

Mind Matters

FC012YA Exploring Social and Emotional Skills
GRADES 6-8

STANDARD 1 – Understand Social and Emotional Skills	
OBJECTIVE	LESSON
1.01 Understand communication skills.	<p>Lesson 3: The Difference Between Emotion and Thought / The Internal Journal</p> <ul style="list-style-type: none"> Expressing Emotion or Thought The Internal Journal <p>Lesson 4: Building Empathy</p> <ul style="list-style-type: none"> Building Empathy <p>Lesson 10: Life of Intention</p> <ul style="list-style-type: none"> Tell Someone <p>Lesson 11: Code of Honor / Asking for Help</p> <ul style="list-style-type: none"> Asking for Help
1.02 Understand the characteristics of self-awareness.	<p>Lesson 1: Self-Soothing</p> <ul style="list-style-type: none"> Four Self-Soothing Skills <p>Lesson 2: Discover Emotions</p> <ul style="list-style-type: none"> Body Scan Practice Identifying Emotions Emotions: When They Work and When They Don't <p>Lesson 3: The Difference Between Emotion and Thought / The Internal Journal</p> <ul style="list-style-type: none"> Expressing Emotion or Thought Emotion or Thought Chart The Internal Journal <p>Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness</p> <ul style="list-style-type: none"> Mapping Your Support System Wheel of Awareness <p>Lesson 6: Compassion for The Hijacked Brain</p> <ul style="list-style-type: none"> Effects of Trauma on the Brain and Behavior ACE Response Checklist HOPE: Methods to Build Your Brain <p>Lesson 7: Trauma Containment and Rhythm</p> <ul style="list-style-type: none"> Trauma Containment Integrate the Senses through Rhythm <p>Lesson 8: Tapping / Efficient Sleep</p>

	<ul style="list-style-type: none"> • Learn Tapping Lesson 9: Let's Get Moving <ul style="list-style-type: none"> • Practice Yoga
1.03 Understand the strategies for self-management.	Lesson 1: Self-Soothing <ul style="list-style-type: none"> • Four Self-Soothing Skills Lesson 2: Discover Emotions <ul style="list-style-type: none"> • Body Scan • Practice Identifying Emotions Lesson 3: The Difference Between Emotion and Thought / The Internal Journal <ul style="list-style-type: none"> • Expressing Emotion or Thought • Emotion or Thought Chart • The Internal Journal Lesson 4: Building Empathy <ul style="list-style-type: none"> • Loving Kindness Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness <ul style="list-style-type: none"> • Wheel of Awareness Lesson 8: Tapping / Efficient Sleep <ul style="list-style-type: none"> • Learn Tapping • Efficient Sleep Lesson 9: Let's Get Moving <ul style="list-style-type: none"> • Let's Get Moving • Join a Team or Club/Self Defense • Practice Yoga • Exercise Plan Lesson 10: Life of Intention <ul style="list-style-type: none"> • Your Road Map for Life • SMARTER Goals Lesson 11: Code of Honor / Asking for Help <ul style="list-style-type: none"> • Code of Honor/The Honor Shield • Asking for Help Lesson 12: The Ongoing Journey <ul style="list-style-type: none"> • Four New Skills • Personal Agreement Contract • <i>Mind Matters</i> Practice Record • Safe Place, Picture, and Anchor Object
1.04 Understand how to make responsible decisions.	Lesson 1: Self-Soothing <ul style="list-style-type: none"> • Introduction to <i>Mind Matters</i>/Marshmallow Activity Lesson 9: Let's Get Moving <ul style="list-style-type: none"> • Exercise Plan

	<p>Lesson 10: Life of Intention</p> <ul style="list-style-type: none"> • Your Road Map for Life • SMARTER Goals • Tell Someone <p>Lesson 11: Code of Honor / Asking for Help</p> <ul style="list-style-type: none"> • Code of Honor/The Honor Shield • Asking for Help <p>Lesson 12: The Ongoing Journey</p> <ul style="list-style-type: none"> • Personal Agreement Contract
1.05 Understand social awareness.	<p>Lesson 2: Discover Emotions</p> <ul style="list-style-type: none"> • Practice Identifying Emotions • Emotions: When They Work and When They Don't <p>Lesson 3: The Difference Between Emotion and Thought / The Internal Journal</p> <ul style="list-style-type: none"> • Expressing Emotion or Thought • Emotion or Thought Chart <p>Lesson 4: Building Empathy</p> <ul style="list-style-type: none"> • Building Empathy • Loving Kindness <p>Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness</p> <ul style="list-style-type: none"> • Mapping Your Support System <p>Lesson 9: Let's Get Moving</p> <ul style="list-style-type: none"> • Join a Team or Club/Self Defense <p>Lesson 10: Life of Intention</p> <ul style="list-style-type: none"> • Tell Someone <p>Lesson 11: Code of Honor / Asking for Help</p> <ul style="list-style-type: none"> • Asking for Help
1.06 Understand interpersonal relationships.	<p>Lesson 4: Building Empathy</p> <ul style="list-style-type: none"> • Building Empathy • Loving Kindness <p>Lesson 10: Life of Intention</p> <ul style="list-style-type: none"> • Tell Someone <p>Lesson 11: Code of Honor / Asking for Help</p> <ul style="list-style-type: none"> • Asking for Help
1.07 Understand careers in human services.	N/A