

6th Grade Second Step – SEL Curriculum

(Dates are approximate and subject to change)

Unit 1 – Mindset and Growth

Grade 6, Lesson 1 (9/3/2019)

Family Lesson Summary

In this week's lesson, students will learn how their brains are changing and how the Second Step Program can help them grow their brains and learn to be successful.

Family Lesson Question

This week, ask your child what he or she is looking forward to learning this year in school. Describe something you enjoyed learning when you were in sixth grade.

Grade 6, Lesson 2A (9/4/2019)

Family Lesson Summary

This week's lesson teaches students that it's okay to feel nervous about starting middle school. This lesson talks about common fears students have, lets them know their concerns are normal, and helps them feel like they belong.

Family Lesson Question

Ask your child about the adults he or she has met at school. Tell your child about an adult who helped you when you were your child's age.

Grade 6, Lesson 3 (9/16/2019)

Family Lesson Summary

This week's lesson teaches students that they can build intelligence by using new approaches and strategies, trying new things, and working through difficulties. The understanding that they can strengthen their brains can help them achieve more in school and in life.

Family Lesson Question

Tell your child about a time you had to learn something new. Explain whether it was hard to learn and how you learned it. Ask your child if there's anything he or she would like to learn to do this year.

Grade 6, Lesson 4 (9/17/2019)

Family Lesson Summary

In this week's lesson, students will learn they can help their brains grow and change by using good strategies, getting help from others, and working hard.

Family Lesson Question

Tell your child about a time you needed help from someone else to learn something new. Ask your child to tell you about something he or she is working hard to learn and how you can help.

Grade 6, Lesson 5 (9/18/2019)

Family Lesson Summary

This week's lesson is about how people's personalities change as they grow up. Sometimes people's personalities change because of experiences they have, and sometimes because they work hard to change their personalities.

Family Lesson Question

Ask your child to describe his or her own personality. Describe for your child how you've seen his or her personality change, and the good things you see in it now.

Grade 6, Lesson 6 (9/19/2019)

Family Lesson Summary

This week, your child will learn an effective strategy for achieving goals. He or she will practice breaking big goals down into small, simple steps and creating plans for how to take each step.

Family Lesson Question

Think of a time you achieved a big goal, such as learning to drive or graduating from school. Tell your child about your goal and how you achieved it, and ask your child to tell you about a goal he or she has.

Grade 6, Lesson 7 (9/23/2019)

Family Lesson Summary

This week, your child will learn how to use If-Then Plans for making positive choices in difficult situations. Research shows this is a great way for students to prepare for difficult situations before they happen.

Family Lesson Question

Ask your child what an If-Then Plan is. Work together to make a plan for how your child can respond positively to a difficult situation he or she might encounter at home.

Unit 2 – Values and Friendships

Grade 6, Lesson 8 (9/24/2019)

Family Lesson Summary

This week, your child will think about his or her values and how he or she can use those values to help make good decisions.

Family Lesson Question

Ask your child about some of his or her values. Talk about how his or her values are similar to or different from yours.

Grade 6, Lesson 9 (9/25/2019)

Family Lesson Summary

This week, your child will learn how thinking about his or her values can help make school a place where everyone feels safe and welcome.

Family Lesson Question

Think of a group your child belongs to outside of school. Ask your child how thinking about his or her values can help him or her be a positive influence on this group.

Grade 6, Lesson 10 (9/26/2019)

Family Lesson Summary

This week, your child will explore the values he or she wants in a friend. This will help your child make new friends and be a better friend to others.

Family Lesson Question

Ask your child about his or her friends, including what he or she likes about them.

Grade 6, Lesson 11

Family Lesson Summary

This week, your child will learn ways to make new friends. This can help your child build positive relationships with his or her peers.

Family Lesson Question

Tell your child about a friend you made when you were younger, and explain how you became friends with this person. Ask your child how he or she makes friends at school, and what can sometimes make it difficult.

Grade 6, Lesson 12

Family Lesson Summary

This week's lesson uses a fun and engaging activity to practice skills for making friends. Practicing the skills he or she has learned will help your child use them in real life.

Family Lesson Question

Tell your child about a time you made a new friend. Explain what you did and how you did it. Ask your child if there's someone he or she would like to make friends with and how he or she will do so.