

# 7th 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 [Schoolology](#) 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 7 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
<a href="#">Address Cyberbullying</a>	<b>Objective:</b> Students will develop strategies to be respectful online and respond to cyberbullying.

### September Lesson 1

#### Online Safety

Lesson Video	Learning Objectives
<a href="#">Safe and AWARE Online</a>	<b>Objective:</b> Students will develop strategies to protect themselves and others online and evaluate the accuracy and validity of digital media.

### September Lesson 2

#### Social Awareness: *Actions and Consequences*

Lesson Video	Learning Objectives
<a href="#">Intent vs. Impacts</a>	<b>Objective:</b> Students will evaluate actions by differentiating between intent and impact.

### September Lesson 3

#### Self-Management: *Self-Control*

Lesson Video	Learning Objectives
<a href="#">Goals With Self-Control</a>	<b>Objective:</b> Students will learn strategies for self-control to reach their goals.

### September Lesson 4

#### Awareness of Self & Others: *Learning Skills*

Lesson Video	Learning Objectives
<a href="#">Attention to Learning</a>	<b>Objective:</b> Students will learn strategies for focusing their attention.



### September Lesson 5

Awareness of Self & Others: <i>Growth Mindset</i>	
Lesson Video	Learning Objectives
<a href="#">Growing from Feedback</a>	<b>Objective:</b> Students will learn to apply a growth mindset in response to feedback.

### October Lesson 1

Self-Management: <i>Problem Solving</i>	
Lesson Video	Learning Objectives
<a href="#">From Problem to Solution</a>	<b>Objective:</b> Students will use critical thinking strategies to identify solutions to a problem.

### October Lesson 2

Self-Management: <i>Resilience</i>	
Lesson Video	Learning Objectives
<a href="#">Recognizing Agency</a>	<b>Objective:</b> Students will recognize their agency to build resilience.

### October Lesson 3

Self-Care: <i>Mindfulness</i>	
Lesson Video	Learning Objectives
<a href="#">In the Moment</a>	<b>Objective:</b> Students will practice awareness to support mindfulness.

### October Lesson 4

Self-Care: <i>Self-Compassion</i>	
Lesson Video	Learning Objectives
<a href="#">Challenge the Inner Critic</a>	<b>Objective:</b> Students will challenge negative thinking to develop self-compassion.

### November Lesson 1

Self-Care: <i>Self-Efficacy</i>	
Lesson Video	Learning Objectives
<a href="#">Learn With Self-Efficacy</a>	<b>Objective:</b> Students will apply self-efficacy to learn a new skill.

### November Lesson 2

Awareness of Self & Others: <i>Self-Knowledge</i>	
Lesson Video	Learning Objectives
<a href="#">Learning Strategies</a>	<b>Objective:</b> Students will explore and reflect on learning strategies in different situations.



### December Lesson 1

Self-Management: <i>Stress Management</i>	
Lesson Video	Learning Objectives
<a href="#">Negative Thinking</a>	<b>Objective:</b> Students will learn strategies for challenging negative thinking.

### December Lesson 2

Social Awareness: <i>Support Systems</i>	
Lesson Video	Learning Objectives
<a href="#">Building a Support System</a>	<b>Objective:</b> Students will understand how to build a support system.

### January Lesson 1

Self-Management: <i>Goal Setting</i>	
Lesson Video	Learning Objectives
<a href="#">Setting Academic Goals</a>	<b>Objective:</b> Students will create an academic goal and develop a plan to achieve it.

### January Lesson 2

Self-Management: <i>Focus</i>	
Lesson Video	Learning Objectives
<a href="#">Focus With Active Listening</a>	<b>Objective:</b> Students will apply active listening to support their focus.

### January Lesson 3

Self-Care: <i>Self-Advocacy</i>	
Lesson Video	Learning Objectives
<a href="#">Self-Advocacy Needs</a>	<b>Objective:</b> Students will practice self-advocacy by accessing a support system.

