



# Emozi™ Program Scope and Sequence

Our middle school program was designed so that skills students learn build on, rather than duplicate, each other. The scope and sequence for all three middle school grade levels is provided below to outline the topics, themes, and skills taught at each grade level.

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