



6TH GRADE Scope & Sequence

Belonging: How can we create a place where everyone feels like they belong?

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 that sets the program up for success.

S2: Building Connections

This is the 1st of 2 sessions about building community. The goal is to begin to develop relationships and start creating a sense of safety and community in our classroom space.

S3: Building Community

This is session 2 of 2 in our community building series. It is focused on continuing to build connections and a positive classroom climate. We'll be doing activities to get to know each other better and learn more about each other's names.

S4: Middle School Mythbusting (Worries & Wonders)

This is the 1st of 2 sessions that utilize videos to bring student voices forward with the goal of helping quell worries our students might have at the beginning of middle school. This session is about fitting in and belonging at school.

S5: Middle School Mythbusting (Expert Explorers)

This is the 2nd of 2 sessions that utilize videos to bring student voices forward with the goal of helping quell worries our students might have at the beginning of middle school. This session is focused on taking tests in middle school.

S6: 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.

S7: Understanding the CharacterDare Process

This session sets up the first CharacterDare, which will be a consistent part of almost every session for the rest of the year. The CharacterDares are designed to help us practice and generalize the skills learned in the program. We will return to the conversation about character and values in session 10.

S8: Meeting New People

The theme of this year is “Belonging” and this is the 1st of 2 sessions with the goal of helping us make connections and build relationships. In this session's activity, we make plans to get to know 4 adults in the building.

S9: Get to Know Your School

The theme of this year is “Belonging” and this is the 2nd of 2 sessions with the goal of helping us make connections and build relationships. In this session, we identify opportunities to get involved in fun and interesting activities at school and think of opportunities we wish existed.

S10: Values Exploration

This is the 1st of 3 sessions focused on exploring values. Getting clear on our own personal values can help us make decisions and act in ways that align with our sense of self and what we think is important. In this session, we explore the topic of values by reflecting on qualities we value in other people.

S11: Understanding Values (Values in Community)

This is the 2nd of 3 sessions focused on exploring values, in this session by considering how different people demonstrate their values and how we show others what we value. The class will choose 1 Community Agreement and explore it from different value perspectives.

S12: Practicing Values (What's Important to Us?)

This is the 3rd of 3 sessions focused on exploring values, in this session by reflecting on how we want to feel in different situations and discussing how this relates to and can help us understand our personal values. We will spend time thinking about what we value and how that helps us to think about who we want to be.

S13: Building Listening Skills

This is the 1st of 2 sessions on becoming better listeners. Listening is an important skill that improves peer relationships and is important for perspective-taking, conflict resolution, and group work. In this session, we practice listening closely with a partner and reflect on what was hard (or easy) about it.

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Belonging: How can we create a place where everyone feels like they belong?

S14: Listening Practice

This is the 2nd of 2 sessions focused on listening. Listening is a valuable skill that improves peer relationships and is important for perspective-taking, conflict resolution, and group work. In this session, we practice identifying good versus bad listening.

S15: Perspective-Taking

This is the 1st of 2 sessions on perspective-taking. Perspective-taking is important for peer relationships and supports friendship, respect, and conflict resolution, including across student differences. In this session, we work in groups to practice trying to understand the perspective of other people.

S16: Practicing Perspective-Taking

This is the 2nd of 2 sessions on perspective-taking. Perspective-taking is not just a passive process. In this session, we practice improving our ability to understand someone else through applying our listening skills and asking thoughtful questions

S17: Understanding Emotions

This is the 1st of 2 sessions focused on understanding and learning ways to regulate our emotions. In this session, we talk about the value of regulating and calming our bodies and learn some techniques focused on breathing.

S18: Regulating Emotions (Naming Emotions)

This is the 2nd of 2 sessions on emotions. Research shows being able to name our strong emotions helps us stay calm and think through difficult situations.

S19: Using Values in Conflict Resolution

This is the 1st of 2 Conflict Resolution sessions. In this session, we wrestle as a class with several everyday interpersonal conflict scenarios presented in videos as a way to share and gain insights into ways to think about and handle conflicts.

S20: Understanding Conflict Resolution

This is the 2nd of 2 Conflict Resolution sessions. In this session, we continue to wrestle with everyday interpersonal conflict scenarios presented in videos as a way to share and gain insights into ways to think about and handle conflicts.

S21: Developing Friendships

This is the 1st of 2 sessions on friendship. Having a sense of connectedness and belonging at school boosts student well-being and supports school engagement. In this session, we all share ideas with each other about ways to make friends.

