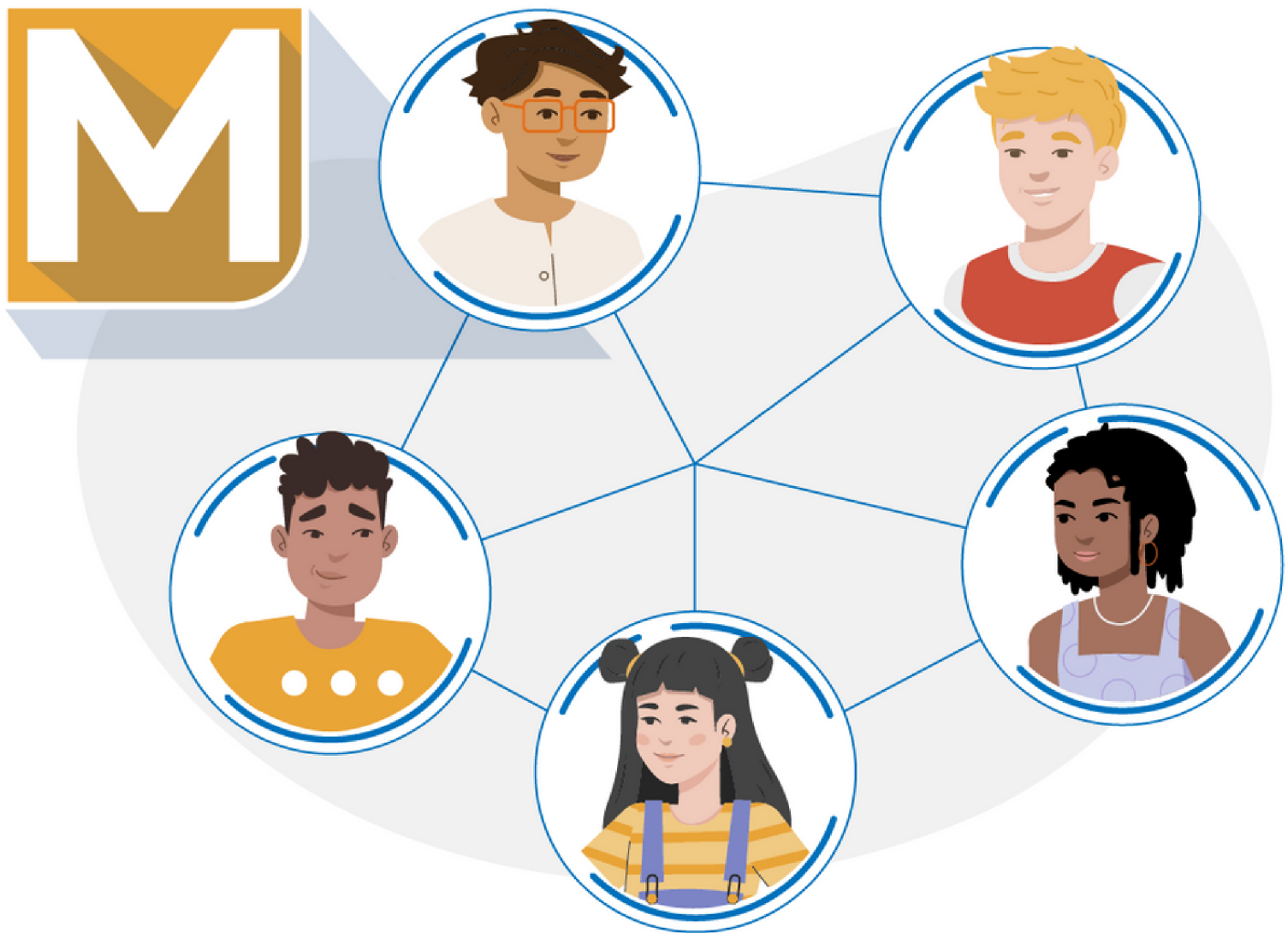


SEL Middle School

Week by Week Guides



SEL Middle School | Week by Week | Unit 1

Self-Awareness | Week 1 - Week 5

SEL Competency: Self-Awareness

Week	Sub-Competency	Article Topic	Offline Activities	
1	N/A	Intro to Self-Awareness	Watch and discuss Course intro and Self-Awareness intro videos	Discuss and define Self-Awareness as a class
	Identifying emotions	What Am I Really Feeling?	Handout 1: Eight Basic Emotions	Handout 2: Emotional Intensity
2	Accurate self-perception	Getting to Know Myself	Handout 1: Self-Portrait	Handout 2: Strengths and Challenges
3	Recognizing strengths	Recognizing My Strengths	Handout 1: Flow Center Proposal	Handout 2: Modified Pomodoro Technique
4	Self-confidence	Confidence Hacks	Handout 1: Confidence Boosters	Handout 2: Encouragement Roster
5	Self-efficacy	What Do I Really Want?	Handout 1: Performance Experience: List	Handout 2: Performance Experience: Collage

