


PROJECT KIND

OCTOBER	NOVEMBER	DECEMBER
<ul style="list-style-type: none"> • 10/30: KINDNESS KICKOFF <ul style="list-style-type: none"> ○ COMPLETE 7TH GRADE LESSON 1 	<ul style="list-style-type: none"> • 11/13: GRATITUDE <ul style="list-style-type: none"> ○ COMPLETE 7TH GRADE LESSON 6 	<ul style="list-style-type: none"> • 12/4: EMPATHY <ul style="list-style-type: none"> ○ COMPLETE 7TH GRADE LESSON 18
JANUARY	FEBRUARY	MARCH
<ul style="list-style-type: none"> • 1/8: PERSEVERANCE <ul style="list-style-type: none"> ○ COMPLETE 7TH GRADE LESSON 14 • 1/22: PERSEVERANCE <ul style="list-style-type: none"> ○ COMPLETE 7TH GRADE LESSON 15 	<ul style="list-style-type: none"> • 2/12: VA KINDNESS WEEK <ul style="list-style-type: none"> ○ COMPLETE 7TH GRADE LESSON 31 – PART 1 • 2/26: COOPERATION <ul style="list-style-type: none"> ○ COMPLETE 7TH GRADE LESSON 32 – PART 2 	<ul style="list-style-type: none"> • 3/4: HONESTY <ul style="list-style-type: none"> ○ COMPLETE 7TH GRADE LESSON 33 – PART 1 • 3/18: HONESTY <ul style="list-style-type: none"> ○ COMPLETE 7TH GRADE LESSON 34 – PART 2
APRIL		
<ul style="list-style-type: none"> • 4/22: COURAGE <ul style="list-style-type: none"> ○ COMPLETE 7TH GRADE LESSON 35 	<p style="text-align: center;"><u>KGMS Project KIND Lesson Calendar</u></p> <p>Lessons are taught during 1st period. Because KGMS classes have mixed grade levels, all students will participate in lessons labeled as "7th grade" in the first year of implementation.</p>	

Scope & Sequence

Well-being: How do I develop personal well-being and how does it affect our relationships with others?

NOTE: KGMS will use 10 of the 35 lessons listed below. Because KGMS classes have mixed grade levels, all students will participate in lessons labeled as "7th grade" in the first year of implementation.

Abstract: Abstract: The 7th Grade 35-Session Scope and Sequence offers extensive coverage of the main ingredients comprising CharacterStrong's curriculum. These ingredients support 3 essential outcomes: well-being, belonging, and engagement. In 7th grade, we place special emphasis on well-being. Our essential question is: *How do I develop personal well-being and how does it affect our relationships with others?* Below, you will find how the 5 ingredients featured in the 7th Grade 35-Session Scope and Sequence are covered, followed by the sequential scope and sequence.

Foundation - Setting the Stage

- S1: Welcome
- S2: Building Connections
- S3: Community Community
- S4: Developing Community Agreements
- S5: The CharacterDare

Values & Purpose

- S6: What Do We Value?, pt 1
- S7: What Do We Value?, pt 2
- S8: What Do We Value?, pt 3
- S31: Real Life Respect, pt 1
- S32: Real Life Respect, pt 2
- S33: Promoting Honesty, pt 1
- S34: Promoting Honesty, pt 2

Emotion Understanding & Regulation

- S9: Understanding Emotions
- S10: Exploring Emotions
- S11: Expanding Emotion Regulation
- S12: Practicing Emotion Regulation
- S13: Identifying Emotions
- S14: Understanding Stress
- S15: Stress Coping Strategies

Empathy & Compassion

- S16: Understanding Community Connections
- S17: Building Social Awareness
- S18: Understanding Effective Empathy (Choosing to Care)
- S19: Acting with Empathy
- S20: Practicing Effective Empathy

Goals & Habits

- S21: Understanding Mental Health & Well-Being
- S22: Exercising Well-Being
- S23: Well-Being In Practice
- S24: Developing Well-Being Habits
- S30: Growth Mindset

Leadership & Teamwork

- S25: Communication with Assertiveness
 - S26: Practicing Assertiveness
 - S27: Learning to Compromise
 - S28: Handling Conflict
 - S29: Reflecting on Conflict
- NOTE:** Access project-based learning sessions in the Group Projects section of the Campus Resources menu

Reflections

- S35: Final Reflections

Scope & Sequence



Well-being: How do I develop personal well-being and how does it affect our relationships with others?