S22: Strengthening Friendships

This is the 2nd of 2 sessions on friendship. The goal is to reflect on the qualities we value in friends.

S23: Applying Listening Skills

This is the 1st of 2 listening sessions. The goals are to think about what fully listening looks like and come up with strategies to be better listeners.

S24: Listening with Empathy

This is the 2nd of 2 listening sessions. Listening is an important part of perspective-taking. We can become better at listening and perspective-taking by learning to ask questions and work to ensure we are really understanding what others are saying.

S25: Perspective-Taking: Part 1

This is the 1st of 2 sessions on perspective-taking. Learning to understand others' perspectives is a fundamental social skill important for making friends, solving conflicts, and working in groups. In this session, we practice thinking about how different people might react differently to the same situation.

S26: Perspective-Taking: Part 2

This is the 2nd of 2 sessions on perspective-taking. Learning to understand others' perspectives is a fundamental social skill important for making friends, solving conflicts, and working in groups. In this session, we explore and practice "perspective-getting" by actively asking questions of each other to better understand the perspectives behind their thoughts and opinions - rather than simply assuming we know.

S27: Connecting Motivation & Emotions

This is the 1st of 2 emotion-focused sessions that build on earlier emotions sessions in this grade. In this session, we work to understand the different ways people can notice and feel emotions in their bodies. Being able to notice physical sensations related to emotions can help us catch them early and use emotion regulation strategies before emotions get too intense.



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Belonging: How can we create a place where everyone feels like they belong?

S28: Regulating Emotions (Calming Emotions)

This is the 2nd of 2 emotion-focused sessions that follow up on earlier emotion sessions in this grade. In this session, we learn and practice a skill for helping us stay calm by focusing on the sensations where our body contacts solid surfaces.

S29: Making New Friends

This is the 1st of 3 sessions on friendships. Having friends is important for well-being and even school success. Having friends helps us feel a sense of belonging in our school. In this session, we do an activity that helps us learn from each other about ways to make friends.

S30: Becoming A Better Friend

This is the 2nd of 3 sessions on friendship. Having friends is important for well-being and even school success. Having friends helps us feel a sense of belonging in our school. In this session, we share our ideas about values and actions that support friendship and questions we can ask others to help build a friendship.

S31: Resolving Conflicts with Friends

This is the 3rd of 3 sessions on friendship. A certain amount of conflict is inevitable in relationships. In this session we work on practicing ways to resolve conflicts with our friends.

S32: Helping Others Resolve Conflict (Saying I'm Sorry)

In this session, we work on learning to apologize, a simple but important skill that can help us handle some of the conflicts we get into with others.

S33: Remembering This Year

We have covered a lot of ground in these lessons this year. This is the 1st of 3 sessions focused on thinking back and reflecting on things we've learned and ways we've grown. This reflection process is important for us to cement the learning we have done this year.

S34: Creative Reflections

We have covered a lot of ground in these lessons this year. This is the 2nd of 3 sessions focused on thinking back and reflecting on things we've learned and ways we've grown. This reflection process is important for us to cement the learning we have done this year.

S35: Final Reflections

We have covered a lot of ground in these lessons this year. This is the 3rd of 3 sessions focused on thinking back and reflecting on things we've learned and ways we've grown. This reflection process is important for us to cement the learning we have done this year.



7TH GRADE Scope & Sequence

Well-being: How do I develop personal well-being and how does it affect our relationships with others?

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 that sets the program up for success.

S2: Building Connections

This is the 1st of 2 sessions about building community. The goal is to begin to develop relationships and create a sense of safety and community in our classroom space.

S3: Building Community

This is the 2nd of 2 sessions in our community building series. It is focused on getting to know each other better and learning more about each other interests and insights.

S4: 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.

S5: What Do We Value? Part 1: Identifying Values

This is the 1st of 3 sessions related to values. Thinking about and identifying values we personally feel are important can help us make good decisions and can guide our actions in positive directions. In this session, we explore our individual values, including where they come from and ways we can put them into action.

S6: What Do We Value? Part 2: Connecting

This is the 2nd of 3 sessions focused on values. This session applies learning from the last session related to values and offers some perspective on how we might have the same (or different) values for various reasons. At the end, we get introduced to the CharacterDare process - a challenge to put values (and the session content) into action. After this session, nearly all sessions will include a Dare. Remember: Dares are invitations, not demands! The power is in the conversation.

