






MIDDLE SCHOOL Integrated SEL Pacing Guide

Core 2nd Step Curriculum + RULER Framework + PBIS

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

<u>Week of</u>	<u>Principal Timeline</u>		<u>Fridays</u>	6th	7th	<u>8th</u>	<u>RULER</u>
Sept 6	LID Day: Launch SEL Vision & Overview of Curriculums and Frameworks Monitor: Panorama Survey Window	Unit 1: Mindset & Goals		PBIS Launch/Rodeo			
Sept 11			Lesson 1	Starting Middle School (1a) or Helping New Students (1b)		Welcome!	
Sept 18			Lesson 2	How to Grow Your Brain	Creating New Pathways in Your Brain	Who Am I? My Identity	
Sept 25			Lesson 3	Trying New Solutions	Learning from Mistakes and Failure	My Interests and Strengths	
Oct 2			Lesson 4	Making Goals Specific	Identifying Roadblocks	Harnessing My Strengths	
Oct 9			Lesson 5	Breaking Down Your Goals	Overcoming Roadblocks 1	Pursuing My Interests	
Oct 16			Lesson 6	Monitoring Your Progress	Overcoming Roadblocks 2	My Future Self	
Oct 23			Lesson 7 - Performance Task	Bringing It All Together	Advice on Roadblocks	My Path Forward	
Oct 30	★ Alert Staff in Prep for Bullying Unit prior to Nov 27 (Include all staff)		Half-Day Friday	This is a great time focus on PBIS Program Elements that you want to enforce through the year. The student will have just discussed Goal Setting, so Setting a PBIS Monthly Goal would reinforce and link the two programs. (Also... if you had to shift a week for Panorama in September, you can get back on schedule in November so that everyone does Bullying Lessons at the same time)			 Charter Check-in se to do as Grade Level or Class Periods
Nov 6		No School Friday					
Nov 13		Half-Day Friday	Thanksgiving Week – only 2 days				
Nov 20		No School Friday					
Nov 27		Unit 2: Recognizing Bullying & Harassment	Lesson 8	Common Types of Bullying	What is Harassment?	Understanding Bullying	
Dec 4			Lesson 9	Recognizing Bullying	What is Sexual Harassment?	Social Factors that Contribute to Bullying	
Dec 11			Half-Day Friday	PBIS – Culture Activities			
				WINTER BREAK			
Jan 2			Lesson 10	Responding to Online Bullying	The Effects of Sexual Harassment	Environmental Factors that Contribute to Bullying	
Jan 8			Lesson 11	How to Be an Upstander	Gender-Based Harassment	Speak Up and Start a Movement	
Jan 16			Lesson 12	Standing Up and Staying Safe	Our Rights and Responsibilities	Be Inclusive and Ask for Change	
Jan 22			Lesson 13 - Performance Task	Raising Awareness About Bullying	Preventing Harassment	Stand Up for Change	
Jan 29	★ Staff Meeting: SEL Mid-Year Check (20-30 minutes)		No School Friday				 Revisiting the Charter
Feb 5	Monitor: Panorama Survey Window	Unit 3: Thoughts, Emotions & Decisions	Lesson 14	What Emotions Tell You	Emotions Matter	Understanding Stress and Anxiety	 Mood Meter Check-in
Feb 12			Lesson 15	Emotions and Your Brain	Feel, Think, Do	Where Does Stress Come From?	
Feb 21			Lesson 16	How Emotions Affect Your Decisions	Unhelpful Thoughts	Can Stress Help You Grow?	
Feb 26			Lesson 17	Managing Your Emotions	Reframe the Situation	Strategies for Managing Stress	
Mar 4		Lesson 18	What Works Best for You?	Practicing Positive Self-Talk	Changing Strategies and Getting Help	 Meta Moment Focused Breathing	
Mar 11		Lesson 19-Performance Task	Raising Awareness About Managing Emotions	Making Better Decisions	My Stress-Management Plan (<i>HS Transitions Time!</i>)		
Mar 18		Unit 4: Managing Relations & Social Conflict	Lesson 20	You're Changing	What Makes a Conflict Escalate?		My Values
Mar 25			Lesson 21	Why Conflicts Escalate	Keeping Your Cool in a Conflict		Values and Relationships
			Spring Break				
Apr 8	Lesson 22		Considering Multiple Perspectives	Conflicts and Perspectives	Recognizing Others' Perspectives	 Blueprint Community Circles	
Apr 15	Lesson 23	Respectful Communication	Resolving Conflict Part 1	Finding the Best Solution			
Apr 22	Lesson 24	Resolving Challenging Conflicts	Resolving Conflict Part 2	Making Things Right			
Apr 29	Lesson 25	Making Amends	Taking Responsibility for Your Actions	Unhealthy Relationships			
May 6	Lesson 26 - Performance Task	Conflict Solvers	Tips for Resolving Conflicts	Guide to Healthy Relationships			
May 13	Lesson 27	No Lesson			High School Challenges		
June	★ Staff Meeting: SEL Year End Check-in			PBIS Celebrations			