit 2: Human Variation, Relationships, Conflict, Pain & Self-Harm, Self-Talk, Loss</p> <p>Unit 3: Happiness, Healthy Relationships, Point of View, Rumors and Gossip, Bullying, Prejudice & Racism, Negotiating, Public Speaking, Standing up for yourself, Transitions</p>
Self Management	<p>Unit 1: Introduction to Emotions, Understanding & Building Self-Confidence & Self-Esteem, Understanding and Appreciating Character Strength, Teamwork and Collaboration, Responsibility and Accountability, Growth Mindset, Decision Making</p> <p>Unit 2: Perspective Taking</p> <p>Unit 3: Go for your goals, Leadership Skills</p>	<p>Unit 1: Introduction to Emotions, Character Traits, Strengths and Weaknesses, Confidence, Teamwork and Collaboration, SMART Goals, Flexible Thinking, Healthy Choices</p> <p>Unit 2: Advocacy, Listening Skills, Overcoming Obstacles</p> <p>Unit 3: Dealing with disappointment, Stress Reduction, Mindfulness, It's okay to fail, Resilience, Time-Management, Being Responsible,</p>	<p>Unit 1: Introduction to Emotions, Identifying Strengths and Interests, Problem-Solving, Cultural Competency, Community Support, Getting Your Point Across, Belonging & Rejection, Goal Setting, Ethics & Integrity, Identifying Mentors</p> <p>Unit 2: Rules for life, Leadership Skills, Relationships</p> <p>Unit 3: Public Speaking, Negotiating, Standing Up for Yourself</p>
Self Management	<p>Unit 3: Reaching Out for Resources, Community Involvement, Giving & Receiving Feedback</p>	<p>Unit 2: Feedback</p> <p>Unit 3: Community Involvement & Giving Back</p>	<p>Unit 1: Community Support, Identifying mentors</p>
Self Management	<p>Unit 1: Growth Mindset</p> <p>Unit 3: Go for your goals, Giving and Receiving Feedback</p>	<p>Unit 1: Flexible Thinking, SMART Goals</p> <p>Unit 2: Listening Skills, Feedback</p>	<p>Unit 1: Identifying Strengths and Interests, Goal Setting</p>



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Self Management	Unit 3: Go for your goals	Unit 1: Flexible Thinking, SMART Goals Unit 2: Listening Skills, Feedback	Unit 1: Goal Setting
Self Management	Unit 1: Understanding & Appreciating Character Strengths, Facing Failure, Growth Mindset Unit 2: Optimism, Healthy & Unhealthy Relationships, Making & Maintaining Friendships Unit 3: Resilience, Executive Functioning, Fear less, Perseverance & Hope	Unit 1: Character Traits, Strengths and Weaknesses, Confidence, Teamwork & Collaboration, Flexible Thinking, Conflict, Stress Unit 2: Fear, Overcoming obstacles Unit 3: Dealing with disappointment, Stress Reduction, Resilience	Unit 1: Identifying Strengths and Interests, Balancing your body budget, problem solving, Cultural Competency, Unit 2: Perspective Taking, Leadership Skills, Relationships, Conflict Unit 3: Point of View, Standing up for yourself, Negotiating
Self Management	Unit 1: Understanding and Appreciating Character Strength, Using compassion to stand up for bullying, Mindfulness Matters, Facing Failure, Growth Mindset Unit 2: Optimism, Perspective Taking Unit 3: Resilience, Executive Functioning, Giving & Receiving Feedback	Unit 1: Character Traits, Strengths and Weaknesses Unit 2: Advocacy, Feedback, Perspective Unit 3: Dealing with disappointment, Resilience, Mindfulness	Unit 1: Identifying Strengths and Interests, Problem-Solving, Belonging & Rejection Unit 2: Self-Talk, Perspective Taking, Be a Team Player, Leadership Skills, Relationships, Conflict Unit 3: Healthy relationships, Prejudice & Racism, Bullying, Rumors & Gossips, Point of View, Negotiating, Public Speaking, Standing up for yourself, Transitions
Social Awareness	Unit 1: Understanding and Building Self-Confidence and Self-Esteem, Understanding and Appreciating Character Strength, Compassion to Stand Up to Bullying, Pressure and Stress, Mindfulness Matters, Facing Failure, Teamwork and Collaboration, Decision Making, Responsibility and Accountability, Values Unit 2: Self-Perception, Optimism, Grief, Identity, Diversity, Gossiping, Healthy & Unhealthy Relationships, Making & Maintaining Friendships, Rules, Gossiping, Jealousy & Envy, Perspective Taking Unit 3: Fear Less, Reaching Out for Resources, Respect for Living Things, Community Involvement, Giving & Receiving Feedback, Cultural Competence, Go for Your Goals	Unit 1: SMART Goals, Teamwork and Collaboration, Stress, Conflict, Self-Perception, Healthy Choices Unit 2: Showing Respect, Body Language, Advocacy, Stereotypes & Implicit Bias, Listening Skills, Fear, Bullying, Cultural Competency, Perspective Unit 3: Dealing with Disappointment, Stress Reduction, Mindfulness, Healthy Lifestyle, It's Okay to Fail, Relationships, Time Management, Community Involvement and Giving Back	Unit 1: Balancing Your Body Budget, Problem Solving, Cultural Competency, Community Support, Belonging and Rejection, Getting Your Point Across Unit 2: Rules for Life, Human Variation, Self-Talk, Be a team player, Extracurricular activities, Perspective taking, Relationships, Conflict Unit 3: Healthy Relationships, Bullying, Prejudice and Racism, Rumors and Gossip, Point of View, Standing Up for Yourself, Transitions



