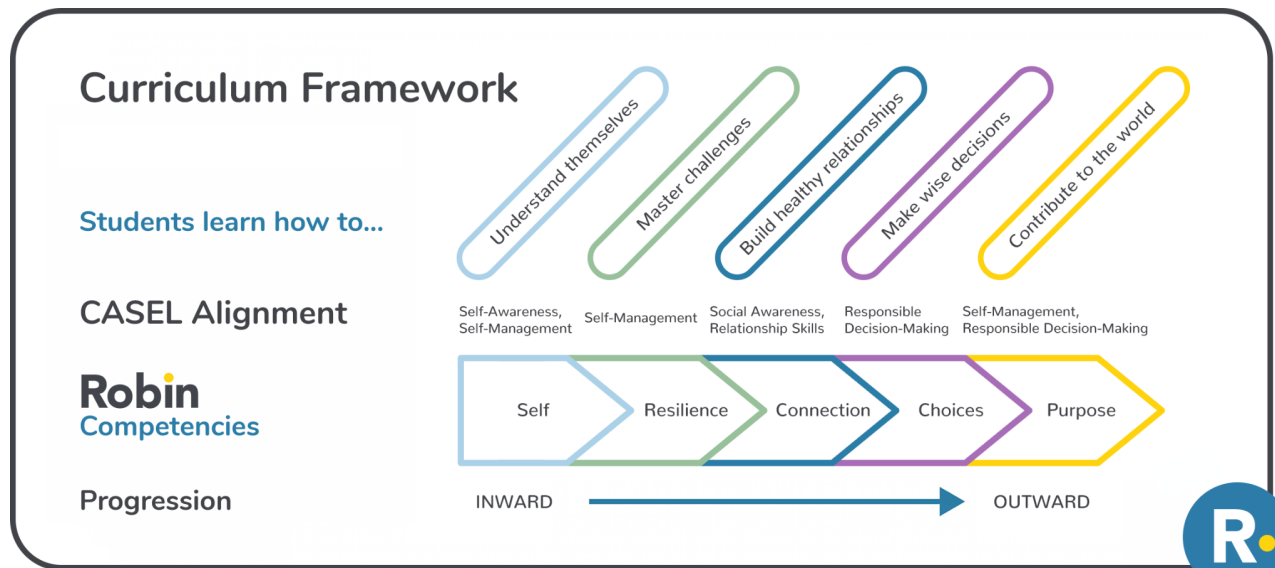


Robin's 6th Grade Pathway: MENTAL WELLNESS



Course Outline, 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
SELF: Use Your Inner Power - 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
RESILIENCE: Kindness Meditation - Coach Tara Karch	<ul style="list-style-type: none"> • Kindness • Compassion • Empathy
CONNECTION: Finding Your Voice - Coach Jenica Biggs	<ul style="list-style-type: none"> • Asking for Help • Self-Advocacy

	<ul style="list-style-type: none"> ● Growth Mindset
CONNECTION: Connect to Overcome a Challenge - Coach Jonathan Hesney	<ul style="list-style-type: none"> ● Overcoming Challenges ● Solving Problems ● Communication
CONNECTION: Choose Forgiveness Over Resentment - Coach Ebony Tutora	<ul style="list-style-type: none"> ● Forgiveness ● Self-Empowerment ● Identifying Emotions
CHOICES: Healthy Habits on Social Media - Coach Amy Lee Flower	<ul style="list-style-type: none"> ● Technology Use ● Digital Citizenship ● Self-Awareness ● Identifying Emotions
CHOICES: Is It Hard to Put Technology Away? - Coach Sara Kaviar	<ul style="list-style-type: none"> ● Sustaining Focus ● Impulse Control ● Fear of Missing Out
CHOICES: Mental Health Hygiene - Coach Amy Lee Flower	<ul style="list-style-type: none"> ● Affirmations ● Mindfulness ● Persistence ● Positive Thinking
PURPOSE: Who? Not What - Coach Jeff Hittner	<ul style="list-style-type: none"> ● Goal-Setting ● Discovering Purpose ● Self-Motivation ● Accurate Self-Perception
PURPOSE: Mindfulness 101 - Coach Amy Lee Flower	<ul style="list-style-type: none"> ● Mindfulness ● Breath Work ● Empowerment
PURPOSE: Use Your Dream GPS - Coach Sharon DeMattia	<ul style="list-style-type: none"> ● Goal-Setting ● Communication ● Accurate Self-Perception

Group SEL Activities:

Lesson Title	Life Challenge & Robin SEL Lesson Skills
Delay the Label	<ul style="list-style-type: none"> ● Interpreting Reality ● Reflecting ● Nuanced Thinking
What I Did Right	<ul style="list-style-type: none"> ● Self-Love ● Dealing with Disappointment
How We See Ourselves	<ul style="list-style-type: none"> ● Positive Self-Image ● Self-Affirmations
Understanding Myself	<ul style="list-style-type: none"> ● Identifying Emotions ● Self-Awareness ● Mindfulness

My Biggest Fan	<ul style="list-style-type: none"> ● Feeling Insecure ● Positive Affirmations
Choose Calm	<ul style="list-style-type: none"> ● Heavy Emotions: Anger ● Emotional Regulation ● Decision-Making
Box Breathing	<ul style="list-style-type: none"> ● Stress Management ● Mindfulness ● Overcoming Anxiety
Connect to Face a Challenge	<ul style="list-style-type: none"> ● Teamwork ● Communication ● Problem-Solving
Free Write	<ul style="list-style-type: none"> ● Vulnerability ● Handling Heavy Emotions ● Self-Expression
Choose Gratitude	<ul style="list-style-type: none"> ● Reflecting ● Practicing Gratitude ● Combatting Comparison
Using Technology Well	<ul style="list-style-type: none"> ● Decision-Making ● Analyzing ● Thoughtful Use of Technology
Normalizing Failure	<ul style="list-style-type: none"> ● Mental Flexibility ● Dealing with Failure ● Reflection
Care and Compassion	<ul style="list-style-type: none"> ● Self-Care ● Resilience ● Self-Compassion
My Superpowers	<ul style="list-style-type: none"> ● Self-Confidence ● Finding Your Strengths ● Self-Empowerment
Body Scan	<ul style="list-style-type: none"> ● Feeling Disconnected ● Mindfulness ● Stress Management