

## 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.
	<b>Self-Management</b>
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: Discovering Emotions

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

### Lesson 3: The Observing Self

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.
	<b>Self-Management</b>
3.1-3.3	Managing one's emotions.
3.1-3.3	Demonstrating personal and collective agency.
	<b>Responsible Decision Making</b>
3.1-3.3	Learning how to make a reasoned judgement after analyzing information, data, and facts.

## Lesson 4: Empathy & Co-Regulation

Section	Self-Awareness
4.1 & 4.2	Having growth as a mindset.
	<b>Self-Management</b>
4.1 & 4.2	Demonstrating personal and collective agency.
	<b>Social Awareness</b>
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.
	<b>Relationship Skills</b>
4.1 & 4.2	Communicating effectively.

## Lesson 5: Support Networks & Wheel of Awareness

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

## Lesson 6: Self-Compassion

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

## Lesson 7: Rebuilding: Reflection & Rhythm

Section	Self-Awareness
7.1 & 7.2	Having growth as a mindset.
	<b>Self-Management</b>
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.

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**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.

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**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.

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**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.

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**Self-Management**

11.1 & 11.2 Showing the courage to take initiative.

11.1 & 11.2 Demonstrating personal and collective agency.

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**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
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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
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12.1-12.4	Practicing teamwork and collaborative problem-solving.
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Responsible Decision Making
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12.1-12.4	Identifying solutions for personal and social problems.
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