Middle School Alignment to CASEL Competencies

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Social Awareness	<p>Unit 1: Understanding and Appreciating Character Strength, Teamwork and Collaboration, Decision Making, Responsibility and Accountability, Values</p> <p>Unit 2: Self-Perception, Identity, Diversity, Perspective Taking, Healthy & Unhealthy Relationships, Making & Maintaining Friendships</p> <p>Unit 3: Respect for Living Things, Community Involvement, Giving & Receiving Feedback</p>	<p>Unit 1: Morals, Teamwork and Collaboration, Stress, Conflict, Self-Perception, Flexible Thinking</p> <p>Unit 2: Showing Respect, Perspective</p> <p>Unit 3: Relationships</p>	<p>Unit 1: Getting Your Point Across</p> <p>Unit 2: Relationships, Perspective Taking, Apologies & Forgiveness</p> <p>Unit 3: Healthy Relationships, Standing Up for Yourself, Point of View</p>
Social Awareness	<p>Unit 1: Introduction to Emotions, Understanding and Building Self-Confidence and Self-Esteem, Understanding and Appreciating Character Strength, Compassion to Stand Up to Bullying, Mindfulness Matters, Facing Failure, Teamwork and Collaboration, Responsibility and Accountability, Growth Mindset, Values</p> <p>Unit 2: Self-Perception, Optimism, Perspective Taking, Health & Unhealthy Relationships, Making & Maintaining Friendships</p> <p>Unit 3: Resilience, Gratitude and Generosity, Perseverance & Hope</p>	<p>Unit 1: Introduction to Emotions, Character Traits, Strengths and Weaknesses, Morals, Teamwork and Collaboration, Stress, Conflict, Self-Perception, Flexible Thinking, Healthy Choices, Confidence</p> <p>Unit 2: Empathy, Overcoming obstacles</p> <p>Unit 3: Dealing with Disappointment, Stress Reduction, Mindfulness, Healthy Lifestyle, It's Okay to Fail, Relationships, Emotional Awareness, Community Involvement and Giving Back, Resilience, Forgiving</p>	<p>Unit 1: Introduction to Emotions, Identifying Strengths and Interests, Belonging and Rejection, Getting Your Point Across, Kindness and Compassion</p> <p>Unit 2: Human Variation, Pain and Self-Harm, Self-Talk, Perspective Taking, Relationships, Conflict, Apologies and Forgiveness, Leadership Skills, Loss</p> <p>Unit 3: Happiness, Healthy Relationships, Bullying, Prejudice and Racism, Rumors and Gossip, Generosity, Standing Up for Yourself, Transitions, Negotiating</p>
Social Awareness	<p>Unit 1: Compassion to Stand Up to Bullying, Responsibility and Accountability, Growth Mindset, Values</p> <p>Unit 2: Diversity, Identity</p> <p>Unit 3: Respect for Living Things, Community Involvement, Cultural Competence</p>	<p>Unit 1: Morals</p> <p>Unit 2: Advocacy, Bullying, Perspective, Cultural Competency, Empathy</p> <p>Unit 3: Emotional Awareness, Community Involvement and Giving Back</p>	<p>Unit 1: Ethics & Integrity, Cultural Competency, Community Support, Kindness & Compassion</p> <p>Unit 2: Rules for Life, Leadership Skills, Be a Team Player, Perspective Taking, Leadership Skills</p> <p>Unit 3: Bullying, Prejudice and Racism, Rumors and Gossip, Generosity, Point of View</p>
Social Awareness	<p>Unit 1: Compassion to Stand Up to Bullying, Responsibility and Accountability, Growth Mindset, Values</p> <p>Unit 2: Diversity, Identity</p> <p>Unit 3: Respect for Living Things, Community Involvement, Cultural Competence</p>	<p>Unit 1: Morals</p> <p>Unit 2: Advocacy, Bullying, Perspective, Cultural Competency, Empathy</p> <p>Unit 3: Emotional Awareness, Community Involvement and Giving Back</p>	<p>Unit 1: Ethics & Integrity, Cultural Competency, Community Support, Kindness & Compassion</p> <p>Unit 2: Rules for Life, Leadership Skills, Be a Team Player, Perspective Taking, Leadership Skills</p> <p>Unit 3: Bullying, Prejudice and Racism, Rumors and Gossip, Generosity, Point of View</p>
Social Awareness	<p>Unit 1: Compassion to Stand Up to Bullying, Responsibility and Accountability, Growth Mindset, Values</p> <p>Unit 2: Diversity, Identity</p> <p>Unit 3: Respect for Living Things, Community Involvement, Cultural Competence</p>	<p>Unit 1: Morals</p> <p>Unit 2: Advocacy, Bullying, Perspective, Cultural Competency, Empathy</p> <p>Unit 3: Emotional Awareness, Community Involvement and Giving Back</p>	<p>Unit 1: Ethics & Integrity, Cultural Competency, Community Support, Kindness & Compassion</p> <p>Unit 2: Rules for Life, Leadership Skills, Be a Team Player, Perspective Taking, Leadership Skills</p> <p>Unit 3: Bullying, Prejudice and Racism, Rumors and Gossip, Generosity, Point of View</p>



