| EMOTIONAL DEVELOPMENT (6th Grade – 8th Grade) | | | |
| --- | --- | --- | --- |
| Understand and manage one’s emotions | | | |
| No. | CASEL Domain | Wisconsin 6th-8th SEL Competencies | Too Good for Violence - Social Perspectives Grades 6-8 | |
| 1 | Self-Awareness | Learners will be able to recognize and label a variety of complex graded emotions in self and others. | **Grade 6**  Lesson 6.3 *Diagnostic Tune-Up* - Identifying and Managing Emotions  Lesson 6.8 *Keep Your Cool* – Anger Management  **Grade 7**  Lesson 7.3 *Understanding Me* - Identifying and Managing Emotions  Lesson 7.8 *Anger Outlet*– Anger Management  **Grade 8**  Lesson 8.3 *Calibrating Sensors*- Identifying and Managing Emotions  Lesson 8.6 *Compatibility* – Respect for Self and Others | |
| 2 | Self- Management | Learners will be able to express their emotions in an appropriate and respectful manner using a variety of modalities (e.g., verbal and nonverbal). | **Grade 6**  Lesson 6.3 *Diagnostic Tune-Up* - Identifying and Managing Emotions  Lesson 6.4 *Express Yourself* - Effective Communication  Lesson 6.8 *Keep Your Cool* – Anger Management  **Grade 7**  Lesson 7.3 *Understanding Me* - Identifying and Managing Emotions  Lesson 7.4 *Say It with Style*- Effective Communication  Lesson 7.8 *Anger Outlet*– Anger Management  **Grade 8**  Lesson 8.3 *Calibrating Sensors* - Identifying and Managing Emotions  Lesson 8.4 *Press Send* - Effective Communication | |
| 3 | Self- Management | Learners will be able to identify what triggers a strong emotion and apply an appropriate calming or coping strategy to defuse the emotional trigger. | **Grade 6**  Lesson 6.3 *Diagnostic Tune-Up* - Identifying and Managing Emotions  Lesson 6.8 *Keep Your Cool* – Anger Management  **Grade 7**  Lesson 7.3 *Understanding Me* - Identifying and Managing Emotions  Lesson 7.4 *Say It with Style*- Effective Communication  Lesson 7.8 *Anger Outlet*– Anger Management  **Grade 8**  Lesson 8.3 *Calibrating Sensors* - Identifying and Managing Emotions  Lesson 8.4 *Press Send* - Effective Communication  Lesson 8.8 *System Feedback* – Constructive Criticism | |
| 4 | Focus  Attention | Learners will be able to independently use organizational skills and strategies to focus attention in order to work toward short-term personal and academic goals. | **Grade 6**  Lesson 6.1 *My Road Ahead* – Setting Reachable Goals  **Grade 7**  Lesson 7.1 *Set to Win* – Setting Reachable Goals  **Grade 8**  Lesson 8.1 *The Architect* – Setting Reachable Goals | |
| 5 | Social  Awareness | Learners will be able to provide support and encouragement to others through perspective taking, empathy, and appreciation for diversity. | **Grade 6**  Lesson 6.4 *Express Yourself* - Effective Communication  Lesson 6.6 *Confidence in Progress* – Respect for Self and Others  **Grade 7**  Lesson 7.4 *Say It with Style* - Effective Communication  Lesson 7.5 *The Right Connection* – Bonding & Relationships  Lesson 7.6 *Celebrating Differences* – Respect for Self & Others  **Grade 8**  Lesson 8.4 *Press Send* - Effective Communication  Lesson 8.5 *Friend Request* – Bonding & Relationships  Lesson 8.6 *Compatibility* – Respect for Self and Others | |
