

Scope and Sequence

Grade 6	Grade 7	Grade 8
<p>Unit 1: <i>Wrinkle in Time</i></p> <ol style="list-style-type: none"> 1. Introduction to Emotions 2. Understanding and Building Self-Confidence and Self-Esteem 3. Understanding and Appreciating Character Strengths 4. Using Compassion to Stand Up to Bullying 5. Pressure and Stress 6. Mindfulness Matters 7. Facing Failure 8. Growth Mindset 9. Teamwork and Collaboration 10. Decision-Making 11. Values 12. Responsibility and Accountability 	<p>Unit 1: <i>Peak</i></p> <ol style="list-style-type: none"> 1. Introduction to Emotions 2. Character Traits 3. Strengths and Weaknesses 4. Confidence 5. Flexible Thinking 6. SMART Goals 7. Morals 8. Teamwork and Collaboration 9. Stress 10. Healthy Choices 11. Conflict 12. Self-Perception 	<p>Unit 1: <i>A Single Shard</i></p> <ol style="list-style-type: none"> 1. Introduction to Emotions 2. Identifying Strengths and Weaknesses 3. Balancing Your Body Budget 4. Problem-Solving 5. Cultural Competency 6. Community Support 7. Belonging and Rejection 8. Getting Your Point Across 9. Identifying Mentors 10. Ethics and Integrity 11. Goal Setting 12. Kindness and Compassion
<p>Unit 2: <i>Walk Two Moons</i></p> <ol style="list-style-type: none"> 1. Self-Perception 2. Optimism 3. Grief 4. Identity 5. Nonverbal Communication 6. Diversity 7. Perspective Taking 8. Healthy and Unhealthy Relationships 9. Making and Maintaining Friendships 10. Rules 11. Gossiping 12. Jealousy and Envy 	<p>Unit 2: <i>Inside Out and Back Again</i></p> <ol style="list-style-type: none"> 1. Showing Respect 2. Body Language 3. Advocacy 4. Stereotypes 5. Fear 6. Listening Skills 7. Overcoming Obstacles 8. Feedback 9. Bullying 10. Perspective 11. Cultural Competency 12. Empathy 	<p>Unit 2: <i>The Crossover</i></p> <ol style="list-style-type: none"> 1. Rules for Life 2. Human Variation 3. Pain and Self-Harm 4. Self-Talk 5. Be a Team Player 6. Extracurricular Activities 7. Perspective Taking 8. Relationships 9. Conflict 10. Apologies and Forgiveness 11. Leadership Skills 12. Loss
<p>Unit 3: <i>A Long Walk to Water</i></p> <ol style="list-style-type: none"> 1. Resilience 2. Executive Functioning 3. Fear Less 4. Reaching Out for Resources 5. Respect for Living Things 6. Community Involvement 7. Giving and Receiving Feedback 8. Cultural Competence 9. Go for Your Goals 10. Leadership Skills 11. Gratitude and Generosity 12. Perseverance and Hope 	<p>Unit 3: <i>Amal Unbound</i></p> <ol style="list-style-type: none"> 1. Dealing with Disappointment 2. Stress Reduction 3. Mindfulness 4. Healthy Lifestyles 5. It's Okay to Fail 6. Relationships 7. Resilience 8. Emotional Awareness 9. Being Responsible 10. Forgiving 11. Time Management 12. Community Involvement and Giving Back 	<p>Unit 3: <i>Esperanza Rising</i></p> <ol style="list-style-type: none"> 1. Healthy Living 2. Happiness 3. Healthy Relationships 4. Prejudice and Racism 5. Bullying 6. Rumors and Gossip 7. Point of View 8. Negotiating 9. Public Speaking 10. Generosity 11. Standing Up for Yourself 12. Transitions

Meet Emozi® Middle School Today!
[Download a Sample Lesson](#)