



Character Strong

Greg. A. Garcia Early College Intermediate 8th GRADE SCOPE AND SEQUENCE

Thursday, Nov. 2, 2023	S1: Welcome Welcome to Session 1! This session helps set the stage for the "What", the "How", and the "Why" for this year. It helps create clarity for both the educator and students which sets the program up for success.
Thursday, Nov. 9, 2023	S2: Developing Community Agreements This session is dedicated to developing Community Agreements. This process is designed to bring many voices forward to make sure everyone has an opportunity to reflect on and discuss how we want to treat each other. These Agreements are meant to help the class to become a safe place where people can be genuine without fear of mistreatment. The Agreements are designed to serve as guidelines we can refer to throughout the year.
Thursday, Nov. 16, 2023	S3: The CharacterDare This session sets up the first CharacterDare, which will be a consistent part of every session for the rest of the year. The CharacterDares are designed to help us practice putting values and character into action. The CharacterDare process includes reviewing the challenge from the previous session, along with an introduction to a new challenge. Every grade level has the same challenge corresponding to that week's session. We will return to the conversation about character and values in a 3-part series titled "What Do We Value?" Remember: CharacterDares are invitations, not demands! The power is in the conversation.
Thursday, Nov. 30, 2023	S4: Connecting Values & Your Future (Values & Dreams) This is the 1st of 4 sessions where we look ahead and plan for our futures. In this session, we touch base with our individual values and use them to help guide us in thinking

	about dreams we want to see come true in our futures.
Thursday, Dec. 7, 2023	S5: Values & Your Future in High School (The Story of Values) This is the 2nd of 4 sessions where we look ahead and plan for our futures. Thinking about what we have already accomplished can help guide our actions in positive directions. In this session, we think about personal values that influenced us in elementary school, experiences we've had in middle school, and how remembering and acting on our individual values can help us have the kind of high school experience we hope for.
Thursday, Jan. 4, 2023	S6: Connecting Your Future & This Year (Planning Ahead) This is the 4th of 4 sessions where we look ahead and plan for our futures. In this session we continue thinking about high school, what we hope for, obstacles we might face to achieving those wishes, and ways we might overcome those obstacles.
Thursday, Jan. 11, 2024	S7: Developing Values as Guides This is the 1st of 3 sessions on values and habits. Improving our ability to turn actions we want to take into habits makes it easier to take those actions when the time is right. In this session, we work on getting better at identifying our values and making them into habits to help us handle challenges.
Thursday Jan. 18, 2024	S8: Creating Goals This is the 2nd of 3 sessions on values and habits. Our values can help us identify things we want to accomplish that are important to us. In this session we work on connecting our values to goals.
Thursday, Jan. 25, 2024	S9: Making Positive Habits This is the 3rd of 3 sessions on values and habits. In this session, we focus on how our values, goals, and habits are all connected.
Thursday, Feb. 1, 2024	S10: Understanding How Emotions Work, pt 1 This is the 1st of 2 sessions on understanding emotions. Our brains create our emotions by rapidly and automatically assessing what's going on around us and inside us and whether it is good or bad for us. We will all learn about this process in this session and the next. Understanding that emotions are natural, automatic, and arise very quickly can help us improve how we view ourselves and others when strong emotions arise and helps lay the foundation

	for learning emotion regulation skills.
Thursday, Feb. 8, 2024	S11: Understanding How Emotions Work, pt 2 This is the 2nd of 2 sessions on understanding emotions. In this session, we continue learning about how our emotions are natural and happen automatically. Understanding some of the science of emotions can help us improve how we view ourselves and others when strong emotions arise and help lay the foundation for learning emotion regulation skills.
Thursday, Feb. 15, 2024	S12: Dealing with Emotions This is the 1st of 4 sessions on emotion regulation. Early adolescents experience their emotions especially powerfully and we can all struggle sometimes to handle powerful emotions well. In this session, we learn about how our emotions can sometimes cause us to do things we later regret. Exploring this can help motivate us to learn emotion regulation strategies.
Thursday, Feb. 22, 2024	S13: Practicing Self-Regulation This is the 2nd of 4 sessions on emotion regulation. Early adolescents experience their emotions especially powerfully and we can all struggle to handle strong emotions well. In this session, we learn 2 different strategies that can help us regulate our emotions.
Thursday, Feb. 29, 2024	S14: Building an Emotions Toolbox This is the 3rd of 4 sessions on emotion regulation. Early adolescents experience their emotions especially powerfully and we can all struggle to handle powerful emotions well. In this session, we learn more strategies to add to our emotion regulation toolbox.
Thursday, March 7, 2024	S15: Connecting Emotion Regulation and Values This is the 4th of 4 sessions on emotion regulation. Early adolescents experience their emotions especially powerfully and we can all struggle to handle powerful emotions well. In this session, we explore ways to get better at using emotion regulation tools to put our values into action and work toward our goals.
Thursday, March 21, 2024	S16: Practicing Emotion Regulation We know being in touch with our personal values can help us make good decisions. In this session, we work on understanding impulsivity, ways we can notice our impulses pulling us away from our values, and how to use that awareness to avoid impulsive reactions to situations.

Thursday, April 4, 2024	S17: Regulating Emotions in Academics (Overcoming Obstacles) In this session, we focus on the academic goals we have for ourselves and create maps of our journey towards those goals. One powerful way to make goals more effective is to anticipate and plan for overcoming barriers that can interfere with our progress toward our goals. In today's session, we work together to anticipate different types of obstacles and come up with ways to overcome them.
Thursday, April 11, 2024	S18: Using Values to Increase Belonging (Our Influences) In this session students work together to identify things that can get in the way of their shared goals for the school community and come up with strategies to combat them.
Thursday, April 25, 2024	S19: Grit and Willpower In this session, we will use the song "I Will Survive" to reflect on the lessons we have learned from our past challenges. We will also discuss how we can use those lessons to overcome future obstacles.
Thursday May 9, 2024	S20: Final Reflections This session focuses on thinking back and reflecting on things we've learned and ways we've grown through a process called a Sankofa Session. This reflection process is important for us to cement the learning as we look to the past to inform our future.