S7: What Do We Value? Part 3: Applying Values

This is the 3rd of 3 sessions focused on values. This session brings the 3 sessions together with a focus on application in our personal lives. We will go through the full CharacterDare process: 1st, reflect on the previous Dare, and 2nd, introduce them to the new Dare. Remember: Dares are invitations, not demands! The power is in the conversation.

S8: Understanding Emotions

This is the 1st of 5 sessions focused on understanding (2 sessions) and regulating (3 sessions) emotions. Across this session and the next we learn some basic brain science to help us understand where our emotions come from. We learn that our brains all create emotions quickly and automatically, which means people don't have their strong emotions on purpose. This can help us to gain a helpful perspective on both our own and others' strong emotions.

S9: Identifying Emotions

This is the 2nd of 5 sessions focused on understanding (2 sessions) and regulating (3 sessions) emotions. Across this session and the last we learn some basic brain science to help us understand where our emotions come from. In this session we continue learning about how our brains create emotions quickly and automatically. This can help us to gain a helpful perspective on both our own and others' strong emotions.

S10: Expanding Emotion Vocabulary

Following 2 sessions on emotion understanding, this is the 1st of 3 sessions focused on emotion regulation. In this session, we learn about regulating our own strong emotions by Naming them and improve our ability to use this approach by practicing distinguishing between different intensities of emotion to help us find the right name for what we are experiencing.

S11: Practicing Emotion Regulation

This is the 4th of 5 sessions related to emotion understanding and emotion regulation. Handling powerful emotions requires learning strategies for calming down and we learn two and revisit one learned last week in this session.

S12: Identifying Emotions

This is the 5th of 5 sessions related to emotion understanding and emotion regulation. Tools for regulating emotions are only effective if you use them. In this session we work on thinking through how we'd handle emotional challenges presented in scenarios.

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Well-being: How do I develop personal well-being and how does it affect our relationships with others?

S13: Understanding Stress

This is the 1st of 2 sessions on stress and coping. Increasing numbers of adolescents struggle with stress. In this session, we focus on understanding stress and learning ways to cope with stress.

S14: Stress Strategies

This is the 2nd of 2 sessions on stress and coping. In this session we focus on coming up with and sharing ways to improve our well-being to help us cope with stress.

S15: Understanding Community Connections

This session focuses on social connections. Friendships and good relationships with others are important throughout life but can be especially important in middle school. In this session we all work together to come up with as many ideas as we can for ways to be social and connect with others.

S16: Building Social Awareness

This is the 1st of 4 sessions on how we can effectively engage in empathy in ways that result in helping others in need rather than just feeling bad for them. To start this section off we focus on noticing as much as we can about others as a way to get us started on improving our empathy and perspective-taking skills.

S17: Choosing to Care

This is the 2nd of 4 sessions on effective empathy. The first step, which we worked on last session, is noticing how others are feeling and what's going on with them. The second step, which we focus on today, is the importance of caring about others and caring when we can tell others are unhappy or could use some help.

S18: Acting with Empathy

This is the 3rd of 4 sessions on effective empathy. In this session we focus on the 3rd ingredient that makes empathy effective - taking action to help others.

S19: Practicing Effective Empathy

This is the 4th of 4 sessions on effective empathy. In this session we reflect on and explore ways to engage in all three parts of the effective empathy formula: noticing, caring, and taking action.

S20: Understanding Mental Health & Well-Being

This is the 1st of 4 sessions on mental health and well-being. Recent science has shown that we can benefit from increasing our well-being (which we use synonymously with mental health) even when we struggle with mental illness and life's challenges. Well-being matters for all of us and in this session we learn about three types or aspects of well-being.

S21: Exercising Well-Being

This is the 2nd of 4 sessions on well-being. In this session we continue to focus on the three aspects of well-being and explore ways we can support and increase our well-being.

S22: Well-Being in Practice

This is the 3rd of 4 sessions on well-being. In this session we continue to work together to generate and share ideas for ways we can boost our well-being.

S23: Developing Well-Being Habits

This is the 4th of 4 sessions on well-being. In this session we think about personal goals we have for our well-being and identify the barriers we may face in trying to achieve them.

S24: Communicating with Assertiveness

This is the 1st of 2 sessions on Assertiveness. Aggression is a common cause of conflicts but we need to learn to avoid both aggression and passivity. In this session, we explore the differences between the three.

S25: Practicing Assertiveness

This session is about Assertiveness. Being able to be assertive helps us stand up for ourselves and communicate our needs and wants without being disrespectful to others. In this session we learn assertiveness through understanding the differences between passive, aggressive, and assertive.

