

Explorations Grade 6

Ms. Scott

Seven Oak Middle School

Course Outline

Social and Emotional Intelligence and Civic Engagement

Week	Units of Study	Description
1	Component 1: Self-Awareness	Strengths and weaknesses, beliefs and biases, hopes and fears, creating goals...
2	Component 2: Self-Management	Self-control in the classroom, strategies for dealing with negative emotions, peer pressure, personal hygiene and healthy living (Exercise and diet), awareness of actions, thoughts, and words
3	Component 3: Relationship Skills	Empathy and other perspectives, social and verbal cues, communication, conflict resolution, developing integrity with others, being honest
4	Component 4: Responsible Decision Making	Being proactive vs. reactive, media and other "addictions"...
5	Component 5: Social Awareness	roles we play in society (sibling, child, student, citizen, future adult), seeking and offering help, how our actions/words affect others,
6	Component 6: One's Place in the World	Being a part OF the world rather than apart FROM it, the bigger picture, examining the virtues of both the individual <i>and</i> the group, choices in consumption, the many environments in which we live, non-human relationships (plants, animals, and ecosystems) forms of altruism, are there any obligations in being alive?
7	Component 7: Current Issues/Current Events	Reading, watching, and discussing current events in the news, discussing challenges we face and coming up with and exploring solutions
8	Component 8: Civic Engagement	Importance of civic engagement, forms of civic engagement, Discovering one's voice and finding outlets for that voice, democratic participation
9	Creating Plans of Action for all 8 components	Students will create at least one objective for each component to follow in their future and will present their plans to the class
10	Reflection and end-of-the-term celebration	