

# 9th 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 9 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="#">Safe and Ethical Online</a>	<b>Objective:</b> Students will evaluate the safety and ethics of behavior on the internet.

### September Lesson 1

#### Online Safety

Lesson Video	Learning Objectives
<a href="#">Balancing My Screen Time</a>	<b>Objective:</b> Students will develop strategies to protect themselves and others online and evaluate their screen time.

### September Lesson 2

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

Lesson Video	Learning Objectives
<a href="#">Decisions, Decisions, Decisions</a>	<b>Objective:</b> Students will evaluate consequences in decision making.

### September Lesson 3

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

Lesson Video	Learning Objectives
<a href="#">Take Control</a>	<b>Objective:</b> Students will develop strategies for using self-control to manage unexpected situations.

### September Lesson 4

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

Lesson Video	Learning Objectives
<a href="#">Getting Organized</a>	<b>Objective:</b> Students will learn and practice strategies for organizing information.



### September Lesson 5

Awareness of Self and Others: <i>Growth Mindset</i>	
Lesson Video	Learning Objectives
<a href="#">Challenge Accepted</a>	<b>Objective:</b> Students will apply a growth mindset to learn from challenges.

### October Lesson 1

Self-Management: <i>Problem Solving</i>	
Lesson Video	Learning Objectives
<a href="#">Effective Solutions</a>	<b>Objective:</b> Students will apply strategies for choosing an effective solution to a problem.

### October Lesson 2

Self-Management: <i>Resilience</i>	
Lesson Video	Learning Objectives
<a href="#">Strength from Support</a>	<b>Objective:</b> Students will identify and engage with a support system to overcome challenging situations.

### October Lesson 3

Self-Care: <i>Mindfulness</i>	
Lesson Video	Learning Objectives
<a href="#">Being Mindful</a>	<b>Objective:</b> Students will be mindful of how emotions manifest in their bodies.

### October Lesson 4

Self-Care: <i>Self-Compassion</i>	
Lesson Video	Learning Objectives
<a href="#">Self-Compassion</a>	<b>Objective:</b> Students will identify the scientific benefits of self-compassion.

### November Lesson 1

Self-Care: <i>Self-Efficacy</i>	
Lesson Video	Learning Objectives
<a href="#">Let Go of Limiting Beliefs</a>	<b>Objective:</b> Students will identify and challenge their limiting beliefs.

### November Lesson 2

Awareness of Self & Others: <i>Self-Knowledge</i>	
Lesson Video	Learning Objectives
<a href="#">Our Personalities</a>	<b>Objective:</b> Students will identify their personality patterns.



### December Lesson 1

Self-Management: <i>Stress Management</i>	
Lesson Video	Learning Objectives
<a href="#">Facing Your Fears</a>	<b>Objective:</b> Students will learn strategies for managing stress when facing their fears.

### December Lesson 2

Social Awareness: <i>Support Systems</i>	
Lesson Video	Learning Objectives
<a href="#">Supporting Emotional Needs</a>	<b>Objective:</b> Students will access a support system for an emotional need.

### January Lesson 1

Self-Management: <i>Goal Setting</i>	
Lesson Video	Learning Objectives
<a href="#">Work the Plan</a>	<b>Objective:</b> Students will evaluate a plan for achieving a goal and adjust the plan as needed.

### January Lesson 2

Self-Management: <i>Focus</i>	
Lesson Video	Learning Objectives
<a href="#">Overcoming Distractions</a>	<b>Objective:</b> Students will identify distractions and practice strategies for supporting their focus.

### January Lesson 3

Self-Care: <i>Self-Advocacy</i>	
Lesson Video	Learning Objectives
<a href="#">Self-Advocacy for All</a>	<b>Objective:</b> Students will practice self-advocacy to meet a collective need.

### January Lesson 4

Awareness of Self & Others: <i>Wants and Needs</i>	
Lesson Video	Learning Objectives
<a href="#">My Contributions</a>	<b>Objective:</b> Students will identify and practice meeting their need for generativity.

### February Lesson 1

Awareness of Self & Others: <i>Values</i>	
Lesson Video	Learning Objectives
<a href="#">Respecting Values</a>	<b>Objective:</b> Students will apply strategies for respecting values different from their own.



## February Lesson 2

Social Awareness: <i>Cultural Competence</i>	
Lesson Video	Learning Objectives
<a href="#">Opposing Stereotypes</a>	<b>Objective:</b> Students will identify stereotyping and apply strategies for opposing stereotyping.

## February Lesson 3

Social Awareness: <i>Social Contributions</i>	
Lesson Video	Learning Objectives
<a href="#">Passion to CARE</a>	<b>Objective:</b> Students will identify their passion to contribute to the world.

## February Lesson 4

Social Awareness: <i>Empathy</i>	
Lesson Video	Learning Objectives
<a href="#">Empathy Busters</a>	<b>Objective:</b> I can recognize barriers to empathy.

## March Lesson 1

Social Skills: <i>Respect</i>	
Lesson Video	Learning Objectives
<a href="#">Respect Yourself</a>	<b>Objective:</b> Students will learn the importance of self-respect.

## March Lesson 2

Social Skills: <i>Conflict Resolution</i>	
Lesson Video	Learning Objectives
<a href="#">Seeking Compromise</a>	<b>Objective:</b> Students will practice seeking compromise in a conflict.

## March Lesson 3

Social Skills: <i>Fairness</i>	
Lesson Video	Learning Objectives
<a href="#">Understanding Fairness</a>	<b>Objective:</b> Students will evaluate their understanding of fairness.

## March Lesson 4

Social Skills: <i>Cooperation</i>	
Lesson Video	Learning Objectives
<a href="#">Trust and Cooperation</a>	<b>Objective:</b> Students will practice strategies for building trust when cooperating with others.



### April Lesson 1

Social Skills: <i>Friendship</i>	
Lesson Video	Learning Objectives
<a href="#">Quality Friendship</a>	<b>Objective:</b> Students will learn strategies for being and having a good friend.

### April Lesson 2

Social Skills: <i>Relationships</i>	
Lesson Video	Learning Objectives
<a href="#">Healthy Social Groups</a>	<b>Objective:</b> Students will identify healthy social groups and apply strategies for building them.

### April Lesson 3

Self-Care: <i>Healthy Boundaries</i>	
Lesson Video	Learning Objectives
<a href="#">Responding to Boundaries</a>	<b>Objective:</b> Students will practice responding to the boundaries of others.

### April Lesson 4

Awareness of Self & Others: <i>Emotions</i>	
Lesson Video	Learning Objectives
<a href="#">Waves of Emotion</a>	<b>Objective:</b> Students will identify ranges of emotions and how emotions change.

### May Lesson 1

Anxiety	
Lesson Video	Learning Objectives
<a href="#">Identity Inspiration</a>	<b>Objective:</b> Students will identify situations that trigger anxiety and strategies for managing their anxiety.

### May Lesson 2

Mental Wellness	
Lesson Video	Learning Objectives
<a href="#">Mental Wellness Factors</a>	<b>Objective:</b> Students will identify the factors that influence mental wellness and evaluate their own mental wellness.

### May Lesson 3

Healthy Identities	
Lesson Video	Learning Objectives
<a href="#">Identity Inventory</a>	<b>Objective:</b> Students will identify the benefits and challenges of their social identities.



### May- Spring Assessment

#### Student SEL Self-Assessment

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### June Lesson 1

#### Self-Care: *Optimism*

Lesson Video	Learning Objectives
<a href="#">Optimistic Self-Talk</a>	<b>Objective:</b> Students will practice and apply strategies for positive self-talk.