S26: Learning to Compromise

This session is about compromise. Being able to compromise is an important skill that helps us resolve conflicts and handle disagreements with friends, peers, and in group work. In this session we work together to better understand compromising by coming up with solutions to scenarios that require compromise.

7TH GRADE Scope & Sequence

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Well-being: How do I develop personal well-being and how does it affect our relationships with others?

S27: Handling Conflict Part 1

This session is the 1st of 2 about learning to resolve conflicts. In middle school peer conflicts happen often and if not resolved they can snowball and disrupt the learning environment. In this session we work together to figure out ways to resolve conflict scenarios.

S28: Reflecting on Conflict Part 2

This is the 2nd of 2 sessions on conflicts. In this session we learn 4 approaches to handling conflicts: compromise, let it go, ask for help, and be assertive.

S29: Increasing Well-Being Part 1: Introduction

This is the 1st of 4 sessions on promoting well-being. Across these sessions, we will work with the same group of students. The goal is to come up with strategies to boost well-being and create posters we will put around the school to encourage our peers to use them to increase their well-being. In today's session we will get into our groups, choose a type of well-being to focus on, and come up with initial ideas for our posters.

S30: Increasing Well-Being Part 2: Plan

This is the 2nd of 4 sessions on promoting well-being. Across these sessions, we will work with the same group of students. The goal is to come up with strategies to boost well-being and create posters we will put around the school to encourage our peers to use them to increase their well-being. In today's session we will create a draft of our well-being poster.

S31: Increasing Well-Being Part 3: Execute

This is the 3rd of 4 sessions on promoting well-being. Across these sessions, we will work with the same group of students. The goal is to come up with strategies to boost well-being and create posters we will put around the school to encourage our peers to use them to increase their well-being. In today's session we will get feedback on our poster ideas and work to incorporate that feedback into poster revisions.

S32: Increasing Well-Being Part 4: Evaluate

This is the 4th of 4 sessions on promoting well-being. Across these sessions, we will work with the same group of students. The goal is to come up with strategies to boost well-being and create posters we will put around the school to encourage our peers to use them to increase their well-being. In today's session we will evaluate the quality of our projects while reflecting on the group process we went through to create them.

S33: Looking Back

This is the 1st of 3 sessions focused on thinking back and reflecting on things we've learned and ways we've grown this year. This reflection process is important for us to cement the learning we have done this year.

S34: Creative Reflections

We have covered a lot of ground in these lessons this year. This is the 2nd of 3 sessions focused on thinking back and reflecting on things we've learned and ways we've grown. This reflection process is important for us to cement the learning we have done this year.

S35: Final Reflections

This is the 3rd of 3 sessions focused on thinking back and reflecting on things we've learned and ways we've grown this year. This reflection process is important for us to cement the learning we have done this year.



8TH GRADE Scope & Sequence

Engagement: How do we practice engaging meaningfully in our lives, our friendships, and in our school?

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 that sets the program up for success.

S2: Building Connections

This is the 1st of 2 sessions about building community. The goal is to begin to develop relationships and start creating a sense of safety and community in our classroom space.

S3: Building Community

This is session 2 of 2 in our community building series. It is focused on learning more about each other and getting to know each other better.

S4: 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.

S5: Envisioning Your Future (Dreams Ahead)

This is the 1st of 4 sessions where we look ahead and start to envision plans for our futures. In this session, we envision our hopes for our futures, then harness the wisdom of these imagined positive future selves to think about healthy ways to live our lives today. At the end, we get introduced to the CharacterDare process - a challenge to put the session content into action. After this session, nearly all sessions will include a Dare. Remember: Dares are invitations, not demands! The power is in the conversation.

S6: Connecting Values & Your Future (Dreams)

This is the 2nd 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.

S7: Connecting Your Future & High School (The Story of Values)

This is the 3rd 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.

S8: 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.

S9: 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.

S10: 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. This session we work on connecting our values to goals.

S11: 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.

S12: Happiness Part 1: Mythbusting

This is the 1st of 5 sessions on emotion understanding and regulation. Understanding and being able to handle strong emotions is important for coping with a variety of challenges including maintaining well-being, building peer relationships and handling peer conflicts, and meeting classroom expectations. This session explores common myths about happiness that can make it harder for us to handle difficult emotions

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Engagement: How do we practice engaging meaningfully in our lives, our friendships, and in our school?

