# 6th Grade Unit Overviews

<table>
<thead>
<tr>
<th>Unit</th>
<th>Main Lesson Titles</th>
<th>Expected Outcomes</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Unit 1: Respect</strong></td>
<td><strong>Lesson 1:</strong> R.E.S.P.E.C.T. - Respecting Ourselves</td>
<td>● Explain the importance of self-care as the core to respect for self.</td>
</tr>
<tr>
<td></td>
<td><strong>Lesson 2:</strong> R.E.S.P.E.C.T. - The Respect Effect</td>
<td>● Expand their understanding of respect to through both interpersonal and community based interactions.</td>
</tr>
<tr>
<td></td>
<td><strong>Lesson 3:</strong> R.E.S.P.E.C.T. - What our School Says About Respect</td>
<td>● Synthesize their knowledge of respect as it applies to themselves, others, and the school through the development of a guidebook utilized throughout the duration of 6th grade.</td>
</tr>
<tr>
<td></td>
<td><strong>Lesson 4:</strong> R.E.S.P.E.C.T. - In Our Culture</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Project:</strong> A Guidebook for Respect</td>
<td></td>
</tr>
<tr>
<td><strong>Unit 2: Caring</strong></td>
<td><strong>Lesson 1:</strong> Toss in Self-Care</td>
<td>● Utilize self-care tools and methods to increase a feeling of self worth.</td>
</tr>
<tr>
<td></td>
<td><strong>Lesson 2:</strong> A Meal of Gratitude</td>
<td>● Develop the skills of empathy and compassion for both people they know personally and others within their community.</td>
</tr>
<tr>
<td></td>
<td><strong>Lesson 3:</strong> Find Your Empathy</td>
<td>● Practice both giving and receiving gratitude through a foundation of kindness.</td>
</tr>
<tr>
<td></td>
<td><strong>Lesson 4:</strong> Compassion Wall</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Project:</strong> The Caring Award</td>
<td></td>
</tr>
<tr>
<td><strong>Unit 3: Inclusiveness</strong></td>
<td><strong>Lesson 1:</strong> Friendship vs. Clique: Evaluating our Level of Inclusiveness</td>
<td>● Define inclusiveness as it applies to both themselves and to their community as a whole.</td>
</tr>
<tr>
<td></td>
<td><strong>Lesson 2:</strong> Is it Fair, Equitable, Both, or Neither?</td>
<td>● Evaluate their immediate surroundings through a lens of equity and fairness.</td>
</tr>
<tr>
<td></td>
<td><strong>Lesson 3:</strong> Be An Upstander</td>
<td>● Practice inclusiveness as they work together within their classroom to create a safe place for all who enter the space.</td>
</tr>
<tr>
<td></td>
<td><strong>Lesson 4:</strong> Making Inclusive School Spaces</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Project:</strong> New Student Welcome Packet</td>
<td></td>
</tr>
<tr>
<td><strong>Unit 4: Integrity</strong></td>
<td><strong>Lesson 1:</strong> Clean vs. Cloudy</td>
<td>● Examine their own level of integrity across a variety of situations, both with peers and individually.</td>
</tr>
<tr>
<td></td>
<td><strong>Lesson 2:</strong> Notice the Difference</td>
<td>● Practice creating and accomplishing SMART goals.</td>
</tr>
<tr>
<td></td>
<td><strong>Lesson 3:</strong> Making Choices</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Lesson 4:</strong> Qualities of Success</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Project:</strong> Digital Citizenship Storyboards</td>
<td></td>
</tr>
<tr>
<td><strong>Unit 5: Responsibility</strong></td>
<td><strong>Lesson 1:</strong> Stations of Responsibility</td>
<td>● Explore responsible words and actions in social settings, both physical and online.</td>
</tr>
<tr>
<td></td>
<td><strong>Lesson 2:</strong> Rights vs. Responsibilities</td>
<td>● Evaluate responsibilities in online spaces and with technology devices.</td>
</tr>
<tr>
<td></td>
<td><strong>Lesson 3:</strong> Social Responsibility</td>
<td>● Explain the connection between freedom and responsibility.</td>
</tr>
<tr>
<td></td>
<td><strong>Lesson 4:</strong> Digital Responsibility</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Project:</strong> Responsibility Log</td>
<td></td>
</tr>
<tr>
<td><strong>Unit 6: Courage</strong></td>
<td><strong>Lesson 1:</strong> Have You Ever?</td>
<td>● Gain a deeper understanding of the kindness and courage required to embrace humility in a variety of situations.</td>
</tr>
<tr>
<td></td>
<td><strong>Lesson 2:</strong> One of a Kind</td>
<td>● Examine what courage looks like within their own lives and how to incorporate a variety of courageous moments moving forward.</td>
</tr>
<tr>
<td></td>
<td><strong>Lesson 3:</strong> Class Humility</td>
<td>● Draw connections between vulnerability and courage.</td>
</tr>
<tr>
<td></td>
<td><strong>Lesson 4:</strong> Build Me Up!</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Project:</strong> Random Acts of Kindness Photo Collage</td>
<td></td>
</tr>
</tbody>
</table>
# 7th Grade Unit Overviews