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Domain	Grade 6	Grade 7	Grade 8
Social Awareness	<p>Unit 1: Understanding & Appreciating Character Strengths, Understanding & Building Self-Confidence & Self-Esteem, Compassion to Stand Up to Bullying, Teamwork & Collaboration, Responsibility and Accountability, Growth Mindset, Values</p> <p>Unit 2: Diversity, Identity, Optimism, Perspective Taking</p> <p>Unit 3: Resilience, Executive Functioning, Leadership Skills, Respect for Living Things, Community Involvement, Cultural Competence</p>	<p>Unit 1: Morals, Strengths & Weaknesses, SMART Goals, Flexible Thinking, Confidence</p> <p>Unit 2: Listening Skills, Advocacy, Bullying, Perspective, Cultural Competency, Empathy, Overcoming Obstacles</p> <p>Unit 3: Emotional Awareness, Community Involvement and Giving Back, DEaling with disappointment, Stress REduction, MIndfulness, Relationships, REsilience, Emotional Awareness, Being Responsible, Time Management</p>	<p>Unit 1: Ethics & Integrity, Cultural Competency, Community Support, Kindness & Compassion, Problem Solving, Getting your point across</p> <p>Unit 2: Rules for Life, Leadership Skills, Be a Team Player, Perspective Taking, Leadership Skills</p> <p>Unit 3: Bullying, Prejudice and Racism, Rumors and Gossip, Generosity, Point of View, Negotiating, Public Speaking</p>
Social Awareness	<p>Unit 1: Teamwork and Collaboration, Growth Mindset, Values</p> <p>Unit 2: Identity, Diversity, Nonverbal Communication, Perspective Taking, Healthy & Unhealthy Relationships, Making and Maintaining Friendships, Gossiping, Jealousy & Envy</p> <p>Unit 3: Executive Functioning, Reaching Out for Resources, Respect for Living Things, Community Involvement, Cultural Competence, Giving & Receiving Feedback, Leadership Skills, Gratitude and Generosity</p>	<p>Unit 1: Character Traits, Flexible Thinking, Strengths and Weaknesses, Morals, Teamwork and Collaboration, Conflict, Self-Perception, Healthy Choices</p> <p>Unit 2: Showing Respect, Body Language, Advocacy, Bullying, Cultural Competency, Stereotypes & implicit Biases, Feedback, Perspective</p> <p>Unit 3: Healthy Lifestyle, Relationships, Emotional Awareness, Community Involvement and Giving Back</p>	<p>Unit 1: Identifying Strengths and Interests, Problem Solving, Cultural Competency, Community Support, Belonging and Rejection, Identifying Mentors, Kindness and Compassion</p> <p>Unit 2: Rules for Life, Human Variation, Self-Talk, Extracurricular Activities, Perspective Taking, Relationships, Conflict, Apologies and Forgiveness</p> <p>Unit 3: Healthy Relationships, Bullying, Prejudice and Racism, Rumors and Gossip, Point of View, Negotiating, Standing Up for Yourself</p>
Social Awareness	<p>Unit 1: Values</p> <p>Unit 2: Identity, Diversity, Perspective Taking</p> <p>Unit 3: Community Involvement, Cultural Competence</p>	<p>Unit 1: Morals</p> <p>Unit 2: Showing Respect, Advocacy, Cultural Competency, Perspective</p> <p>Unit 3: Community Involvement and Giving Back</p>	<p>Unit 1: Cultural Competency, Ethics & Integrity, Community Support</p> <p>Unit 2: Human Variation</p> <p>Unit 3: Bullying, Prejudice and Racism</p>
Social Awareness	<p>Unit 1: Understanding and Appreciating Character Strength, Compassion to Stand Up to Bullying, Mindfulness Matters, Teamwork and Collaboration, Decision Making, Responsibility and Accountability, Growth Mindset, Values</p> <p>Unit 2: Optimism, Identity, Diversity, Perspective Taking, Healthy & unhealthy Relationships, Making & Maintaining Friendships, Gossiping, Jealousy & Envy</p> <p>Unit 3: Resilience, Executive Functioning, Fear Less, Reaching Out for Resources, Respect for Living Things, Community Involvement, Cultural Competence, Leadership Skills, Gratitude and Generosity, Perseverance & Hope</p>	<p>Unit 1: Character Traits, Strengths and Weaknesses, Confidence, Morals, Flexible Thinking, SMART Goals, Teamwork and Collaboration, Conflict</p> <p>Unit 2: Showing Respect, Body Language, Advocacy, Stereotypes & Implicit Bias, Listening Skills, Overcoming obstacles, Feedback, Bullying, Cultural Competency, Perspective, Empathy</p> <p>Unit 3: Mindfulness, Healthy Lifestyle, It's Okay to Fail, Relationships, Resilience, Emotional Awareness, Forgiving, Time Management, Community Involvement and Giving Back</p>	<p>Unit 1: Identifying Strengths and Interests, Problem Solving, Cultural Competency, Belonging and Rejection, Getting Your Point Across, Identifying Mentors, Ethics & Integrity, Goal Setting, Kindness and Compassion</p> <p>Unit 2: Rules for Life, Human Variation, Pain and Self-Harm, Self-Talk, Extracurricular Activities, Relationships, Conflict, Apologies and Forgiveness, Leadership Skills, Be a Team Player</p> <p>Unit 3: Healthy Relationships, Bullying, Prejudice and Racism, Rumors and Gossip, Point of View, Negotiating, Public Speaking, Generosity, Standing Up for Yourself, Transitions</p>



