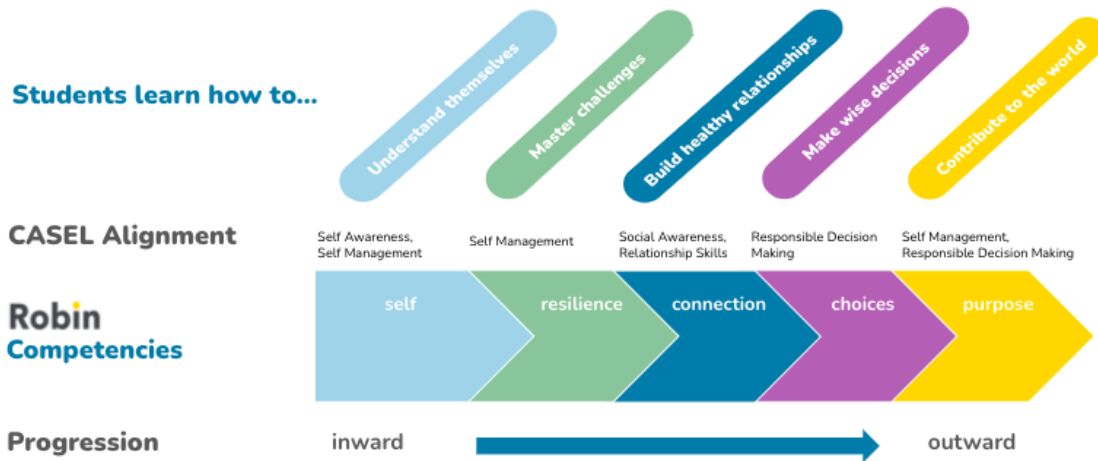


Robin's Middle School Pathway: MENTAL WELLNESS

Robin Program and Curriculum Framework:



MENTAL WELLNESS PATHWAY, Scope & Sequence:

Lesson Title	CASEL Competencies & Robin SEL Skills
SELF: Mental Health Remains Taboo - Peer Coach Naina Giri	<ul style="list-style-type: none"> • Self-Awareness • Identifying Emotions • Vulnerability
SELF: Managing Emotions - Coach Anja Salonen	<ul style="list-style-type: none"> • Self-Care • Stress Management • Self-Worth • Positive Thinking • Growth Mindset
SELF: Use Your Inner Superpower - Coach Nyeesha Williams	<ul style="list-style-type: none"> • Self-Worth • Empowerment • Self Confidence • Overcoming Trauma
RESILIENCE: Gen Z Stress - Peer Coach Naina Giri	<ul style="list-style-type: none"> • Self-Management • Growth Mindset • Stress Management
RESILIENCE: Healing Doesn't Happen in Isolation - Coach Anja Salonen	<ul style="list-style-type: none"> • Support Systems • Relationship Building • Communication • Vulnerability

	<ul style="list-style-type: none"> • Self-Care
RESILIENCE: Kindness Meditation - Coach Tara Karch	<ul style="list-style-type: none"> • Kindness • Compassion • Empathy • Self-Love • Meditation
CONNECTION: Finding Your Voice - Coach Jenica Biggs	<ul style="list-style-type: none"> • Asking for Help • Self-Advocacy • Growth Mindset • Positive Thinking • Self-Care
CONNECTION: Connect to Overcome a Challenge - Coach Jonathan Hesney	<ul style="list-style-type: none"> • Overcoming Challenges • Solving Problems • Communication • Relationship Skills
CONNECTION: Choose Forgiveness Over Resentment - Coach Ebony Tutora	<ul style="list-style-type: none"> • Forgiveness • Positivity • Self-Care • Self-Empowerment • Identifying Emotions
CHOICES: Is It Hard to Put Technology Away? - Coach Sara Kaviar	<ul style="list-style-type: none"> • Technology Use • Reflecting • Sustaining Focus • Impulse Control • Fear of Missing Out
CHOICES: Healthy Habits on Social Media - Coach Amy Lee Flower	<ul style="list-style-type: none"> • Technology Use • Digital Citizenship • Self-Awareness • Identifying Emotions
PURPOSE: Who? Not What - Coach Jeff Hittner	<ul style="list-style-type: none"> • Goal Setting • Discovering Purpose • Self-Motivation • Accurate Self-Perception
PURPOSE: Use Your Dream GPS - Coach Sharon DeMattia	<ul style="list-style-type: none"> • Goal Setting • Communication • Self Expression • Accurate Self Perception • Self-Worth