| 6 | Social  Awareness | Learners will be able to recognize expressions of empathy in society and communities. | **Grade 6**  Lesson 6.3 *Diagnostic Tune-Up* - Identifying and Managing Emotions  Lesson 6.6 *Confidence in Progress* – Respect for Self and Others  **Grade 7**  Lesson 7.3 *Understanding Me* - Identifying and Managing Emotions  Lesson 7.4 *Say It with Style* - Effective Communication  Lesson 7.6 *Celebrating Differences* – Respect for Self & Others  **Grade 8**  Lesson 8.3 *Calibrating Sensors*- Identifying and Managing Emotions  Lesson 8.4 *Press Send* - Effective Communication  Lesson 8.6 *Compatibility* – Respect for Self and Others | |

| SELF-CONCEPT (6th Grade - 8th Grade) | | | |
| --- | --- | --- | --- |
| Develop positive self-identity and recognize self as a lifelong learner | | | |
| No. | CASEL Domain | Wisconsin 6th-8th SEL Competencies | Too Good for Drugs and Violence - Social Perspectives Grades 6-8 |
| 7 | Self-Awareness | Learners will be able to use optimism and a “growth mind set” to recognize strengths in self in order to describe and prioritize personal skills and interests they want to develop. | **Grade 6**  Lesson 6.1 *My Road Ahead*– Setting Reachable Goals  Lesson 6.2 *Who’s in the Driver’s Seat?* – Making Responsible Decisions  **Grade 7**  Lesson 7.1 *Set to Win* – Setting Reachable Goals  Lesson 7.2 *The Decision is Yours* – Making Responsible Decisions  Lesson 7.6 *Celebrating Differences* – Respect for Self & Others  **Grade 8**  Lesson 8.1 *The Architect* – Setting Reachable Goals  Lesson 8.2 *iDecide* – Making Responsible Decisions  Lesson 8.6 *Compatibility* – Respect for Self and Others  Lesson 8.8 *System Feedback* – Constructive Criticism |
| 8 | Self-Awareness | Learners will be able to self-reflect on their values and beliefs and how their behaviors relate to those values and beliefs. | **Grade 6**  Lesson 6.6 *Confidence in Progress* – Respect for Self and Others  **Grade 7**  Lesson 7.5 *The Right Connection* – Bonding & Relationships  Lesson 7.6 *Celebrating Differences* – Respect for Self & Others  **Grade 8**  Lesson 8.5 *Friend Request* – Bonding & Relationships  Lesson 8.6 *Compatibility* – Respect for Self and Others |
| 9 | Self-Awareness  Social-Awareness | Learners will be able to identify how family and culture impact their thoughts and actions. | **Grade 6**  Lesson 6.2 *Who’s in the Driver’s Seat?* – Making Responsible Decisions  Lesson 6.5 *Peer Review* – Bonding & Relationships  **Grade 7**  Lesson 7.2 *The Decision is Yours* – Making Responsible Decisions  Lesson 7.5 *The Right Connection* – Bonding & Relationships  **Grade 8**  Lesson 8.2 *iDecide* – Making Responsible Decisions  Lesson 8.5 *Friend Request* – Bonding & Relationships  Lesson 8.8 *System Feedback* – Constructive Criticism |
| 10 | Self-Management | Learners will be able to consistently set attainable, realistic goals, and persist until their goals are achieved. | **Grade 6**  Lesson 6.1 *My Road Ahead*– Setting Reachable Goals  Lesson 6.2 *Who’s in the Driver’s Seat?* – Making Responsible Decisions  **Grade 7**  Lesson 7.1 *Set to Win* – Setting Reachable Goals  Lesson 7.2 *The Decision is Yours* – Making Responsible Decisions  **Grade 8**  Lesson 8.1 *The Architect* – Setting Reachable Goals  Lesson 8.2 *iDecide* – Making Responsible Decisions |
| 11 | Self-Awareness  Self-Management | Learners will be able to identify successes and challenges, and how they can learn from them. | **Grade 6**  Lesson 6.1 *My Road Ahead* – Setting Reachable Goals  Lesson 6.2 *Who’s in the Driver’s Seat?* – Making Responsible Decisions  Lesson 6.7 *A Peaceful Approach* – Conflict Resolution  **Grade 7**  Lesson 7.1 *Set to Win* – Setting Reachable Goals  Lesson 7.2 *The Decision is Yours* – Making Responsible Decisions  Lesson 7.4 *Say It with Style* - Effective Communication  Lesson 7.7 *Meeting Point* – Conflict Resolution  **Grade 8**  Lesson 8.1 *The Architect* – Setting Reachable Goals  Lesson 8.2 *iDecide* – Making Responsible Decisions  Lesson 8.4 *Press Send* - Effective Communication  Lesson 8.8 *System Feedback*– Constructive Criticism |