Middle School Alignment to CASEL Competencies

Domain	Grade 6	Grade 7	Grade 8
Social Awareness	<p>Unit 1: Compassion to Stand Up to Bullying, Values</p> <p>Unit 2: Identity, Diversity</p> <p>Unit 3: Community Involvement, Cultural Competence</p>	<p>Unit 1: Morals</p> <p>Unit 2: Advocacy, Stereotypes & Implicit Bias, Cultural Competency</p> <p>Unit 3: Relationships, Community Involvement and Giving Back</p>	<p>Unit 1: Cultural Competency, Belonging and Rejection, Ethics & Integrity, Kindness and Compassion, Community Support</p> <p>Unit 2: Rules for Life, Relationships, Conflict, Apologies and Forgiveness</p> <p>Unit 3: Healthy Relationships, Bullying, Prejudice and Racism, Negotiating, Public Speaking, Transitions</p>
Social Awareness	<p>Unit 1: Using Compassion to Stand Up to Bullying,</p> <p>Unit 2: Identity, Diversity, Gossiping, Perspective Taking, Jealousy & Envy</p> <p>Unit 3: Cultural Competence, Community Involvement</p>	<p>Unit 1: Healthy Choices</p> <p>Unit 2: Advocacy, Bullying, Stereotypes & Implicit Bias, Cultural Competency</p> <p>Unit 3: Healthy Lifestyle, Emotional Awareness, Community Involvement and Giving Back</p>	<p>Unit 1: Cultural Competency, Community Support</p> <p>Unit 2: Rules for Life, Human Variation, Conflict</p> <p>Unit 3: Bullying, Prejudice and Racism, Rumors and Gossip</p>
Social Awareness	<p>Unit 1: Understanding and Building Self-Confidence and Self-Esteem, Understanding and Appreciating Character Strength, Mindfulness Matters, Teamwork and Collaboration, Growth Mindset</p> <p>Unit 2: Optimism</p> <p>Unit 3: Resilience, Executive Functioning, Fear Less, Reaching Out for Resources, Community Involvement, Leadership Skills, Perseverance & Hope</p>	<p>Unit 1: Character Traits, Strengths and Weaknesses, Teamwork and Collaboration, Confidence, Flexible Thinking, SMART Goals, Morals, Healthy Choices</p> <p>Unit 2: Cultural Competency, Empathy, Advocacy</p> <p>Unit 3: Dealing with Disappointment, Stress Reduction, Mindfulness, Healthy Lifestyles, It's Okay to Fail, Resilience, Emotional Awareness</p>	<p>Unit 1: Identifying Strengths and Interests, Balancing Your Body Budget, Problem Solving, Belonging and Rejection, Getting Your Point Across, Kindness and Compassion</p> <p>Unit 2: Self-Talk, Apologies and Forgiveness, Extracurricular Activities, Leadership Skills, Be a Team Player</p> <p>Unit 3: Happiness, Point of View, Negotiating, Standing Up for Yourself</p>
Relationship Skills	<p>Unit 1: Introduction to Emotions, Understanding and Building Self-Confidence and Self-Esteem, Understanding and Appreciating Character Strength, Teamwork and Collaboration, Decision Making, Responsibility and Accountability</p> <p>Unit 2: Healthy and Unhealthy Relationships, Making & Maintaining Friendships</p> <p>Unit 3: Reaching Out for Resources, Respect for Living Things, Community Involvement</p>	<p>Unit 1: Introduction to Emotions, Character Traits, Strengths and Weaknesses, Teamwork and Collaboration</p> <p>Unit 2: Showing Respect</p> <p>Unit 3: Relationships, Emotional Awareness, Community Involvement and Giving Back</p>	<p>Unit 1: Introduction to Emotions, Identifying Strengths and Interests, Belonging and Rejection</p> <p>Unit 2: Relationships, Apologies and Forgiveness, Leadership Skills, Be a Team Player, Extracurricular Activities</p> <p>Unit 3: Healthy Relationships</p>
Relationship Skills	<p>Unit 1: Understanding and Building Self-Confidence and Self-Esteem, Understanding and Appreciating Character Strength, Using Compassion to Stand Up to Bullying, Pressure and Stress, Mindfulness Matters, Facing Failure</p> <p>Unit 2: Healthy & Unhealthy Relationships</p> <p>Unit 3: Fear Less, Giving & Receiving Feedback, Go for Your Goals, Leadership Skills</p>	<p>Unit 1: Character Traits, Strengths and Weaknesses, Stress, Conflict</p> <p>Unit 3: Dealing with Disappointment, Stress Reduction, It's Okay to Fail, Relationships, Community Involvement and Giving Back</p>	<p>Unit 1: Identifying Strengths and Interests, Belonging and Rejection, Problem Solving, Community Support</p> <p>Unit 2: Relationships, Conflict, Be a Team Player</p> <p>Unit 3: Healthy Relationships, Transitions</p>



