



Mind Matters

Collaborative for Academic, Social, and Emotional Learning (CASEL) Core Competencies.
GRADES 6-12

Lesson 1: Self-Soothing

Section	Self-Awareness
1.1-1.6	Having a growth mindset.
	Self-Management
1.1-1.6	Setting personal and collective goals.
1.1-1.6	Exhibiting self-discipline and self-motivation.
1.1-1.6	Demonstrating personal and collective agency.

Lesson 2: Discover Emotions

Section	Self-Awareness
2.1-2.3	Identifying one's emotions
2.1-2.3	Having a growth mindset.
	Self-Management
2.1-2.3	Managing one's emotions.
2.1-2.3	Demonstrating personal and collective agency.

Lesson 3: The Difference Between Emotion and Thought & The Internal Journal

Section	Self-Awareness
3.1-3.3	Integrating personal and social identities.
3.1-3.3	Experiencing self-efficacy.
3.1-3.3	Having a growth mindset.
	Self-Management
3.1-3.3	Managing one's emotions.
3.1-3.3	Demonstrating personal and collective agency.
	Responsible Decision Making
3.1-3.3	Learning how to make a reasoned judgement after analyzing information, data, and facts.

Lesson 4: Empathy

Section	Self-Awareness
4.1 & 4.2	Having growth as a mindset.
	Self-Management
4.1 & 4.2	Demonstrating personal and collective agency.
	Social Awareness
4.1 & 4.2	Taking other's perspectives.
4.1 & 4.2	Demonstrating empathy and compassion.
4.1 & 4.2	Showing concern for the feelings of others.
	Relationship Skills
4.1 & 4.2	Communicating effectively.

Lesson 5: I Get By with a Little Help from My Friends & Wheel of Awareness

Section	Self-Awareness
5.1-5.2	Having growth as a mindset.
	Self-Management
5.1-5.2	Demonstrating personal and collective agency.
	Relationship Skills
5.1-5.2	Developing positive relationships.

Lesson 6: Compassion for the Hijacked Brain

Section	Self-Awareness
6.1-6.5	Having growth as a mindset.
	Self-Management
6.1-6.5	Demonstrating personal and collective agency.

Lesson 7: Trauma Containment and Rhythm

Section	Self-Awareness
7.1 & 7.2	Having growth as a mindset.
	Self-Management
7.1 & 7.2	Demonstrating personal and collective agency

Lesson 8: Tapping & Efficient Sleep

Section	Self-Awareness
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8.1 & 8.2 Having growth as a mindset.

Self-Management

8.1 & 8.2 Demonstrating personal and collective agency.

Lesson 9: Let's Get Moving

Section Self-Awareness

9.1-9.4 Having growth as a mindset.

Self-Management

9.1-9.4 Demonstrating personal and collective agency.

Lesson 10: Life of Intention

Section Self-Awareness

10.1-10.3 Having growth as a mindset.

10.1-10.3 Developing interests and a sense of purpose.

Self-Management

10.1-10.3 Setting personal and collective goals.

10.1-10.3 Using planning and organizational skills.

10.1-10.3 Showing the courage to take initiative.

10.1-10.3 Demonstrating personal and collective agency.

Responsible Decision Making

10.1-10.3 Demonstrating curiosity and open-mindedness.

10.1-10.3 Identifying solutions for personal and social problems.

10.1-10.3 Reflecting on one's role to promote personal, family, and community well-being.

Lesson 11: Code of Honor & Asking for Help

Section Self-Awareness

11.1 & 11.2 Linking feelings, values, and thoughts.

11.1 & 11.2 Having a growth mindset.

Self-Management

11.1 & 11.2 Showing the courage to take initiative.

11.1 & 11.2 Demonstrating personal and collective agency.

Relationship Skills

11.1 & 11.2 Practicing teamwork and collaborative problem-solving.

11.1 & 11.2 Seeking or offering support and help when needed.

Lesson 12: The Ongoing Journey

Section	Social Awareness
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12.1-12.4	Having a growth mindset.
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Self-Management

12.1-12.4	Using planning and organizational skills.
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12.1-12.4	Demonstrating personal and collective agency.
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Relationship Skills

12.1-12.4	Practicing teamwork and collaborative problem-solving.
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Responsible Decision Making

12.1-12.4	Identifying solutions for personal and social problems.
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