SEL Middle School | Week by Week | Unit 2

Self-Management | Week 6 - Week 10

SEL Competency: Self-Management				
Week	Sub-Competency	Article Topic	Offline Activities	
6	N/A	Intro to Self-Management	Watch and discuss Self-Management intro video	Discuss and define Self-Management as a class
	Impulse control	Understanding My Impulses	Handout 1: Breathing Triangle	Handout 2: Impulse Awareness Journal
7	Stress management	Dealing With Stress	Handout 1: Stress Management Chart	Handout 2: Gratitude Journal
8	Self-discipline	Self-Discipline	Handout 1: Motivation Brainstorming	Handout 2: Progress Chart
9	Goal setting and self-motivation	Achieving My Goals	Handout 1: Short Story Planner	Handout 2: SMART Goal Practice
10	Organizational skills	Getting Organized	Handout 1: Planner Practice	Handout 2: Free Time Log

SEL Middle School | Week by Week | Unit 3

Social Awareness | Week 11 - Week 15

SEL Competency: Social Awareness

Week	Sub-Competency	Article Topic	Offline Activities	
11	N/A	Intro to Social Awareness	Watch and discuss Social Awareness intro video	Discuss and define Social Awareness as a class
	Perspective taking	More Than One Perspective	Handout 1: Role Reversal Writing Exercise: Favorite Book	Handout 2: Role Reversal Writing Exercise: Historical Fiction
12	Empathy	Understanding and Supporting Others	Handout 1: Active Listening Reflection	Handout 2: Community Interview
13	Appreciating diversity	Classroom and Community	Handout 1: Introduction Collage	Handout 2: Storytelling
14	Appreciating diversity	Family Structures	Handout 1: Fictional Family	Handout 2: Collage of Caring
15	Respect for others	Demonstrating Respect	Handout 1: Gratitude Survey	Handout 2: Respect Log

SEL Middle School | Week by Week | Unit 4

Relationship Skills | Week 16 - Week 20

SEL Competency: Relationship Skills

Week	Sub-Competency	Article Topic	Offline Activities	
16	N/A	Intro to Relationship Skills	Watch and discuss Relationship Skills intro video	Discuss and define Relationship Skills as a class
	Communication	Public Speaking	Handout 1: Public Speaking: Brainstorm	Handout 2: Public Speaking: Preparation
17	Communication	What Should I Say?	Handout 1: What Should I Say? DOs and DON'Ts	Handout 2: Memory Collage
18	Social engagement	Random Acts of Kindness	Handout 1: Kindness Log	Handout 2: Random Acts of Kindness
19	Relationship building	Making and Keeping Friends	Handout 1: Apology Letter Practice	Handout 2: Friendship Word Clouds
20	Teamwork	Building a Team	Handout 1: Newspaper Fashion Show	Handout 2: Deserted Island

SEL Middle School | Week by Week | Unit 5

Responsible Decision Making | Week 21 - Week 25

SEL Competency: Responsible Decision Making

Week	Sub-Competency	Article Topic	Offline Activities	
21	N/A	Intro to Responsible Decision Making	Watch and discuss Responsible Decision Making intro video	Discuss and define Responsible Decision Making as a class
	Identifying, analyzing, and solving problems	Making Changes	Handout 1: Would You Rather	Handout 2: Decision Tree
22	Identifying, analyzing, and solving problems	Why Are We Fighting?	Handout 1: Scenario Response	Handout 2: Classroom Similarities
23	Identifying, analyzing, and solving problems	Impacting My Community	Handout 1: Classroom Community Proposal	Handout 2: Social Responsibility Comic
24	Evaluating and reflecting	Journaling Techniques	Handout 1: Self-Reflection Brain Dump	Handout 2: Habit Tracking
25	Ethical responsibility	Being Ethical Online	Handout 1: Brainstorm: Social Media Safety	Handout 2: Visualizing your Digital Footprint