| SOCIAL COMPETENCE (6th Grade - 8th Grade) | | | |
| --- | --- | --- | --- |
| Establish and maintain positive relationships by respecting others, practicing social skills, and making responsible choices while recognizing and connecting to the community at large | | | |
| No. | CASEL Domain | Wisconsin 6th-8th SEL Competencies | Too Good for Violence - Social Perspectives Grades 6-8 | |
| 12 | Social Awareness | Learners will be able to show respect for other people’s perspectives. | **Grade 6**  Lesson 6.3 *Diagnostic Tune-Up* - Identifying and Managing Emotions  Lesson 6.6 *Confidence in Progress*– Respect for Self and Others  **Grade 7**  Lesson 7.3 *Understanding Me* - Identifying and Managing Emotions  Lesson 7.4 *Say It with Style* - Effective Communication  Lesson 7.6 *Celebrating Differences* – Respect for Self & Others  **Grade 8**  Lesson 8.3 *Calibrating Sensors* - Identifying and Managing Emotions  Lesson 8.4 *Press Send* - Effective Communication  Lesson 8.6 *Compatibility* – Respect for Self and Others | |
| 13 | Social Awareness | Learners will be able to reflect how cross-cultural experiences can influence their ability to build positive relationships. | **Grade 6**  Lesson 6.5 *Peer Review* – Bonding & Relationships  **Grade 7**  Lesson 7.5 *The Right Connection* – Bonding & Relationships  **Grade 8**  Lesson 8.5 *Friend Request* – Bonding & Relationships | |
| 14 | Social Awareness | Learners will be able to identify discrimination of individuals and groups based upon perceived differences. | **Grade 6**  Lesson 6.5 *Peer Review* – Bonding & Relationships  Lesson 6.6 *Confidence in Progress*– Respect for Self and Others  Lesson 6.9*What to Say*–Identifying & Managing Bullying Situations  **Grade 7**  Lesson 7.5 *The Right Connection* – Bonding & Relationships  Lesson 7.6 *Celebrating Differences* – Respect for Self & Others  Lesson 7.9 *Home Base* – Identifying and Managing Bullying Situations  **Grade 8**  Lesson 8.5 *Friend Request* – Bonding & Relationships  Lesson 8.6 *Compatibility* – Respect for Self and Others  Lesson 8.9 *What’s the Deal*–Identifying & Managing Bullying Situations | |
| 15 | Relationship Skills | Learners will be able to recognize the emotional, physical, social, and other costs of negative relationships. | **Grade 6**  Lesson 6.5 *Peer Review* – Bonding & Relationships  Lesson 6.6 *Confidence in Progress* – Respect for Self and Others  Lesson 6.7 *A Peaceful Approach* – Conflict Resolution  **Grade 7**  Lesson 7.3 *Understanding Me* - Identifying and Managing Emotions  Lesson 7.4 *Say It with Style* - Effective Communication  Lesson 7.5 *The Right Connection* – Bonding & Relationships  Lesson 7.6 *Celebrating Differences* – Respect for Self & Others  Lesson 7.7 *Meeting Point* – Conflict Resolution  **Grade 8**  Lesson 8.3 *Calibrating Sensors* - Identifying and Managing Emotions  Lesson 8.4 *Press Send* - Effective Communication  Lesson 8.5 *Friend Request* – Bonding & Relationships  Lesson 8.6 *Compatibility* – Respect for Self and Others  Lesson 8.7 *Optimal Resolution* – Conflict Resolution  Lesson 8.10 *Relationship Status* – Teen Dating Violence | |
