

6th Grade Scope and Sequence

Let's Get Started

This is a suggested implementation plan with resources from RethinkEd's SEL curriculum to teach social-emotional learning on your campus. These lessons have been selected to support students by fostering SEL skills, with the educator and school year cadence in mind. To view the rationale for this scope please [click here](#).

Step 1

- Open the RethinkEd platform through [Schoology](#) or Clever.

Step 2

- Find the current month and week below, then click the link to access the 2-5 minute lesson video.
- Show the video to your students.

Step 3

- After the video, click on the discussion questions (left side of page) and facilitate a conversation amongst your students.

For detailed instructions and tutorials visit the curated [LAUSD Resources Landing Page](#).

Log into RethinkEd via Schoology to UNLOCK access to the hyperlinks.

Staff Resources

[Grade 6 SEL Educator's Guide](#)

[Educator PD Videos](#)

August – Fall Assessment

Student SEL Self-Assessment

Please have students log in to their RethinkEd student portal to complete the SEL Student Self-Assessment. If you have questions about the student requirements on your campus, please check with your administrator.

August Lesson 1

Social Awareness: *Safe and Ethical Behavior*

Lesson Video	Learning Objectives
Being an Upstander	Objective: Students will understand types of bullying and practice strategies for responding to bullying.

September Lesson 1

Online Safety

Lesson Video	Learning Objectives
Safe and Respectful Online	Objective: Students will develop strategies to protect themselves and others online and be respectful online.

September Lesson 2

Social Awareness: *Actions and Consequences*

Lesson Video	Learning Objectives
Actions and Consequences	Objective: Students will evaluate how actions can influence negative consequences.

September Lesson 3

Self-Management: *Self-Control*

Lesson Video	Learning Objectives
Managing Stress	Objective: Students will apply strategies for using self-control to manage stress.

September Lesson 4

Awareness of Self & Others: *Learning Skills*

Lesson Video	Learning Objectives
ASK Quality Questions	Objective: Students will learn strategies for developing curiosity.

September Lesson 5

Awareness of Self & Others: *Growth Mindset*

Lesson Video	Learning Objectives
What's in a Mindset?	Objective: Students will identify the differences between a fixed mindset and a growth mindset.

October Lesson 1

Self-Management: <i>Problem Solving</i>	
Lesson Video	Learning Objectives
Think Solution!	Objective: Students will identify a problem and focus on the solution.

October Lesson 2

Self-Management: <i>Resilience</i>	
Lesson Video	Learning Objectives
Building Resilience	Objective: Students will practice strategies for building their resilience.

October Lesson 3

Self-Care: <i>Mindfulness</i>	
Lesson Video	Learning Objectives
Focus on Mindfulness	Objective: Students will practice focusing their attention to develop mindfulness.

October Lesson 4

Self-Care: <i>Self-Compassion</i>	
Lesson Video	Learning Objectives
Self-Talk With Compassion	Objective: Students will recognize and reframe critical self-talk.

November Lesson 1

Self-Care: <i>Self-Efficacy</i>	
Lesson Video	Learning Objectives
Believe to Achieve	Objective: Students will practice strategies for building belief in their ability to reach a goal.

November Lesson 2

Awareness of Self & Others: <i>Self-Knowledge</i>	
Lesson Video	Learning Objectives
Social Strengths	Objective: Students will identify their social strengths.

December Lesson 1

Self-Management: <i>Stress Management</i>	
Lesson Video	Learning Objectives
Making Stress Work for You	Objective: Students will learn strategies to manage stress.

December Lesson 2

Social Awareness: <i>Support Systems</i>	
Lesson Video	Learning Objectives
My Support System	Objective: Students will identify a support system.

January Lesson 1

Self-Management: <i>Goal Setting</i>	
Lesson Video	Learning Objectives
S.M.A.R.T. Goals	Objective: Students will evaluate a goal using the S.M.A.R.T goal acronym.

January Lesson 2

Self-Management: <i>Focus</i>	
Lesson Video	Learning Objectives
Focus at Home	Objective: Students will apply strategies to support their focus at home.

January Lesson 3

Self-Care: <i>Self-Advocacy</i>	
Lesson Video	Learning Objectives
Speaking Up for Your Needs	Objective: Students will practice strategies that support self-advocacy.

January Lesson 4

Awareness of Self & Others: <i>Wants and Needs</i>	
Lesson Video	Learning Objectives
Safe Boundaries	Objective: Students will identify and set healthy boundaries to meet their safety needs.

February Lesson 1

Awareness of Self & Others: <i>Values</i>	
Lesson Video	Learning Objectives
My Personal Values	Objective: Students will identify their personal values.

February Lesson 2

Social Awareness: <i>Cultural Competence</i>	
Lesson Video	Learning Objectives
Understanding Culture	Objective: Students will learn about the effects of inclusion and exclusion in social environments.

February Lesson 3

Social Awareness: <i>Social Contributions</i>	
Lesson Video	Learning Objectives
Passions to Contribute	Objective: Students will identify their passions to help contribute to their communities.

February Lesson 4

Social Awareness: <i>Empathy</i>	
Lesson Video	Learning Objectives
Listening with Empathy	Objective: Students will practice listening with empathy.

March Lesson 1

Social Skills: <i>Respect</i>	
Lesson Video	Learning Objectives
Ripples of Respect	Objective: Students will practice strategies to model and show respect.

March Lesson 2

Social Skills: <i>Conflict Resolution</i>	
Lesson Video	Learning Objectives
Resolving Conflicts	Objective: Students will apply strategies for resolving conflicts.

March Lesson 3

Social Skills: <i>Fairness</i>	
Lesson Video	Learning Objectives
Reflecting on Fairness	Objective: Students will consider different perspectives to understand and evaluate fairness.

March Lesson 4

Social Skills: <i>Cooperation</i>	
Lesson Video	Learning Objectives
Giving & Receiving Feedback	Objective: Students will practice giving and receiving feedback when working in groups.

April Lesson 1

Social Skills: <i>Friendship</i>	
Lesson Video	Learning Objectives
Supportive Friendships	Objective: Students will practice strategies for being a supportive friend.

April Lesson 2

Social Skills: <i>Relationships</i>	
Lesson Video	Learning Objectives
Collaborative Relationships	Objective: Students will identify and practice ways to collaborate with others to build healthy relationships.

April Lesson 3

Self-Care: <i>Healthy Boundaries</i>	
Lesson Video	Learning Objectives
Setting Social Boundaries	Objective: Students will practice strategies for setting and respecting social boundaries.

April Lesson 4

Awareness of Self & Others: <i>Emotions</i>	
Lesson Video	Learning Objectives
Sparks of Emotion	Objective: Students will learn strategies for identifying and responding to situations that bring up strong emotions.

May Lesson 1

Anxiety	
Lesson Video	Learning Objectives
Breathe Through It	Objective: Students will identify signs of anxiety and learn strategies for managing anxiety.

May Lesson 2

Mental Wellness	
Lesson Video	Learning Objectives
Physical and Mental Wellness	Objective: Students will recognize the connection between physical and emotional wellness and develop a plan to support their mental wellness.

May Lesson 3

Healthy Identities	
Lesson Video	Learning Objectives
Appreciating Identity	Objective: Students will identify, analyze, and appreciate their identities and the identities of others.

May – Spring Assessment

Student SEL Self-Assessment
Have students log in to their RethinkEd student portal to take the SEL Student Self-Assessment.

June Lesson 1

Self-Care: <i>Optimism</i>	
Lesson Video	Learning Objectives
Optimism as Self-Care	Objective: Students will identify how optimism supports self-care.