Middle School Alignment to CASEL Competencies

Domain	Grade 6	Grade 7	Grade 8
Relationship Skills	<p>Unit 1: Responsibility and Accountability, Mindfulness Matters, Decision Making</p> <p>Unit 2: Perspective Taking, Rules</p> <p>Unit 3: Executive Functioning</p>	<p>Unit 2: Showing Respect, Body Language, Empathy, Listening Skills</p> <p>Unit 3: Being Responsible</p>	<p>Unit 1: Ethics & Integrity, Community Support, Kindness & Compassion</p> <p>Unit 2: Rules for Life, Leadership Skills, Perspective Taking</p> <p>Unit 3: Standing Up for Yourself</p>
Relationship Skills	<p>Unit 1: Understanding and Building Self-Confidence and Self-Esteem, Using Compassion to Stand Up to Bullying, Mindfulness Matters, Facing Failure, Growth Mindset, Teamwork and Collaboration, Responsibility and Accountability</p> <p>Unit 2: Nonverbal Communication, Gossiping, Perspective Taking, Healthy and Unhealthy Relationships, Making and Maintaining Friendships, Jealousy and Envy</p> <p>Unit 3: Executive Functioning, Fear Less, Reaching Out for Resources, Respect for Living Things, Community Involvement, Giving & Receiving Feedback, Leadership Skills</p>	<p>Unit 1: Teamwork and Collaboration, Flexible Thinking</p> <p>Unit 2: Showing Respect, Body Language, Listening Skills, Feedback, Empathy</p> <p>Unit 3: Relationships, Being Responsible, Emotional Awareness, Community Involvement and Giving Back</p>	<p>Unit 1: Belonging and Rejection, Getting Your Point Across, Kindness and Compassion, Community Support, Identifying Mentors</p> <p>Unit 2: Relationships, Extracurricular Activities, Apologies and Forgiveness, Be a Team Player</p> <p>Unit 3: Healthy Relationships, Bullying, Prejudice and Racism, Rumors and Gossip, Negotiating, Generosity, Standing Up for Yourself</p>
Relationship Skills	<p>Unit 1: Introduction to Emotions, Compassion to Stand Up to Bullying, Pressure and Stress, Mindfulness Matters, Facing Failure, Teamwork and Collaboration, Decision Making, Values</p> <p>Unit 2: Perspective Taking, Nonverbal Communication, Empathy, Listening Skills</p> <p>Unit 3: Reaching Out for Resources, Respect for Living Things, Community Involvement, Cultural Competence, Gratitude and Generosity, Giving & Receiving Feedback, Leadership Skills</p>	<p>Unit 1: Introduction to Emotions, Morals, Teamwork and Collaboration, Stress, Conflict, SMART Goals, Healthy Choices</p> <p>Unit 2: Showing Respect, Body Language, Cultural Competency, Empathy, Listening Skills, Feedback, Advocacy</p> <p>Unit 3: Dealing with Disappointment, Stress Reduction, Mindfulness, Healthy Lifestyle, It's Okay to Fail, Relationships, Emotional Awareness, Community Involvement and Giving Back, Forgiving</p>	<p>Unit 1: Introduction to Emotions, Belonging and Rejection, Community Support, Getting Your Point Across, Identifying Mentors, Kindness and Compassion</p> <p>Unit 2: Rules for Life, Human Variation, Relationships, Conflict, Apologies and Forgiveness, Leadership Skills, Loss, Be a Team Player, Extracurricular Activities, Perspective Taking</p> <p>Unit 3: Healthy Relationships, Bullying, Prejudice and Racism, Rumors and Gossip</p>



Middle School Alignment to CASEL Competencies

Domain	Grade 6	Grade 7	Grade 8
Relationship Skills	<p>Unit 1: Introduction to Emotions, Understanding and Building Self-Confidence and Self-Esteem, Understanding and Appreciating Character Strength, Using Compassion to Stand Up to Bullying, Pressure and Stress, Mindfulness Matters, Facing Failure, Teamwork and Collaboration, Responsibility and Accountability, Growth Mindset, Values</p> <p>Unit 2: Self-Perception, Optimism, Nonverbal Communication, Diversity, Healthy & Unhealthy relationships, Making & Maintaining Friendships, Perspective Taking</p> <p>Unit 3: Resilience, Executive Functioning, Fear Less, Reaching Out for Resources, Respect for Living Things, Community Involvement, Cultural Competence, Leadership Skills, Gratitude and Generosity</p>	<p>Unit 1: Introduction to Emotions, Character Traits, Strengths and Weaknesses, Morals, Teamwork and Collaboration, Self-Perception, Healthy Choices, Flexible Thinking</p> <p>Unit 2: Empathy, Listening Skills, Perspective, Overcoming Obstacles</p> <p>Unit 3: Mindfulness, Healthy Lifestyle, Relationships, Emotional Awareness, Community Involvement and Giving Back, Resilience, Being Responsible</p>	<p>Unit 1: Introduction to Emotions, Identifying Strengths and Interests, Balancing Your Body Budget, Belonging and Rejection, Getting Your Point Across, Kindness and Compassion, Cultural Competency, Community support</p> <p>Unit 2: Rules for Life, Human Variation, Self-Talk, Relationships, Conflict, Apologies and Forgiveness, Leadership Skills, Be a Team Player, Extracurricular Activities</p> <p>Unit 3: Happiness, Healthy Relationships, Generosity, Standing Up for Yourself, Negotiating, Public Speaking, Transitions</p>
Relationship Skills	<p>Unit 1: Introduction to Emotions, Understanding and Building Self-Confidence and Self-Esteem, Understanding and Appreciating Character Strength, Mindfulness Matters, Facing Failure, Teamwork and Collaboration</p> <p>Unit 2: Perspective Taking, Healthy & Unhealthy Relationships, Making & Maintaining Friendships</p> <p>Unit 3: Executive Functioning, Respect for Living Things, Community Involvement, Giving & Receiving Feedback, Leadership Skills, Gratitude and Generosity</p>	<p>Unit 1: Introduction to Emotions, Character Traits, Strengths and Weaknesses, Confidence, Teamwork and Collaboration, Conflict, Self-Perception, Healthy Choices</p> <p>Unit 2: Showing Respect, Body Language, Advocacy, Listening Skills, Empathy</p> <p>Unit 3: Dealing with Disappointment, Mindfulness, Relationships, Emotional Awareness, Community Involvement & Giving Back</p>	<p>Unit 1: Introduction to Emotions, Identifying Strengths and Interests, Balancing Your Body Budget, Problem Solving, Belonging and Rejection, Getting Your Point Across, Kindness and Compassion</p> <p>Unit 2: Human Variation, Relationships, Conflict, Apologies and Forgiveness, Leadership Skills</p> <p>Unit 3: Healthy Relationships, Standing Up for Yourself, Transitions, Point of View, Negotiating, Public Speaking</p>
Relationship Skills	<p>Unit 1: Understanding and Building Self-Confidence and Self-Esteem, Compassion to Stand Up to Bullying, Pressure and Stress, Mindfulness Matters, Facing Failure, Teamwork and Collaboration</p> <p>Unit 2: Self-Perception, Optimism, Perspective Taking, Healthy & Unhealthy Relationships, Making & Maintaining Friendships, Jealousy & Envy</p> <p>Unit 3: Executive Functioning, Community Involvement, Cultural Competence, Leadership Skills</p>	<p>Unit 1: Strengths and Weaknesses, Teamwork and Collaboration, Confidence, Flexible Thinking, Stress, Conflict</p> <p>Unit 2: Showing Respect, Body Language, Advocacy, Bullying, Listening Skills, Overcoming Obstacles, Feedback, Perspective, Cultural Competency</p> <p>Unit 3: Dealing with Disappointment, Stress Reduction, Mindfulness, Healthy Lifestyle, It's Okay to Fail, Relationships, Being Responsible, Community Involvement and Giving Back</p>	<p>Unit 1: Identifying Strengths and Interests, Problem Solving, Community Support, Getting Your Point Across, Identifying mentors</p> <p>Unit 2: Self-Talk, Relationships, Extracurricular activities, Conflict, Leadership Skills, Be a Team Player, Perspective Taking</p> <p>Unit 3: Healthy Relationships, Bullying, Prejudice and Racism, Point of View, Negotiating, Public Speaking, Standing Up for Yourself, Transitions</p>