| 16 | Relationship Skills | Learners will be able to use active listening and assertive, clear communication when expressing thoughts and ideas. | **Grade 6**  Lesson 6.4 *Express Yourself*- Effective Communication  **Grade 7**  Lesson 7.4 *Say It with Style* - Effective Communication  **Grade 8**  Lesson 8.4 *Press Send*- Effective Communication | |
| 17 | Relationship Skills | Learners will be able to recognize and respond appropriately to constructive feedback. | **Grade 6**  Lesson 6.3 *Diagnostic Tune-Up* - Identifying and Managing Emotions  Lesson 6.4 *Express Yourself* - Effective Communication  **Grade 7**  Lesson 7.3 *Understanding Me* - Identifying and Managing Emotions  Lesson 7.4 *Say It with Style* - Effective Communication  **Grade 8**  Lesson 8.3 *Calibrating Sensors* - Identifying and Managing Emotions  Lesson 8.4 *Press Send* - Effective Communication  Lesson 8.8 *System Feedback*– Constructive Criticism | |
| 18 | Relationship Skills | Learners will be able to work cooperatively and productively in a group and overcome setbacks and disagreements. | **Grade 6**  Lesson 6.4 *Express Yourself* - Effective Communication  Lesson 6.6 *Confidence in Progress* – Respect for Self and Others  Lesson 6.7 *A Peaceful Approach* – Conflict Resolution  Lesson 6.8 *Keep Your Cool*– Anger Management  **Grade 7**  Lesson 7.4 *Say It with Style* - Effective Communication  Lesson 7.5 *The Right Connection* – Bonding & Relationships  Lesson 7.6 *Celebrating Differences* – Respect for Self & Others  Lesson 7.7 *Meeting Point* – Conflict Resolution  Lesson 7.8 *Anger Outlet* – Anger Management  **Grade 8**  Lesson 8.4 *Press Send* - Effective Communication  Lesson 8.5 *Friend Request* – Bonding & Relationships  Lesson 8.6 *Compatibility* – Respect for Self and Others  Lesson 8.7 *Optimal Resolution* – Conflict Resolution  Lesson 8.8 *System Feedback*– Constructive Criticism | |
| 19 | Relationship Skills | Learners will be able to apply negotiation skills and conflict resolution skills to resolve differences. | **Grade 6**  Lesson 6.5 *Peer Review* – Bonding & Relationships  Lesson 6.6 *Confidence in Progress* – Respect for Self and Others  Lesson 6.7 *A Peaceful Approach* – Conflict Resolution  Lesson 6.8 *Keep Your Cool* – Anger Management  **Grade 7**  Lesson 7.5 *The Right Connection* – Bonding & Relationships  Lesson 7.6 *Celebrating Differences* – Respect for Self & Others  Lesson 7.7 *Meeting Point* – Conflict Resolution  Lesson 7.8 *Anger Outlet* – Anger Management  Lesson 7.10 *Site Survey* – Peer Violence  **Grade 8**  Lesson 8.4 *Press Send* - Effective Communication  Lesson 8.5 *Friend Request* – Bonding & Relationships  Lesson 8.6 *Compatibility* – Respect for Self and Others  Lesson 8.7 *Optimal Resolution* – Conflict Resolution  Lesson 8.8 *System Feedback*– Constructive Criticism | |
| 20 | Decision Making | Learners will be able to generate a variety of solutions and outcomes to a problem with consideration of well-being for oneself and others. | **Grade 6**  Lesson 6.6 *Confidence in Progress* – Respect for Self and Others  Lesson 6.7 *A Peaceful Approach* – Conflict Resolution  Lesson 6.9 *What to Say* – Identifying & Managing Bullying Situations  **Grade 7**  Lesson 7.5 *The Right Connection* – Bonding & Relationships  Lesson 7.6 *Celebrating Differences* – Respect for Self & Others  Lesson 7.7 *Meeting Point* – Conflict Resolution  Lesson 7.8 *Anger Outlet* – Anger Management  Lesson 7.9 *Home Base*–Identifying and Managing Bullying Situations  Lesson 7.10 *Site Survey* – Peer Violence  **Grade 8**  Lesson 8.4 *Press Send* - Effective Communication  Lesson 8.5 *Friend Request* – Bonding & Relationships  Lesson 8.6 *Compatibility* – Respect for Self and Others  Lesson 8.7 *Optimal Resolution* – Conflict Resolution  Lesson 8.8 *System Feedback*– Constructive Criticism  Lesson 8.9 *What’s the Deal* – Identifying & Managing Bullying Situations  Lesson 8.10 *Relationship Status* – Teen Dating Violence | |