S1: Welcome

Welcome to Session 1! This session helps set the stage for the "What", the "How", and the "Why" for this year. It helps create clarity for both the educator and students which sets the program up for success.

S2: Building Connections

This is the 1st of 2 sessions about building community. The goal is to begin to develop relationships and create a sense of safety and community in our classroom space.

S3: Building Community

This is the 2nd of 2 sessions in our community-building series. It is focused on getting to know each other better and learning more about each other interests and insights.

S4: Developing Community Agreements

This session is dedicated to developing Community Agreements. This process is designed to bring many voices forward to make sure everyone has an opportunity to reflect on and discuss how we want to treat each other. These Agreements are meant to help the class to become a safe place where people can be genuine without fear of mistreatment. The Agreements are designed to serve as guidelines we can refer to throughout the year.

S5: The CharacterDare

This session sets up the first CharacterDare, which will be a consistent part of every session for the rest of the year. The CharacterDares are designed to help us practice putting values and character into action. The CharacterDare process includes reviewing the challenge from the previous session, along with an introduction to a new challenge. Every grade level has the same challenge corresponding to that week's session. We will return to the conversation about character and values in a 3-part series titled "What Do We Value?" Remember: CharacterDares are invitations, not demands! The power is in the conversation.

S6: What Do We Value?, pt 1

This is the 1st of 3 sessions related to values. Thinking about and identifying values, we personally feel are important, can help us make good decisions and can guide our actions in positive directions. In this session, we explore our individual values, including where they come from and ways we can put them into action. In this session, we will go through the full CharacterDare process: first, reflect on the previous CharacterDare, and second, introduce them to the new CharacterDare. Remember: these challenges are invitations, not demands! The power is in the conversation.

Scope & Sequence



Well-being: How do I develop personal well-being and how does it affect our relationships with others?

S7: What Do We Value?, pt 2

This is the 2nd of 3 sessions focused on values. This session applies learning from the last session related to values and offers some perspective on how we might have the same (or different) values for various reasons.

S8: What Do We Value?, pt 3

This is the 3rd of 3 sessions focused on values. This session brings the three sessions together with a focus on application in our personal lives.

S9: Understanding Emotions

This is the 1st of 5 sessions focused on understanding (two sessions) and regulating (three sessions) emotions. Across this session and the next, we learn some basic brain science to help us understand where our emotions come from. We learn that our brains all create emotions quickly and automatically, which means people don't have strong emotions on purpose. This can help us to gain a helpful perspective on both our own and others' strong emotions.

S10: Exploring Emotions

This is the 2nd of 5 sessions focused on understanding (two sessions) and regulating (three sessions) emotions. Across this session and the last we learn some basic brain science to help us understand where our emotions come from. In this session, we continue learning about how our brains create emotions quickly and automatically. This can help us to gain a helpful perspective on both our own and others' strong emotions.

S11: Expanding Emotion Vocabulary

Following two sessions on emotion understanding, the 3rd session in this series of 5 focuses on emotion regulation. In this session, we learn about regulating our own strong emotions by Naming them and improving our ability to use this approach by practicing distinguishing between different intensities of emotion to help us find the right name for what we are experiencing.

S12: Practicing Emotion Regulation

This is the 4th of 5 sessions related to emotion understanding and emotion regulation. Handling powerful emotions requires learning strategies for calming down and we learn two and revisit one learned last week in this session.

S13: Identifying Emotions

This is the 5th of 5 sessions related to emotion understanding and emotion regulation. Tools for regulating emotions are only effective if you use them. In this session, we work on thinking through how we'd handle emotional challenges presented in scenarios.

S14: Understanding Stress

This is the 1st of 2 sessions on stress and coping. Increasing numbers of adolescents struggle with stress. In this session, we focus on understanding stress and learning ways to cope with stress.

Scope & Sequence



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S15: Stress Coping Strategies

This is the 2nd of 2 sessions on stress and coping. In this session, we focus on coming up with and sharing ways to improve our well-being to help us cope with stress.

S16: Understanding Community Connections

This session focuses on social connections. Friendships and good relationships with others are important throughout life but can be especially important in middle school. In this session, we all work together to come up with as many ideas as we can for ways to be social and connect with others.

