

Emozi[®]

Middle School

Scope and Sequence



Our Middle School Program was designed so that the skills that 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

Unit 1

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

Unit 2

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

Unit 3

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

Grade 7

Unit 1

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

Unit 2

1. Showing Respect
2. Body Language
3. Advocacy
4. Stereotypes and Implicit Bias
5. Fear
6. Listening Skills
7. Overcoming Obstacles
8. Feedback
9. Bullying
10. Perspective
11. Cultural Competency
12. Empathy

Unit 3

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

Grade 8

Unit 1

1. Introduction to Emotions
2. Identifying Strengths and Interests
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

Unit 2

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

Unit 3

1. Healthy Living
2. Happiness
3. Healthy Relationships
4. Prejudice and Racism
5. Bullying
6. Rumors and Gossip
7. Point of View
8. Negotiation
9. Public Speaking
10. Generosity
11. Standing Up for Yourself
12. Transition