









MIDDLE SCHOOL Integrated SEL Pacing Guide

Core 2nd Step Curriculum + RULER Framework + PBIS

RULER Skills & Tools:  Charter  RULER Skills & Mood Meter  Meta-Moment  Blueprint

Week of	Unit & Lesson		6th	7th	8th	RULER Emphasis	
Sept 4, 9	PBIS Launch/Rodeo					 Classroom Charters (the “why”) as a resource for classroom rules & expectations (the “what” and the “how”)	
Sept 16	Unit 1: Mindset & Goals	Lesson 1	Starting Middle School (1A)	Helping New Students (1B)	Welcome!		
Sept 23		Lesson 2	How to Grow Your Brain	Creating New Pathways in Your Brain	Who Am I? My Identity		
Sept 30		Lesson 3	Trying New Solutions	Learning from Mistakes and Failure	My Interests and Strengths		
Oct 7		Lesson 4	Making Goals Specific	Identifying Roadblocks	Harnessing My Strengths		
Oct 14		Lesson 5	Breaking Down Your Goals	Overcoming Roadblocks 1	Pursuing My Interests		
Oct 21		Lesson 6	Monitoring Your Progress	Overcoming Roadblocks 2	My Future Self		
Oct 28		7: Performance Task	Bringing It All Together	Advice on Roadblocks	My Path Forward		
Nov 4	Unit 2: Developing a Positive Sense of Self	Lesson 8	What Are Guiding Principles?	What is Self-Concept?	Agency	 Meta Moment RULER Skills: Regulating & Expressing	
Nov 11		Lesson 9	Your Guiding Principles	Your Self-Concept	Sources of Confidence		
Nov 18		Conference Week PBIS – Culture Activities					
Nov 25		THANKSGIVING WEEK					
Dec 2		Lesson 10	Making Decisions	Influences on Self-Concept	How to Build Confidence 1		
Dec 9		Lesson 11	Multiple Guiding Principles	Changes in Self-Concept	How to Build Confidence 2		
Dec 16		PBIS Celebration					
		WINTER BREAK					
Jan 6		Lesson 12	Thinking Short-Term and Long-Term	Your Future Self-Concept	Agency and Confidence		
Jan 13		13: Performance Task	Using Your Guiding Principles	Who Will You Become?	Your Confidence-Building Plan		
Jan 21	Unit 3: Thoughts, Emotions & Decisions	Lesson 14	What Emotions Tell You	Emotions Matter	Understanding Stress and Anxiety	 Mood Meter RULER Skills: Recognizing & Labeling	
Jan 27		Lesson 15	Emotions and Your Brain	Feel, Think, Do	Where Does Stress Come From?		
Feb 3		Lesson 16	How Emotions Affect Your Decisions	Unhelpful Thoughts	Can Stress Help You Grow?		
Feb 10		Lesson 17	Managing Your Emotions	Reframe the Situation	Strategies for Managing Stress		
Feb 17		MID-WINTER BREAK					
Feb 24		Lesson 18	What Works Best for You?	Practicing Positive Self-Talk	Changing Strategies and Getting Help		
Mar 3		20: Performance Task	Raising Awareness About Managing Emotions	Making Better Decisions	My Stress-Management Plan (HS Transitions Time!)		
Mar 10	Unit 4: Managing Relations & Social Conflict	Lesson 20	You're Changing	What Makes a Conflict Escalate?	My Values	 Blueprint Practicing Empathy Conflicts in Stories Connections with STEP RULER Skill: Understanding	
Mar 17		Lesson 21	Why Conflicts Escalate	Keeping Your Cool in a Conflict	Values and Relationships		
Mar 24		Lesson 22	Considering Multiple Perspectives	Conflicts and Perspectives	Recognizing Others' Perspectives		
Mar 31		Lesson 23	Respectful Communication	Resolving Conflict Part 1	Finding the Best Solution		
Apr 7		SPRING BREAK					
Apr 14		Lesson 24	Resolving Challenging Conflicts	Resolving Conflict Part 2	Making Things Right		
Apr 21		Lesson 25	Making Amends	Taking Responsibility for Your Actions	Unhealthy Relationships		
Apr 28		26: Performance Task	Conflict Solvers	Tips for Resolving Conflicts	Guide to Healthy Relationships		
May 5		Lesson 27	RULER Blueprint Practice Using Conflict in a Story				High School Challenges
→ Jun	Use Extension Activities connected to Second Step concepts students may be struggling with PBIS Celebrations						