

## 7<sup>th</sup> Grade Second Step – SEL Curriculum

(Dates are approximate and subject to change)

### Unit 1 – Mindset and Growth

Grade 7, Lesson 1 (8/29/2019)

Family Lesson Summary

This week's lesson will help your child understand some of the changes that happen during adolescence, and how the Second Step Program can help your child succeed and do well, both as a student and as a friend.

Family Lesson Question

Ask your child about any changes he or she has noticed in friends now that they're growing up, and what your child thinks about these changes.

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Grade 7, Lesson 2B (9/3/2019)

Family Lesson Summary

This week, your child will think of ways he or she can help new students feel welcome at school.

Family Lesson Question

Ask your child to think of a group he or she enjoys being a part of, and what he or she would do to help a new person in the group feel welcome. Tell your child about a time you helped someone new to your community.

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Grade 7, Lesson 3 (9/5/2019)

Family Lesson Summary

This week's lesson explains that learning from mistakes can be useful and helps students understand how to grow from making mistakes.

Family Lesson Question

Tell your child about a mistake you made in the past and what you learned from it. Ask your child to tell you about a mistake he or she made and what he or she learned from it.

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Grade 7, Lesson 4 (9/6/2019)

Family Lesson Summary

This week's lesson encourages students to embrace challenges by demonstrating that mistakes are opportunities to learn.

Family Lesson Question

Ask your child if there's something new he or she would like to try, even if it's challenging. Share with your child something new that you would like to try.

Grade 7, Lesson 5 (9/16/2019)

Family Lesson Summary

This week's lesson is about how people's personalities change as they grow up. Personalities come from the brain, and as brains change and develop, personalities can also change.

Family Lesson Question

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

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Grade 7, Lesson 6 (9/17/2019)

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.

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Grade 7, Lesson 7 (9/19/2019)

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.

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## **Unit 2 – Values and Friendships**

Grade 7, Lesson 8 (9/20/2019)

Family Lesson Summary

This week, your child will think about his or her personal 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 7, Lesson 9 (9/23/2019)

Family Lesson Summary

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

Family Lesson Question

Talk to your child about the kinds of interactions he or she has online. Ask your child how he or she shows his or her personal values while interacting online.

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Grade 7, Lesson 10 (9/24/2019)

Family Lesson Summary

This week, your child will explore how values can help build strong friendships. Your child will think about how his or her personal values help make him or her a good friend.

Family Lesson Question

Talk with your child about what he or she likes about his or her friends. Ask your child what he or she thinks those friends like about him or her.

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Grade 7, Lesson 11 (9/26/2019)

Family Lesson Summary

This week, your child will learn about what makes a friendship strong and think of good ways to develop friendships. This will help your child deepen and strengthen positive relationships with his or her peers.

Family Lesson Question

Talk to your child about friendships. Discuss the fact that friendships sometimes grow stronger and sometimes grow weaker. Ask your child what he or she can do to make a friendship stronger.

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Grade 7, Lesson 12 (9/27/2019)

Family Lesson Summary

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

Family Lesson Question

Tell your child about a time you had a problem with a friend. Explain how you fixed the problem. Ask your child if there's a strategy he or she has used to strengthen a friendship in the past.