

Mind Matters

FC012YA Exploring Social and Emotional Skills
GRADES 6-8

STANDARD 1 – Understand Social and Emotional Skills	
OBJECTIVE	LESSON
<p>1.01 Understand communication skills.</p>	<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
<p>1.02 Understand the characteristics of self-awareness.</p>	<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 <p>Lesson 9: Let’s Get Moving</p> <ul style="list-style-type: none"> • Practice Yoga
<p>1.03 Understand the strategies for self-management.</p>	<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 <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 4: Building Empathy</p> <ul style="list-style-type: none"> • 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"> • Wheel of Awareness <p>Lesson 8: Tapping / Efficient Sleep</p> <ul style="list-style-type: none"> • Learn Tapping • Efficient Sleep <p>Lesson 9: Let’s Get Moving</p> <ul style="list-style-type: none"> • Let's Get Moving • Join a Team or Club/Self Defense • Practice Yoga • Exercise Plan <p>Lesson 10: Life of Intention</p> <ul style="list-style-type: none"> • Your Road Map for Life • SMARTER Goals <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"> • Four New Skills • Personal Agreement Contract • <i>Mind Matters</i> Practice Record • Safe Place, Picture, and Anchor Object
<p>1.04 Understand how to make responsible decisions.</p>	<p>Lesson 1: Self-Soothing</p> <ul style="list-style-type: none"> • Introduction to <i>Mind Matters</i>/Marshmallow Activity <p>Lesson 9: Let’s Get Moving</p> <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
<p>1.05 Understand social awareness.</p>	<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
<p>1.06 Understand interpersonal relationships.</p>	<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
<p>1.07 Understand careers in human services.</p>	<p>N/A</p>