Middle School Alignment to CASEL Competencies

Domain	Grade 6	Grade 7	Grade 8
Relationship Skills	<p>Unit 1: Understanding and Building Self-Confidence and Self-Esteem, Compassion to Stand Up to Bullying, Pressure and Stress, Mindfulness Matters, Facing Failure, Teamwork and Collaboration</p> <p>Unit 2: Self-Perception, Optimism, Perspective Taking, Healthy & Unhealthy Relationships, Making & Maintaining Friendships, Jealousy & Envy</p> <p>Unit 3: Executive Functioning, Community Involvement, Cultural Competence, Leadership Skills</p>	<p>Unit 1: Strengths and Weaknesses, Teamwork and Collaboration, Confidence, Flexible Thinking, Stress, Conflict</p> <p>Unit 2: Showing Respect, Body Language, Advocacy, Bullying, Listening Skills, Overcoming Obstacles, Feedback, Perspective, Cultural Competency</p> <p>Unit 3: Dealing with Disappointment, Stress Reduction, Mindfulness, Healthy Lifestyle, It's Okay to Fail, Relationships, Being Responsible, Community Involvement and Giving Back</p>	<p>Unit 1: Identifying Strengths and Interests, Problem Solving, Community Support, Getting Your Point Across, Identifying mentors</p> <p>Unit 2: Self-Talk, Relationships, Extracurricular activities, Conflict, Leadership Skills, Be a Team Player, Perspective Taking</p> <p>Unit 3: Healthy Relationships, Bullying, Prejudice and Racism, Point of View, Negotiating, Public Speaking, Standing Up for Yourself, Transitions</p>
	<p>Unit 1: Understanding and Building Self-Confidence and Self-Esteem, Compassion to Stand Up to Bullying, Pressure and Stress, Mindfulness Matters, Facing Failure, Teamwork and Collaboration</p> <p>Unit 2: Self-Perception, Optimism, Perspective Taking, Healthy & Unhealthy Relationships, Making & Maintaining Friendships, Jealousy & Envy</p> <p>Unit 3: Executive Functioning, Community Involvement, Cultural Competence, Leadership Skills</p>	<p>Unit 1: Strengths and Weaknesses, Teamwork and Collaboration, Confidence, Flexible Thinking, Stress, Conflict</p> <p>Unit 2: Showing Respect, Body Language, Advocacy, Bullying, Listening Skills, Overcoming Obstacles, Feedback, Perspective, Cultural Competency</p> <p>Unit 3: Dealing with Disappointment, Stress Reduction, Mindfulness, Healthy Lifestyle, It's Okay to Fail, Relationships, Being Responsible, Community Involvement and Giving Back</p>	<p>Unit 1: Identifying Strengths and Interests, Problem Solving, Community Support, Getting Your Point Across, Identifying mentors</p> <p>Unit 2: Self-Talk, Relationships, Extracurricular activities, Conflict, Leadership Skills, Be a Team Player, Perspective Taking</p> <p>Unit 3: Healthy Relationships, Bullying, Prejudice and Racism, Point of View, Negotiating, Public Speaking, Standing Up for Yourself, Transitions</p>
	<p>Unit 1: Introduction to Emotions, Understanding and Building Self-Confidence and Self-Esteem, Understanding and Appreciating Character Strength, Compassion to Stand Up to Bullying, Pressure and Stress, Mindfulness Matters, Facing Failure, Teamwork and Collaboration, Decision Making, Responsibility and Accountability, Growth Mindset</p> <p>Unit 2: Identity, Diversity, Perspective Taking</p> <p>Unit 3: Resilience, Reaching Out for Resources, Go for Your Goals, Leadership Skills</p>	<p>Unit 1: Introduction to Emotions, Character Traits, Strengths and Weaknesses, Confidence, Flexible Thinking, SMART Goals, Teamwork and Collaboration</p> <p>Unit 2: Showing Respect, Listening skills, Feedback</p> <p>Unit 3: Mindfulness, Healthy Lifestyle, It's Okay to Fail, Relationships, Emotional Awareness, Being Responsible, Time Management</p>	<p>Unit 1: Introduction to Emotions, Identifying Strengths and Interests, Community Support, Getting Your Point Across, Goal Setting</p> <p>Unit 2: Rules for Life, Relationships, Conflict, Leadership Skills, Be a Team Player</p> <p>Unit 3: Point of View, Negotiating, Public Speaking, Standing Up for Yourself, Transitions</p>



