# Mind Matters

**FC012YA Exploring Social and Emotional Skills**  
**GRADES 6-8**

<table>
<thead>
<tr>
<th>STANDARD 1 – Understand Social and Emotional Skills</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>OBJECTIVE</strong></td>
</tr>
</tbody>
</table>
| 1.01 Understand communication skills. | **Lesson 3: The Difference Between Emotion and Thought / The Internal Journal**  
  - Expressing Emotion or Thought  
  - The Internal Journal  
**Lesson 4: Building Empathy**  
- Building Empathy  
**Lesson 10: Life of Intention**  
- Tell Someone  
**Lesson 11: Code of Honor / Asking for Help**  
- Asking for Help |
| 1.02 Understand the characteristics of self-awareness. | **Lesson 1: Self-Soothing**  
- Four Self-Soothing Skills  
**Lesson 2: Discover Emotions**  
- Body Scan  
- Practice Identifying Emotions  
- Emotions: When They Work and When They Don't  
**Lesson 3: The Difference Between Emotion and Thought / The Internal Journal**  
- Expressing Emotion or Thought  
- Emotion or Thought Chart  
- The Internal Journal  
**Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness**  
- Mapping Your Support System  
- Wheel of Awareness  
**Lesson 6: Compassion for The Hijacked Brain**  
- Effects of Trauma on the Brain and Behavior  
- ACE Response Checklist  
- HOPE: Methods to Build Your Brain  
**Lesson 7: Trauma Containment and Rhythm**  
- Trauma Containment  
- Integrate the Senses through Rhythm  
**Lesson 8: Tapping / Efficient Sleep** |
| 1.03 Understand the strategies for self-management. | **Lesson 1: Self-Soothing**  
- Four Self-Soothing Skills  
**Lesson 2: Discover Emotions**  
- Body Scan  
- Practice Identifying Emotions  
**Lesson 3: The Difference Between Emotion and Thought / The Internal Journal**  
- Expressing Emotion or Thought  
- Emotion or Thought Chart  
- The Internal Journal  
**Lesson 4: Building Empathy**  
- Loving Kindness  
**Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness**  
- Wheel of Awareness  
**Lesson 8: Tapping / Efficient Sleep**  
- Learn Tapping  
- Efficient Sleep  
**Lesson 9: Let’s Get Moving**  
- Let’s Get Moving  
- Join a Team or Club/Self Defense  
- Practice Yoga  
- Exercise Plan  
**Lesson 10: Life of Intention**  
- Your Road Map for Life  
- SMARTER Goals  
**Lesson 11: Code of Honor / Asking for Help**  
- Code of Honor/The Honor Shield  
- Asking for Help  
**Lesson 12: The Ongoing Journey**  
- Four New Skills  
- Personal Agreement Contract  
- Mind Matters Practice Record  
- Safe Place, Picture, and Anchor Object |

| 1.04 Understand how to make responsible decisions. | **Lesson 1: Self-Soothing**  
- Introduction to *Mind Matters/Marshmallow Activity*  
**Lesson 9: Let’s Get Moving**  
- Exercise Plan |
| 1.05 Understand social awareness. | Lesson 2: Discover Emotions  
- Practice Identifying Emotions  
- Emotions: When They Work and When They Don't  
Lesson 3: The Difference Between Emotion and Thought / The Internal Journal  
- Expressing Emotion or Thought  
- Emotion or Thought Chart  
Lesson 4: Building Empathy  
- Building Empathy  
- Loving Kindness  
Lesson 5: I Get By with a Little Help from My Friends/Wheel of Awareness  
- Mapping Your Support System  
Lesson 9: Let's Get Moving  
- Join a Team or Club/Self Defense  
Lesson 10: Life of Intention  
- Tell Someone  
Lesson 11: Code of Honor / Asking for Help  
- Asking for Help |
| --- | --- |
| 1.06 Understand interpersonal relationships. | Lesson 4: Building Empathy  
- Building Empathy  
- Loving Kindness  
Lesson 10: Life of Intention  
- Tell Someone  
Lesson 11: Code of Honor / Asking for Help  
- Asking for Help |
| 1.07 Understand careers in human services. | N/A |