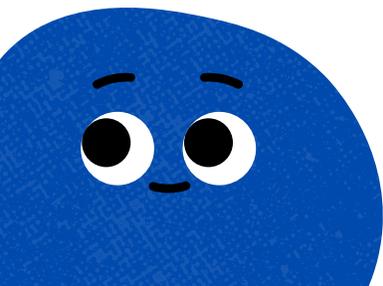


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## Scope and Sequence



Grade 9	Grade 10	Grade 11	Grade 12
<b>Module 1: Identity &amp; Perspectives</b>			
What is Character Development?	What is Character Development?	What is Character Development?	What is Character Development?
Your Predicting Brain	Strengths and Interests	Character Strengths	Skills, Abilities, Interests, and Careers
Emotional Granularity	Self-confidence and self-esteem	Self-compassion	Growth mindset
Growth mindset	Values	Ethics and Integrity	Purpose
Visualization	Integrity and Values	Benefits of Diversity	Stereotypes
Values	Point of view	Perspective	Racism
<b>Module 2: Self-management &amp; Self-care</b>			
SCOPE -IT Strategy	SCOPE-IT	SCOPE-IT	SCOPE-IT
Body budget - Eating Healthy	Body Budget - Exercise	Stress mgmt- Yoga	Stress mgmt - meditation
Stress mgmt - Mandalas	Stress mgmt - Zentangles	Emotional Granularity	Avoiding drugs and alcohol - health impact

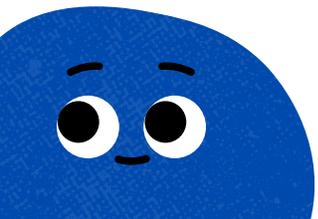


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## Scope and Sequence



Grade 9	Grade 10	Grade 11	Grade 12
Optimism	Avoiding Addiction	Grief and loss	Body Budget - mental focus
Self-talk	Media influences - violence, alcohol, etc.	Body Budget - Sleep	Character Counts
Mindfulness	Healthy Lifestyles	Showing courage	Healthy Lifestyles
<b>Module 3: Communication Skills</b>			
Reflection	Public speaking	Effective communication skills	Communicating with others - including respectful discussions
Healthy Relationships	Standing up for yourself & others	Being assertive without being aggressive	Standing up for yourself & others
Apologies and Forgiveness	Agree to Disagree	Getting your point across	Apologies and Forgiveness
Teamwork	Leadership skills	Collaboration	Demonstrating leadership
Cultural competency	Navigating social media	Navigating social media	Cultural competency
Giving and Receiving Feedback	Avoiding gossip & rumors	Gossip & rumors	Avoiding gossip & rumors
<b>Module 4: Relationships</b>			
Problem-solving	Respect	Problems & Conflict Resolution	Empathy & Compassion
Being Assertive/Refusal Skills	Conflict resolution	Consequences of peer pressure	Peer pressure & your future



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## Scope and Sequence



Grade 9	Grade 10	Grade 11	Grade 12
Peer pressure/bullying	Community Supports/Resources	Giving and Receiving Help	Teamwork and Collaboration
Empathy & Compassion	Negotiation	Gratitude	Gratitude
Self-Advocacy	Gratitude	Social Norms	Positive relationships
Gratitude	Diversity	Relationships	Transitioning to life after school
<b>Module 5: Go for Your Goals</b>			
SMART Goals, Part 1	Self-Advocacy	Growth Mindset	Self-Advocacy
SMART Goals, Part 2	Being responsible & Time Management	SMART Goals	SMART Goal Action Planning
Resilience and perseverance	SMART Goals	Curiosity	Overcoming obstacles
Flexible Thinking	Overcoming obstacles with Optimism	Resilience and perseverance	Grit
Organization	Flexible Thinking	Begin with the End in Mind	Flexible Thinking
Resume/Application	Action Planning a community service project	The Job Search Process	Interview Skills