<table>
<thead>
<tr>
<th>Unit</th>
<th>Main Lesson Titles</th>
<th>Expected Outcomes</th>
</tr>
</thead>
</table>
| Unit 1: Respect | **Lesson 1:** Using I-Messages  
**Lesson 2:** Active Listening  
**Lesson 3:** Assessing Media Messages for Respect  
**Lesson 4:** Respect for Other Cultures  
**Project:** Respect Commercial | ● Explain the importance of self-care as the core to respect for self.  
● Expand their understanding of respect to through both interpersonal and technology based interactions.  
● Synthesize their knowledge of respect as it applies to themselves, others, and the community through the development of a respect commercial. |
| Unit 2: Caring | **Lesson 1:** Self-Care Scattered Categories  
**Lesson 2:** Simple Gratitude  
**Lesson 3:** Choose Your Empathy  
**Lesson 4:** Compassion Challenge  
**Project:** Caring for Our School | ● Utilize self-care tools and methods to increase a feeling of self worth.  
● Expand their skills of empathy and compassion for both people they know personally and others within their community.  
● Practice both giving and receiving gratitude through a foundation of kindness. |
| Unit 3: Inclusiveness | **Lesson 1:** Identity Circles  
**Lesson 2:** A Fairness Perspective  
**Lesson 3:** The Equity Challenge  
**Lesson 4:** Finding Your Voice  
**Project:** Inclusiveness Children’s Story | ● Explore the concept of inclusiveness and how it is applied within the school and the community at large.  
● Analyze the difference between fairness and equality.  
● Identify ways to create opportunities for self-inclusion that can also lead to including others. |
| Unit 4: Integrity | **Lesson 1:** Levels of Honesty  
**Lesson 2:** Resisting Temptation  
**Lesson 3:** Breaking It Down  
**Lesson 4:** Seeing It Through  
**Project:** Digital Citizenship Posters | ● Examine their own level of integrity across a variety of situations, both with peers and individually.  
● Practice creating and accomplishing SMART goals. |
| Unit 5: Responsibility | **Lesson 1:** Taking Responsibility  
**Lesson 2:** Rings of Responsibility  
**Lesson 3:** How We See Responsibility  
**Lesson 4:** The Nature of Responsibility  
**Project:** Investigating Food Waste in Our School | ● Increase personal responsibility through words and actions in social settings, both physical and online.  
● Evaluate responsibilities in online spaces and with technology devices.  
● Explain the connection between freedom and responsibility.  
● Analyze responsible food consumption and waste in America. |
| Unit 6: Courage | **Lesson 1:** Ever Done That?  
**Lesson 2:** Self-Proclaimed Hero  
**Lesson 3:** Servant Leaders  
**Lesson 4:** Verbal vs. Nonverbal Communication  
**Project:** Random Acts of Kindness Photo Journal | ● Practice utilizing the kindness and courage required to embrace humility in a variety of situations.  
● Examine what courage looks like within their own lives and how to incorporate a variety of courageous moments moving forward.  
● Explain the connection between vulnerability and courage. |
# 8th Grade Unit Overviews

<table>
<thead>
<tr>
<th>Unit</th>
<th>Main Lesson Titles</th>
<th>Expected Outcomes</th>
</tr>
</thead>
</table>
| **Unit 1: Respect** | Lesson 1: The Mindset of Respect  
Lesson 2: Fixed Mindset vs. Growth Mindset  
Lesson 3: Self Image and Self Esteem  
Lesson 4: Respect is a Human Right  
**Project:** Growth Mindset & Respect Bathroom Posters |  
- Practice utilizing healthy self-care strategies as a demonstration of self-respect.  
- Expand understanding of respect from a biological, brain-based perspective.  
- Synthesize knowledge of respect through an in-depth analysis of the effects of self-care and productivity. |
| **Unit 2: Caring** | Lesson 1: 20 Questions  
Lesson 2: School Gratitude  
Lesson 3: In My Place  
Lesson 4: Empathy + Compassion  
**Project:** Caring for Me |  
- Utilize self-care tools and methods to increase their own self-respect.  
- Examine current life situations and highlight areas of gratitude, no matter how small.  
- Practice demonstrating genuine empathy and compassion for others within their own community. |
| **Unit 3: Inclusiveness** | Lesson 1: Inclusive School Discussion  
Lesson 2: Becoming Upstander  
Lesson 3: Walk in Their Shoes  
Lesson 4: Responding to Peer Pressure  
**Project:** Building a Kind and Caring Culture |  
- Apply the concept of inclusiveness within their school to increase accessibility for all students.  
- Explain the difference between fairness and equality.  
- Understand the difference between equality and equity. |
| **Unit 4: Integrity** | Lesson 1: Shortcut or Loophole?  
Lesson 2: Rebuilding Trust  
Lesson 3: Start Small  
Lesson 4: Shout it Out!  
**Project:** Digital Citizenship Guide |  
- Examine their own level of integrity across a variety of situations, both with peers and individually.  
- Practice creating and accomplishing SMART goals. |
| **Unit 5: Responsibility** | Lesson 1: Building Self Discipline  
Lesson 2: Sources of Responsibility  
Lesson 3: Conflict in Responsibility  
Lesson 4: Shifting Responsibility  
**Project:** Responsibility Guidebook |  
- Practice accepting personal responsibility through words and actions in social settings, both physical and online.  
- Evaluate responsibilities in online spaces and with technology devices.  
- Demonstrate and understanding between freedom and responsibility. |
| **Unit 6: Courage** | Lesson 1: Identity Round Robin  
Lesson 2: What Makes an Awesome Leader?  
Lesson 3: The “Humblebrag”  
Lesson 4: Culture of Kindness  
**Project:** Kindness Bombs |  
- Identify personal examples that promote the use of humility as a courageous tool to treat others with kindness.  
- Examine what courage looks like within their own lives and how to incorporate a variety of courageous moments moving forward.  
- Provide examples of how vulnerability and courage are connected. |