

8th 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 8 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
Upstander Culture	Objective: Students will apply protective strategies against bullying to build a culture of safety at school.

September Lesson 1

Online Safety

Lesson Video	Learning Objectives
Safe and Connected Online	Objective: Students will develop strategies to protect themselves and others online and use technology to address a problem on campus.

September Lesson 2

Social Awareness: *Actions and Consequences*

Lesson Video	Learning Objectives
Setting New Patterns	Objective: Students will identify and address unhealthy behavior patterns.

September Lesson 3

Self-Management: *Self-Control*

Lesson Video	Learning Objectives
Let's Delay	Objective: Students will learn strategies for delayed gratification.

September Lesson 4

Awareness of Self & Others: *Learning Skills*

Lesson Video	Learning Objectives
My Study Skills	Objective: Students will learn strategies for developing study skills.



September Lesson 5

Awareness of Self & Others: <i>Growth Mindset</i>	
Lesson Video	Learning Objectives
A Good Mistake	Objective: Students will learn strategies for reframing mistakes as an opportunity for growth.

October Lesson 1

Self-Management: <i>Problem Solving</i>	
Lesson Video	Learning Objectives
Evaluate Your Options	Objective: Students will learn strategies for evaluating possible solutions to a problem.

October Lesson 2

Self-Management: <i>Resilience</i>	
Lesson Video	Learning Objectives
Connect to Your Values	Objective: Students will connect to their values to build resilience.

October Lesson 3

Self-Care: <i>Mindfulness</i>	
Lesson Video	Learning Objectives
Practicing Non-Judgment	Objective: Students will apply non-judgment to practice mindfulness.

October Lesson 4

Self-Care: <i>Self-Compassion</i>	
Lesson Video	Learning Objectives
Power of Breath	Objective: Students will develop self-compassion through mindfulness.

November Lesson 1

Self-Care: <i>Self-Efficacy</i>	
Lesson Video	Learning Objectives
Find Your Fan Club	Objective: Students will engage their support system to boost self-efficacy.

November Lesson 2

Awareness of Self & Others: <i>Self-Knowledge</i>	
Lesson Video	Learning Objectives
Ignite Your Spark	Objective: Students will identify their interests and passions.



December Lesson 1

Self-Management: <i>Stress Management</i>	
Lesson Video	Learning Objectives
Find the Funny	Objective: Students will learn strategies for using humor to help manage stress.

December Lesson 2

Social Awareness: <i>Support Systems</i>	
Lesson Video	Learning Objectives
Access Support	Objective: Students will practice strategies to access a support system.

January Lesson 1

Self-Management: <i>Goal Setting</i>	
Lesson Video	Learning Objectives
Plan S.M.A.R.T.	Objective: Students will create a S.M.A.R.T. goal for their personal life and develop a plan to achieve it.

January Lesson 2

Self-Management: <i>Focus</i>	
Lesson Video	Learning Objectives
Visualize Your Success	Objective: Students will apply visualization strategies to support focus.

January Lesson 3

Self-Care: <i>Self-Advocacy</i>	
Lesson Video	Learning Objectives
Communicate With Confidence	Objective: Students will practice self-advocacy by communicating with confidence.

January Lesson 4

Awareness of Self & Others: <i>Wants and Needs</i>	
Lesson Video	Learning Objectives
Know Your Worth	Objective: Students will practice strategies for building their self-esteem.

February Lesson 1

Awareness of Self & Others: <i>Values</i>	
Lesson Video	Learning Objectives
Reflecting on Values	Objective: Students will identify where their values come from.



February Lesson 2

Social Awareness: <i>Cultural Competence</i>	
Lesson Video	Learning Objectives
Celebrating Culture	Objective: Students will learn what stereotyping is and ways to spot stereotyping.

February Lesson 3

Social Awareness: <i>Social Contributions</i>	
Lesson Video	Learning Objectives
Communicate With Confidence	Objective: Students will understand the benefits of social contributions for themselves and their communities.

February Lesson 4

Social Awareness: <i>Empathy</i>	
Lesson Video	Learning Objectives
Developing Empathy	Objective: Students will develop empathy to understand different perspectives.

March Lesson 1

Social Skills: <i>Respect</i>	
Lesson Video	Learning Objectives
Respectful Communication	Objective: Students will evaluate how to communicate effectively with respect.

March Lesson 2

Social Skills: <i>Conflict Resolution</i>	
Lesson Video	Learning Objectives
Healthy Conflict	Objective: Students will identify the benefits of healthy conflict and practice strategies for healthy communication.

March Lesson 3

Social Skills: <i>Fairness</i>	
Lesson Video	Learning Objectives
Our Roles in Fairness	Objective: Students will build a sense of collective responsibility for promoting fairness at school.

March Lesson 4

Social Skills: <i>Cooperation</i>	
Lesson Video	Learning Objectives
Strengths and Responsibilities	Objective: Students will determine responsibilities in a group based on individual strengths.



April Lesson 1

Social Skills: <i>Friendship</i>	
Lesson Video	Learning Objectives
Honesty in Friendships	Objective: Students will practice strategies for being honest with friends.

April Lesson 2

Social Skills: <i>Relationships</i>	
Lesson Video	Learning Objectives
Peer Pressure in Relationships	Objective: Students will practice strategies for coping with peer pressure in their relationships.

April Lesson 3

Self-Care: <i>Healthy Boundaries</i>	
Lesson Video	Learning Objectives
Protecting Your Boundaries	Objective: Students will practice responding when a boundary is crossed.

April Lesson 4

Awareness of Self & Others: <i>Emotions</i>	
Lesson Video	Learning Objectives
My Emotional Brain	Objective: Students will learn how the adolescent brain responds to emotional situations.

May Lesson 1

Anxiety	
Lesson Video	Learning Objectives
Daily Mindfulness	Objective: Students will identify negative thinking that may contribute to anxiety and strategies to challenge their negative thinking.

May Lesson 2

Mental Wellness	
Lesson Video	Learning Objectives
Wellness Is Social	Objective: Students will evaluate how support systems can help them care for their mental wellness.



May Lesson 3

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

May - Spring 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.

June Lesson 1

Self-Care: <i>Optimism</i>	
Lesson Video	Learning Objectives
Practicing Gratitude	Objective: Students will apply strategies for practicing gratitude.