Middle School Alignment to CASEL Competencies

Domain	Grade 6	Grade 7	Grade 8
Relationship Skills	<p>Unit 1: Understanding and Building Self-Confidence and Self-Esteem, Understanding and Appreciating Character Strength, Pressure and Stress, Mindfulness Matters, Facing Failure, Responsibility and Accountability, Growth Mindset, Decision Making</p> <p>Unit 2: Perspective Taking, Rules, Healthy & Unhealthy Relationships, Making & Maintaining Friendships</p> <p>Unit 3: Resilience, Executive Functioning, Fear Less, Reaching Out for Resources, Community Involvement, Cultural Competence, Go for Your Goals, Leadership Skills, Gratitude and Generosity, Perseverance & hope</p>	<p>Unit 1: Character Traits, Strengths and Weaknesses, Teamwork and Collaboration, Stress, Conflict, Self-Perception, Flexible Thinking, SMART Goals, Healthy Choices</p> <p>Unit 2: Showing Respect, Body Language, Cultural Competency, Empathy, Advocacy, Listening Skills, Overcoming Obstacles, Perspective</p> <p>Unit 3: Dealing with Disappointment, Stress Reduction, Mindfulness, Healthy Lifestyle, It's Okay to Fail, Relationships, Emotional Awareness, Community Involvement and Giving Back, Time Management</p>	<p>Unit 1: Identifying Strengths and Interests, Balancing Your Body Budget, Belonging and Rejection, Getting Your Point Across, Kindness and Compassion, Identifying Mentors, Goal Setting</p> <p>Unit 2: Rules for Life, Human Variation, Relationships, Conflict, Leadership Skills, Be a Team Player, Extracurricular Activities</p> <p>Unit 3: Healthy Relationships, Healthy Living, Point of view, Negotiating, Public Speaking, Standing Up for Yourself, Transitions</p>
Relationship Skills	<p>Unit 2: Perspective Taking</p> <p>Unit 3: Reaching Out for Resources, Community Involvement</p>	<p>Unit 2: Feedback, Perspective</p> <p>Unit 3: Relationships</p>	<p>Unit 1: Community Support, Identifying Mentors</p> <p>Unit 2: Perspective Taking, Relationships</p>
Relationship Skills	<p>Unit 1: Introduction to Emotions, Understanding and Building Self-Confidence and Self-Esteem, Understanding and Appreciating Character Strength, Compassion to Stand Up to Bullying, Pressure and Stress, Mindfulness Matters, Facing Failure, Teamwork and Collaboration, Decision Making, Responsibility and Accountability</p> <p>Unit 2: Self-Perception, Grief, Diversity, Gossiping, Perspective Taking</p> <p>Unit 3: Executive Functioning, Fear Less, Reaching Out for Resources, Respect for Living Things, Community Involvement, Cultural Competence, Go for Your Goals, Leadership Skills, Gratitude and Generosity</p>	<p>Unit 1: Introduction to Emotions, Character Traits, Strengths and Weaknesses, Morals, Teamwork and Collaboration, Stress, Conflict, Self-Perception</p> <p>Unit 2: Showing Respect, Body Language, Fear, Bullying, Cultural Competency, Empathy</p> <p>Unit 3: Dealing with Disappointment, Stress Reduction, Mindfulness, Healthy Lifestyle, It's Okay to Fail, Relationships, Emotional Awareness, Community Involvement and Giving Back</p>	<p>Unit 1: Introduction to Emotions, Identifying Strengths and Interests, Balancing Your Body Budget, Belonging and Rejection, Getting Your Point Across, Kindness and Compassion</p> <p>Unit 2: Rules of Life, Human Variation, Pain and Self-Harm, Self-Talk, Relationships, Conflict, Apologies and Forgiveness, Leadership Skills, Loss, Be a Team Player</p> <p>Unit 3: Happiness, Healthy Relationships, Bullying, Prejudice and Racism, Rumors and Gossip, Generosity, Standing Up for Yourself, Transitions</p>
Relationship Skills	<p>Unit 1: Introduction to Emotions, Understanding and Appreciating Character Strength, Teamwork and Collaboration, Decision Making, Responsibility and Accountability, Values, Growth Mindset</p> <p>Unit 3: Leadership Skills</p>	<p>Unit 1: Introduction to Emotions, Character Traits, Strengths and Weaknesses, Morals, Teamwork and Collaboration, Flexible Thinking</p> <p>Unit 2: Showing Respect, Body Language, Empathy</p> <p>Unit 3: Being Responsible</p>	<p>Unit 1: Introduction to Emotions, Identifying Strengths and Interests, Ethics & Integrity</p> <p>Unit 2: Human Variation, Leadership Skills</p>