### January Lesson 4

Awareness of Self & Others: <i>Wants and Needs</i>	
Lesson Video	Learning Objectives
<a href="#">Belonging Needs</a>	<b>Objective:</b> Students will identify their need to belong and groups they belong to.

### February Lesson 1

Awareness of Self & Others: <i>Values</i>	
Lesson Video	Learning Objectives
<a href="#">Values in the Media</a>	<b>Objective:</b> Students will compare their values with values portrayed in the media.



### February Lesson 2

Social Awareness: <i>Cultural Competence</i>	
Lesson Video	Learning Objectives
<a href="#">Culture and Values</a>	<b>Objective:</b> Students will learn how to identify prejudice and discrimination.

### February Lesson 3

Social Awareness: <i>Social Contributions</i>	
Lesson Video	Learning Objectives
<a href="#">Aligning Social Contributions</a>	<b>Objective:</b> Students will identify their values and use them to impact the world around them.

### February Lesson 4

Social Awareness: <i>Empathy</i>	
Lesson Video	Learning Objectives
<a href="#">Empathy for Connection</a>	<b>Objective:</b> Students will differentiate between empathy and sympathy to build connection with others.

### March Lesson 1

Social Skills: <i>Respect</i>	
Lesson Video	Learning Objectives
<a href="#">Respect With Active Listening</a>	<b>Objective:</b> Students will understand how active listening can show respect.

### March Lesson 2

Social Skills: <i>Conflict Resolution</i>	
Lesson Video	Learning Objectives
<a href="#">Conflict Happens</a>	<b>Objective:</b> Students will identify the conflict cycle and practice strategies for responding effectively.

### March Lesson 3

Social Skills: <i>Fairness</i>	
Lesson Video	Learning Objectives
<a href="#">Fairness and Rights</a>	<b>Objective:</b> Students will understand their human rights to promote fairness.

### March Lesson 4

Social Skills: <i>Cooperation</i>	
Lesson Video	Learning Objectives
<a href="#">Think Collectively</a>	<b>Objective:</b> Students will practice strategies for thinking collectively when working in groups.



### April Lesson 1

Social Skills: <i>Friendship</i>	
Lesson Video	Learning Objectives
<a href="#">Peer Pressure</a>	<b>Objective:</b> Students will identify and apply strategies for dealing with peer pressure.

### April Lesson 2

Social Skills: <i>Relationships</i>	
Lesson Video	Learning Objectives
<a href="#">Needs and Relationships</a>	<b>Objective:</b> Students will identify how their needs are met through their relationships.

### April Lesson 3

Self-Care: <i>Healthy Boundaries</i>	
Lesson Video	Learning Objectives
<a href="#">Healthy Physical Boundaries</a>	<b>Objective:</b> Students will set and respond to physical boundaries in relationships

### April Lesson 4

Awareness of Self & Others: <i>Emotions</i>	
Lesson Video	Learning Objectives
<a href="#">My Emotions</a>	<b>Objective:</b> Students will identify ways the body responds to emotions.

### May Lesson 1

Anxiety	
Lesson Video	Learning Objectives
<a href="#">Present and Compassionate</a>	<b>Objective:</b> Students will identify signs that they or someone else may be feeling anxious and learn strategies for showing compassion for themselves and others.

### May Lesson 2

Mental Wellness	
Lesson Video	Learning Objectives
<a href="#">Change It Up</a>	<b>Objective:</b> Students will identify a connection between their feelings, thoughts, and behaviors and their mental wellness.

### May Lesson 3

Healthy Identities	
Lesson Video	Learning Objectives
<a href="#">Pieces of Me</a>	<b>Objective:</b> Students will identify, analyze, and appreciate their social identities and the social identities of others.



### May- Spring Assessment

#### Student SEL Self-Assessment

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### June Lesson 1

#### Self-Care: *Optimism*

Self-Care: <i>Optimism</i>	
Lesson Video	Learning Objectives
<a href="#">Building Optimism</a>	<b>Objective:</b> Students will practice strategies for building optimism.