

8th Grade Second Step – SEL Curriculum

(Dates are approximate and subject to change)

Unit 1 – Mindset and Growth

Grade 8, Lesson 1 (8/27/2019)

Family Lesson Summary

This week's lesson will help your child understand some of the changes that happen during adolescence and how the social-emotional skills taught in the Second Step Program can help your child be successful and get along with others, in middle school and beyond.

Family Lesson Question

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

Grade 8, Lesson 2 (8/29/2019)

Family Lesson Summary

This week's lesson will help your child reflect on personal identity by asking the question "Who am I?" Your child will learn that people's identities change over time and that adolescence is a period when people typically explore questions about who they are.

Family Lesson Question

Ask each member of the family to answer the question "Who am I?" Follow up by asking which are the most important aspects of each person's identity and why.

Grade 8, Lesson 3 (9/3/2019)

Family Lesson Summary

This week, your child will continue to think about identity and how people sometimes "switch" identities to fit in with different social groups. The lesson explains that it's okay to change identities depending on the group you're in, but your child doesn't have to change in ways that don't feel right.

Family Lesson Question

Ask if your child ever feels the need to switch identities to fit in, and how that feels. Tell your child about a time you felt you had to change in a way that didn't feel right so you would be accepted by a group.

Grade 8, Lesson 4 (9/5/2019)

Family Lesson Summary

This week, your child will think about how the world could be a better place. Your child will also reflect on personal interests and how to develop them to create that better world.

Family Lesson Question

Ask your child, “What are some ways the world could be a better place?” Ask how you can support your child’s interests, and together, think about creative ways those interests can be developed to create a better world.

Grade 8, Lesson 5 (9/6/2019)

Family Lesson Summary

This week, your child will learn that making mistakes and failing can feel bad, but they’re also an opportunity to get better at something. Your child will think about ways to get better using these techniques: asking for help, using a new strategy, and working harder.

Family Lesson Question

Ask your child to describe a personal experience that involved making a mistake or failing at something. Together think about how that experience can be used as an opportunity to get better. Talk about a time you failed at something and how you learned from the experience.

Grade 8, Lesson 6 (9/16-9/27)

Family Lesson Summary

This week, your child will learn about SMART goals. SMART goals are Specific, Measurable, Action-Oriented, Realistic, and Timely.

Family Lesson Question

Ask your child what SMART goals are. Talk about goals you and your child have and your plans for achieving those goals.

Grade 8, Lesson 7 (9/17-9/27)

Family Lesson Summary

This week, your child will learn how to use If–Then Plans. Research shows that when people make an If–Then Plan, they’re twice as likely to follow through. Using an If–Then Plan is also a great way for students to prepare for difficult or important 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 8, Lesson 8 (9/18-9/27)

Family Lesson Summary

This week, your child will learn about values—“the things that matter to you most”—and how remembering their values can help people make good decisions, especially in difficult situations.

Family Lesson Question

Ask your child, “What are some of your values?” Describe your own values, and talk about the ones you have in common and what they mean to each of you.

Grade 8, Lesson 9 (9/19-9/27)

Family Lesson Summary

This week, your child will explore how remembering their values can help people build positive relationships. Your child will think about ways to form positive relationships with people who share similar interests.

Family Lesson Question

Ask your child to think of one value everyone in the family shares. Talk about ways everyone in your family can help show that value.

Grade 8, Lesson 10 (9/19-9/27)

Family Lesson Summary

This week, your child will learn that relationships often change during middle school, when interests and identities are changing. Your child will learn strategies for handling these changes in a healthy way.

Family Lesson Question

Ask your child about any recent changes in friendships at school. Reassure your child that relationships change throughout our lives, and talk about ways to handle these changes.

Grade 8, Lesson 11 (9/19-9/27)

Family Lesson Summary

As children grow up, they form close relationships with their peers. Sometimes friendships can become negative and hurtful. This week, your child will learn how to identify negative relationships and think about what to do when a relationship turns negative.

Family Lesson Question

Talk to your child about the different kinds of relationships kids have at school. Ask if any seem negative or unhealthy. Discuss what to do when a relationship turns negative.

Grade 8, Lesson 12 (9/23-9/27)

Family Lesson Summary

This week, your child will continue to practice identifying negative relationships.

Family Lesson Question

Talk to your child about the kinds of behavior that signal a friendship needs to end. Ask your child what would be a good way to end a friendship.