Middle School Alignment to CASEL Competencies

Domain	Grade 6	Grade 7	Grade 8
Relationship Skills	<p>Unit 1: Compassion to Stand Up to Bullying, Mindfulness Matters, Facing Failure, Growth Mindset</p> <p>Unit 2: Self-Perception, Optimism, Perspective Taking, Healthy & Unhealthy Relationships, Making & Maintaining Friendships</p> <p>Unit 3: Resilience, Executive Functioning, Fear Less, Gratitude & Generosity, Perseverance & Hope</p>	<p>Unit 1: Healthy Choices, Self-Perception</p> <p>Unit 2: Body Language, Perspective, Empathy</p> <p>Unit 3: Mindfulness, Healthy Lifestyle, Relationships, Emotional Awareness, Being Responsible, Forgiving, Time Management</p>	<p>Unit 1: Balancing Your Body Budget, Problem Solving, Kindness and Compassion, Ethics & Integrity, Goal Setting</p> <p>Unit 2: Relationships, Extracurricular activities, Leadership Skills, Be a Team Player</p> <p>Unit 3: Healthy Living, Happiness, Healthy Relationships, Standing Up for Yourself, Transitions, Public Speaking, Negotiating</p>
Relationship Skills	<p>Unit 1: Compassion to Stand Up to Bullying, Values, Responsibility and Accountability</p> <p>Unit 2: Diversity, Identity, Perspective Taking</p> <p>Unit 3: Reaching Out for Resources, Respect for Living Things, Community Involvement, Cultural Competence</p>	<p>Unit 1: Healthy Choices, Morals</p> <p>Unit 2: Advocacy, Stereotypes & Implicit bias, Cultural Competency</p> <p>Unit 3: Being Responsible, Community Involvement and Giving Back</p>	<p>Unit 1: Cultural Competency</p> <p>Unit 3: Happiness, Healthy Living, Prejudice and Racism, Bullying</p>
Relationship Skills	<p>Unit 1: Understanding and Building Self-Confidence and Self-Esteem, Understanding and Appreciating Character Strength, Using Compassion to Stand Up to Bullying, Pressure and Stress, Mindfulness Matters, Facing Failure, Growth Mindset, Teamwork and Collaboration, Decision Making, Responsibility and Accountability</p> <p>Unit 2: Self-Perception, Optimism, Grief, Identity, Diversity, Nonverbal Communication, Gossiping, Perspective Taking, Healthy & Unhealthy Relationships, Making & Maintaining Friendships, Rules, Jealousy & Envy</p> <p>Unit 3: Resilience, Executive Functioning, Fear Less, Reaching Out for Resources, Respect for Living Things, Community Involvement, Giving & Receiving Feedback, Cultural Competence, Go for Your Goals, Leadership Skills, Gratitude and Generosity, Perseverance & Hope</p>	<p>Unit 1: Strengths and Weaknesses, Confidence, Flexible Thinking, SMART Goals, Morals, Teamwork and Collaboration, Stress, Conflict, Self-Perception, Healthy Choices</p> <p>Unit 2: Showing Respect, Body Language, Advocacy, Stereotypes & Implicit Bias, Fear, Listening Skills, Overcoming Obstacles, Bullying, Cultural Competency, Empathy, Feedback, Perspective</p> <p>Unit 3: Dealing with Disappointment, Stress Reduction, Mindfulness, Healthy Lifestyle, It's Okay to Fail, Relationships, Resilience, Being Responsible, Emotional Awareness, Forgiving, Time Management, Community Involvement and Giving Back</p>	<p>Unit 1: Identifying Strengths and Interests, Balancing Your Body Budget, Problem Solving, Cultural Competency, Community Support, Belonging and Rejection, Getting Your Point Across, Identifying Mentors, Ethics & Integrity, Goal Setting, Kindness and Compassion</p> <p>Unit 2: Rules for Life, Human Variation, Pain and Self-Harm, Self-Talk, Extracurricular Activities, Relationships, Perspective Taking, Conflict, Apologies and Forgiveness, Leadership Skills, Loss, Be a Team Player</p> <p>Unit 3: Healthy Living, Happiness, Healthy Relationships, Bullying, Prejudice and Racism, Rumors and Gossip, Point of View, Negotiating, Public Speaking, Generosity, Standing Up for Yourself, Transitions</p>
Relationship Skills	<p>Unit 1: Pressure and Stress, Facing Failure, Growth Mindset</p> <p>Unit 2: Healthy & Unhealthy Relationships, Making & Maintaining Friendships</p> <p>Unit 3: Fear Less, Reaching Out for Resources</p>	<p>Unit 1: Strengths and Weaknesses, Confidence, Flexible Thinking, SMART Goals, Stress, Healthy Choices</p> <p>Unit 2: Advocacy, Fear, Bullying</p> <p>Unit 3: Dealing with Disappointment, Stress Reduction, It's Okay to Fail, Relationships, Time Management, Community Involvement & Giving Back</p>	<p>Unit 1: Identifying Strengths and Interests, Balancing Your Body Budget, Problem Solving, Belonging and Rejection, Getting Your Point Across</p> <p>Unit 2: Rules for Life, Human Variation, Pain and Self-Harm, Self-Talk, Relationships, Conflict, Apologies and Forgiveness, Loss</p> <p>Unit 3: Bullying, Prejudice and Racism, Rumors and Gossip, Negotiating, Public Soeaking, Point of View, Standing Up for Yourself, Transitions</p>



Middle School Alignment to CASEL Competencies

Domain	Grade 6	Grade 7	Grade 8
Relationship Skills	<p>Unit 1: Understanding and Building Self-Confidence and Self-Esteem, Understanding and Appreciating Character Strength, Pressure and Stress, Mindfulness Matters, Facing Failure, Growth Mindset, Teamwork and Collaboration, Decision Making, Responsibility and Accountability, Values</p> <p>Unit 2: Self-Perception, Optimism, Perspective Taking</p> <p>Unit 3: Resilience, Executive Functioning, Fear Less, Reaching Out for Resources, Giving & Receiving Feedback, Community Involvement, Go for Your Goals, Leadership Skills</p>	<p>Unit 1: Character Traits, Strengths and Weaknesses, Confidence, Flexible Thinking, SMART Goals, Morals, Teamwork and Collaboration, Stress, Healthy Choices, Conflict, Self-Perception</p> <p>Unit 2: Showing Respect, Advocacy, Fear, Listening Skills, Overcoming Obstacles, Bullying, Perspective</p> <p>Unit 3: Dealing with Disappointment, Stress Reduction, Mindfulness, Healthy Lifestyle, It's Okay to Fail, Relationships, Resilience, Emotional Awareness, Being Responsible, Time Management</p>	<p>Unit 1: Identifying Strengths and Interests, Problem Solving, Belonging and Rejection, Getting Your Point Across, Identifying Mentors, Goal Setting</p> <p>Unit 2: Rules for Life, Human Variation, Extracurricular Activities, Relationships, Leadership Skills, Be a Team Player</p> <p>Unit 3: Healthy Relationships, Point of View, Negotiating, Public Speaking, Standing Up for Yourself, Transitions</p>