S13: Happiness Part 2: Increasing Self Acceptance

This is the 2nd of 5 sessions on emotion understanding and regulation. In this session, we examine another myth about happiness - that if we're not always happy there's something wrong with us. Being unhappy at times is normal and knowing that can help us not feel even worse when we experience unhappiness.

S14: Understanding How Emotions Work Part 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. In this session and the next, we will all learn about this process. 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.

S15: Understanding How Emotions Work Part 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.

S16: 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.

S17: 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 two different strategies that can help us regulate our emotions.

S18: 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.

S19: Connecting Values & Emotion Regulation

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.

S20: 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.

S21: Regulating Emotions in Academics (Overcoming Obstacles)

In this session, we focus on 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.

S22: Using Values to Increase Belonging (Our Influences)

In this session students to 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.

S23: Using Values of Teamwork

This is the 1st of 6 sessions on building our skills for working in teams. The goals are to identify what unique traits we bring to a team and showcase them through the art we create.

S24: Practicing Effective Teamwork for Impact

This is the 2nd of 6 sessions on teamwork. The goal is for us to work as a team to come up with ways to have a positive impact on someone else's day.

S25: Regulating Emotions on a Team (The Team in Teamwork)

This is the 3rd of 6 sessions on teamwork. This session is focused on the importance of ensuring that all the members of a team all able to give input to maximize the benefits of working in a group.

8TH GRADE

Scope & Sequence



Engagement: How do we practice engaging meaningfully in our lives, our friendships, and in our school?

S26: Developing Strategies for Teamwork Challenges

This is the 4th of 6 sessions on teamwork. In this session, we reflect on ways to handle challenges that may come up when working in groups.

S27: Listening and Empathy on a Team

This is the 5th of 6 sessions on teamwork. For group members to be able to fully contribute we need to feel like we will not be unfairly criticized and that we will be listened to. This opens the door to everyone feeling like we can share our thoughts and ideas. That is the focus of this session.

S28: Exercising Listening on a Team (Team Creativity)

This is the 6th of 6 sessions on teamwork. In this session we explore the role of creativity in group work and practice applying creativity to real-world challenges.

S29: Being School Leaders Part 1: Introduction

This is the 1st of 5 sessions where we will work together in the same group. The goal of these sessions will be for us to work together to reflect on, investigate and come up with ways to help students overcome barriers to experiencing belonging at our school. By the end of these 5 sessions, each group will have created a product that addresses barriers to belonging and focuses on ways to help incoming students next year to have a smoother transition and easier time feeling like they belong at our school. Each group will create a poster to put up to welcome incoming students next year. In this session we will choose a topic and brainstorm poster ideas.

S30: Being School Leaders Part 2: Plan

This is the 2nd of 5 sessions where we will work together in the same group. The goal of these sessions will be for us to work together to reflect on, investigate and come up with ways to help students overcome barriers to experiencing belonging at our school. In today's session we will work together to finalize our plan for our posters.

S31: Being School Leaders Part 3: Develop

This is the 3rd of 5 sessions where we will work together in the same group. The goal of these sessions is for us to work together to reflect on, investigate and come up with ways to help students overcome barriers to experiencing belonging at our school. In this session we will create a draft of their poster.

S32: Being School Leaders Part 4: Execute

This is the 4th of 5 sessions where we will work together in the same group. The goal of these sessions is for us to work together to reflect on, investigate and come up with ways to help students overcome barriers to experiencing belonging at our school. In this session, we will work on giving each other feedback and creating a final draft of our posters.

S33: Being School Leaders Part 5: Evaluate

This is the 5th of 5 sessions where we will work together in the same group. The goal of these sessions is for us to work together to reflect on, investigate and come up with ways to help students overcome barriers to experiencing belonging at our school. In this session, we will present our poster and reflect on our group experience.

S34: Reflecting On The Year Part 1: Looking Back

This is the 1st of 2 sessions focused on thinking back and reflecting on things we've learned and ways we've grown this year. This reflection process is important for us to cement the learning we have done this year. In this session we will identify what was most valuable, what we used or benefitted from, and what we'll keep trying to use.

S35: Reflecting On The Year Part 2: Final Reflections

This is the 2nd of 2 sessions focused on thinking back and reflecting on things we've learned and ways we've grown this year. This reflection process is important for us to cement the learning we have done this year. In this session we will continue identify what was most valuable, what we used or benefitted from, and what we'll keep trying to use.