# 6th Grade Unit Overviews

<table>
<thead>
<tr>
<th>Unit</th>
<th>Main Lesson Titles</th>
<th>Expected Outcomes</th>
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</thead>
</table>
| **Unit 1: Respect** | **Lesson 1:** R.E.S.P.E.C.T. - Respecting Ourselves  
**Lesson 2:** R.E.S.P.E.C.T. - The Respect Effect  
**Lesson 3:** R.E.S.P.E.C.T. - What our School Says About Respect  
**Lesson 4:** R.E.S.P.E.C.T. - In Our Culture  
**Project:** A Guidebook for Respect | ● Explain the importance of self-care as the core to respect for self.  
● Expand their understanding of respect to through both interpersonal and community based interactions.  
● 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. |
| **Unit 2: Caring** | **Lesson 1:** Toss in Self-Care  
**Lesson 2:** A Meal of Gratitude  
**Lesson 3:** Find Your Empathy  
**Lesson 4:** Compassion Wall  
**Project:** The Caring Award | ● Utilize self-care tools and methods to increase a feeling of self worth.  
● Develop the 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:** Friendship vs. Clique: Evaluating our Level of Inclusiveness  
**Lesson 2:** Is it Fair, Equitable, Both, or Neither?  
**Lesson 3:** Be An Upstander  
**Lesson 4:** Making Inclusive School Spaces  
**Project:** New Student Welcome Packet | ● Define inclusiveness as it applies to both themselves and to their community as a whole.  
● Evaluate their immediate surroundings through a lens of equity and fairness.  
● Practice inclusiveness as they work together within their classroom to create a safe place for all who enter the space. |
| **Unit 4: Integrity** | **Lesson 1:** Clean vs. Cloudy  
**Lesson 2:** Notice the Difference  
**Lesson 3:** Making Choices  
**Lesson 4:** Qualities of Success  
**Project:** Digital Citizenship Storyboards | ● 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:** Stations of Responsibility  
**Lesson 2:** Rights vs. Responsibilities  
**Lesson 3:** Social Responsibility  
**Lesson 4:** Digital Responsibility  
**Project:** Responsibility Log | ● Explore responsible 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. |
| **Unit 6: Courage** | **Lesson 1:** Have You Ever?  
**Lesson 2:** One of a Kind  
**Lesson 3:** Class Humility  
**Lesson 4:** Build Me Up!  
**Project:** Random Acts of Kindness Photo Collage | ● Gain a deeper understanding of 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.  
● Draw connections between vulnerability and courage. |
# 7th Grade Unit Overviews

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| 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. |
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Lesson 2: Fixed Mindset vs. Growth Mindset  
Lesson 3: Self Image and Self Esteem  
Lesson 4: Respect is a Human Right  
● 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. |