S17: Building Social Awareness

This is the 1st of 4 sessions on how we can effectively engage in empathy in ways that result in helping others in need rather than just feeling bad for them. To start this section off we focus on noticing as much as we can about others as a way to get us started on improving our empathy and perspective-taking skills.

S18: Understanding Effective Empathy (Choosing to Care)

This is the 2nd of 4 sessions on effective empathy. The first step, which we worked on last session, is noticing how others are feeling and what's going on with them. The second step, which we focus on today, is the importance of caring about others and caring when we can tell others are unhappy or could use some help.

S19: Acting with Empathy

This is the 3rd of 4 sessions on effective empathy. In this session, we focus on the 3rd ingredient that makes empathy effective - taking action to help others.

S20: Practicing Effective Empathy

This is the 4th of 4 sessions on effective empathy. In this session, we reflect on and explore ways to engage in all three parts of the effective empathy formula: noticing, caring, and taking action.

S21: Understanding Mental Health & Well-Being

This is the 1st of 4 sessions on mental health and well-being. Recent science has shown that we can benefit from increasing our well-being (which we use synonymously with mental health) even when we struggle with mental illness and life's challenges. Well-being matters for all of us and in this session we learn about three types or aspects of well-being.

S22: Exercising Well-Being

This is the 2nd of 4 sessions on well-being. In this session, we continue to focus on the three aspects of well-being and explore ways we can support and increase our well-being.

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S23: Well-Being In Practice

This is the 3rd of 4 sessions on well-being. In this session, we continue to work together to generate and share ideas for ways we can boost our well-being.

S24: Developing Well-Being Habits

This is the 4th of 4 sessions on well-being. In this session, we think about personal goals we have for our well-being and identify the barriers we may face in trying to achieve them.

S25: Communicating with Assertiveness

This is the 1st of 2 sessions on assertiveness. Aggression is a common cause of conflicts but we need to learn to avoid both aggression and passivity. In this session, we explore the differences between the three.

S26: Practicing Assertiveness

This session is the 2nd of 2 sessions on assertiveness. Being able to be assertive helps us stand up for ourselves and communicate our needs and wants without being disrespectful to others. In this session, we learn assertiveness through understanding the differences between passive, aggressive, and assertive.

S27: Learning to Compromise

This is the 1st of 3 sessions on handling conflict. This session is about compromise. Being able to compromise is an important skill that helps us resolve conflicts and handle disagreements with friends, peers, and in group work. In this session, we work together to better understand compromising by coming up with solutions to scenarios that require compromise.

S28: Handling Conflict

This session is the 2nd of 3 sessions about learning to resolve conflicts. In middle school, peer conflicts happen often and if not resolved they can snowball and disrupt the learning environment. In this session we work together to figure out ways to resolve conflict scenarios.

S29: Reflecting on Conflict

This is the 3rd of 3 sessions on conflicts. In this session, we learn 4 approaches to handling conflicts: compromise, let it go, ask for help, and be assertive.

Scope & Sequence



Well-being: How do I develop personal well-being and how does it affect our relationships with others?

S30: Growth Mindset

In this session, we will strengthen our growth mindsets by practicing reframing what it means to fail. We will then reflect on their own failures and brainstorm learning that can come from it.

S31: Real Life Respect, pt 1

This session focuses on defining the value of respect. In this session, will be introduced to the concept of respect, create a shared understanding of it's meaning, learn that it is an action, and explore the different ways we experience respect.

S32: Real Life Respect, pt 2

This session continues the students' examination of the value of respect. In this session, we will review a definition of respect and identify what respect can look like in different school settings. We will then identify settings called "Hot Spots" in their school where more respect is needed, and develop a personal plan for what they can do to help demonstrate and promote respectful behavior.

S33: Promoting Honesty, pt 1

This is the 1st of 2 sessions related to honesty. In this session, we will work to understand what honesty can look like daily or weekly in our lives. We will then create an ongoing commitment to bring honesty to life in their school.

S34: Promoting Honesty, pt 2

This is the 2nd of 2 sessions on honesty. In this session, we will discuss the obstacles to practicing honesty. Then we will create 30-second ads that offer strategies for practicing honesty even when it's hard.

S35: Final Reflections

This session focuses on thinking back and reflecting on things we've learned and ways we've grown through a process called a Sankofa Session. This reflection process is important for us to cement the learning as we look to the past to inform our future.