| 21 | Social Awareness | Learners will be able to identify how social norms for behavior vary across different settings and within different cultures. | **Grade 6**  Lesson 6.6 *Confidence in Progress* – Respect for Self and Others  **Grade 7**  Lesson 7.6 *Celebrating Differences* – Respect for Self & Others  **Grade 8**  Lesson 8.6 *Compatibility* – Respect for Self and Others | |
| 22 | Decision Making  Relationship Skills | Learners will be able to identify the impact of their decisions on personal safety and relationships. | **Grade 6**  Lesson 6.2 *Who’s in the Driver’s Seat?* – Making Responsible Decisions  Lesson 6.5 *Peer Review* – Bonding & Relationships  Lesson 6.6 *Confidence in Progress* – Respect for Self and Others  **Grade 7**  Lesson 7.2 *The Decision is Yours* – Making Responsible Decisions  Lesson 7.5 *The Right Connection* – Bonding & Relationships  Lesson 7.6 *Celebrating Differences* – Respect for Self & Others  **Grade 8**  Lesson 8.2 *iDecide* – Making Responsible Decisions  Lesson 8.5 *Friend Request* – Bonding & Relationships  Lesson 8.6 *Compatibility* – Respect for Self and Others  Lesson 8.7 *Optimal Resolution* – Conflict Resolution  Lesson 8.10 *Relationship Status* – Teen Dating Violence | |
| 23 | Social Awareness  Relationship Skills | Learners will be able to advocate for themselves. | **Grade 6**  Lesson 6.4 *Express Yourself* - Effective Communication  Lesson 6.6 *Confidence in Progress* – Respect for Self and Others  **Grade 7**  Lesson 7.4 *Say It with Style* - Effective Communication  Lesson 7.6 *Celebrating Differences* – Respect for Self & Others  **Grade 8**  Lesson 8.4 *Press Send* - Effective Communication  Lesson 8.6 *Compatibility* – Respect for Self and Others  Lesson 8.10 *Relationship Status* – Teen Dating Violence | |
| 24 | Decision Making  Social Awareness  Relationship Skills | Learners will be able to, with adult guidance, create an action plan that addresses a need in the classroom, school, or community. | **Grade 6**  Lesson 6.1 *My Road Ahead* – Setting Reachable Goals  Lesson 6.4 *Express Yourself* - Effective Communication  Lesson 6.6 *Confidence in Progress* – Respect for Self and Others  Lesson 6.7 *A Peaceful Approach* – Conflict Resolution  Lesson 6.9 *What to Say* – Identifying & Managing Bullying Situations  **Grade 7**  Lesson 7.1 *Set to Win* – Setting Reachable Goals  Lesson 7.4 *Say It with Style* - Effective Communication  Lesson 7.6 *Celebrating Differences* – Respect for Self & Others  Lesson 7.7 *Meeting Point* – Conflict Resolution  Lesson 7.9 *Home Base*–Identifying and Managing Bullying Situations  Lesson 7.10 *Site Survey* – Peer Violence  **Grade 8**  Lesson 8.1 *The Architect* – Setting Reachable Goals  Lesson 8.4 *Press Send* - Effective Communication  Lesson 8.6 *Compatibility*– Respect for Self and Others  Lesson 8.7 *Optimal Resolution* – Conflict Resolution  Lesson 8.9 *What’s the Deal* –Identifying & Managing Bullying Situations  Lesson 8.10 *Relationship Status* – Teen Dating Violence | |