



CHARACTERSTRONG MIDDLE SCHOOL SEL Curriculum & CASEL Framework

Anchor Standard	Learning Standards	Grade 6	Grade 7	Grade 8
Self-Awareness	Student demonstrates an understanding of one's emotions	S17: Understanding Emotions S18: Regulating Emotions, Part 1 S27: Connecting Motivation & Emotion S28: Regulating Emotions, Part 2	S08: Understanding Emotions S09: Identifying Emotions S10: Expanding Emotion Vocabulary	S14-15: Understanding How Emotions Work S25: Developing Strategies for Teamwork S26: Regulating Emotions on a Team S27: Engaging in Empathy on a Team
	Student demonstrates knowledge of personal strengths, challenges, cultural, linguistic assets, and aspirations.	S03: Middle School Mythbusting (Belonging) S04: Middle School Mythbusting (Test-Taking) S05: Developing Community Agreements S07: Understanding the CharacterDare Process S10: Exploring Values S22: Strengthening Friendships	S20: Understanding Mental Health and Well-being S05: Identifying Values S06: Connecting Values & Actions	S09: Developing Anchor Values S10: Building Positive Habits S11: Evaluating Habits S12-13: Increasing Self-Acceptance S34-35: Reflecting on the Year
	Student demonstrates awareness of personal rights and responsibilities.	S06: Upholding Community Agreements S33-35: Reflecting on the Year	S04: Upholding Community Agreements S33-35: Reflecting on the Year	S04: Upholding Community Agreements S10: Building Positive Habits S29-33: Being School Leaders
	Student demonstrates an awareness of when help is needed and who can provide it.	S08: Get to Know Your School: Who's Here?	S15: Understanding Social Connections	S27: Engaging in Empathy on a Team S29-33: Being School Leaders



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Self-Management	Student demonstrates the skills to manage and express one's emotions, thoughts, impulses, and stress in constructive ways.	S17: Understanding Emotions S18: Regulating Emotions, Part 1 S27: Connecting Motivation & Emotion	S11: Practicing Emotion Regulation S12: Applying Emotion Regulation S13: Understanding Stress S14: Coping with Stress	S11: Evaluating Habits S16: Reflecting on Emotion Regulation S17: Practicing Self Regulation S18: Building an Emotion Regulation Toolbox S25: Developing Strategies for Teamwork S26: Regulating Emotions on a Team
	Student demonstrates the skills to set, monitor, adapt, achieve, and evaluate goals.	S07: Understanding the CharacterDare Process S33-35: Reflecting on the Year	S13: Understanding Stress S14: Coping with Stress S34-35: Reflecting on the	S11: Evaluating Habits S21: Regulating Emotions in Academics S34-35: Reflecting on the Year
Social Awareness	Student demonstrates empathy for other people's emotions, perspectives, cultures, languages, and histories.	S15: Understanding Others' Perspectives S16: Practicing Perspective-Taking S23: Applying Listening Skills, Part 2 S24: Listening with Empathy	S15: Understanding Social Connections S16: Developing Social Awareness S17: Understanding Effective Empathy S18: Recognizing When People Need Support S19: Practicing Effective Empathy	S22: Using Values to Increase Belonging S23: Understanding the Value of Teamwork S24: Practicing Effective Teamwork for Impact S25: Developing Strategies for Teamwork S26: Regulating Emotions on a Team S27: Engaging in Empathy on a Team
	Student contributes productively to one's school, workplace, and community.	S04: Middle School Mythbusting (Test-Taking) S12: Practicing Values S32: Helping Others Resolve Conflict	S15: Understanding Social Connections S19: Practicing Effective Empathy	S23: Understanding the Value of Teamwork S24: Practicing Effective Teamwork for Impact S25: Developing Strategies for Teamwork S29-33: Being School Leaders



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Social Awareness	Student demonstrates an awareness and respect for one's similarities and differences with others.	S06: Upholding Community Agreements S10: Exploring Values S11: Understanding Values S21: Developing Friendships S22: Strengthening Friendships S25: Exercising Perspective-Taking S29: Making New Friends S30: Becoming a Better Friend	S01: Building Connections S02: Building Community S16: Developing Social Awareness	S01: Building Connections S02: Building Community S25: Developing Strategies for Teamwork
	Student recognizes leadership capacity in themselves and others.	S05: Developing Community Agreements S32: Helping Others Resolve Conflict	S06: Connecting Values & Actions S07: Applying Values S33-35: Reflecting on the Year	S22: Using Values to Increase Belonging S23: Understanding the Value of Teamwork S24: Practicing Effective Teamwork for Impact S25: Developing Strategies for Teamwork S29-33: Being School Leaders



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Relationship Skills	Student uses a range of communication skills to interact effectively with individuals of diverse backgrounds, abilities, languages, and lifestyles.	S09: Get to Know Your School: What's Here? S13: Building Listening Skills	S24: Communicating with Assertiveness S25: Practicing Assertiveness S26: Learning to Compromise	S25: Developing Strategies for Team S27: Engaging in Empathy on a Team S28: Exercising Listening on a Team
	Student cultivates constructive relationships with individuals of diverse backgrounds, abilities, languages, and lifestyles.	S01: Building Connections S02: Building Community S03: Middle School Mythbusting S13: Building Listening Skills S14: Applying Listening Skills (1) S15: Understanding Others' Perspectives S16: Practicing Perspective-Taking S21: Developing Friendships S24: Listening With Empathy S25: Exercising Perspective-Taking S29: Making New Friends S30: Becoming a Better Friend	S01: Building Connections S02: Building Community S19: Practicing Effective Empathy S26: Learning to Compromise	S01: Building Connections S02: Building Community S23: Using Values to Increase Belonging S24: Practicing Effective Teamwork for Impact
	Student demonstrates the skills to respectfully engage in and resolve interpersonal conflicts in various contexts.	S08: Get to Know Your School: Who's Here? S19: Using Values in Conflict Resolution S20: Understanding Conflict Resolution S22: Strengthening Friendships S23: Applying Listening Skills (2)	S26: Learning to Compromise S27: Handling Conflict S28: Reflecting on Conflict Resolution	S19: Connecting Values & Emotion Regulation S24: Practicing Effective Teamwork for Impact S25: Developing Strategies for Team work Challenges



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Responsible Decision-Making	Student considers the well-being of self and others when making decisions.	S05: Developing Community Agreements S06: Upholding Community Agreements S26: Connecting Through Perspective-Taking S31: Resolving Conflicts with Friends	S21: Exercising Well-Being S22: Increasing Personal Well-Being S23: Developing Well-Being Habits S29-32: Well-Being in Action	S17: Practicing Self-Regulation S18: Building an Emotion Regulation Toolbox S19: Connecting Values & Emotion Regulation S20: Practicing Emotion Regulation S21: Regulating Emotions in Academics S27: Engaging in Empathy on a Team S29-33: Being School Leaders
	Student uses a systematic approach to decision making in a variety of situations.	S26: Connecting Through Perspective-Taking S27: Connecting Motivation & Emotions	S23: Developing Well-Being Habits S27: Handling Conflict	S10: Building Positive Habits S25: Developing Strategies for Teamwork Challenges
	Student applies problem-solving skills to engage responsibly in a variety of situations.	S04: Middle School Mythbusting S19: Using Values in Conflict Resolution S20: Understanding Conflict Resolution S26: Connecting Through Perspective S27: Connecting Motivation & Emotions S33-34: Reflecting on the Year	S23: Developing Well-Being Habits S27: Learning to Compromise S33-35: Reflecting on the Year	S11: Evaluating Habits S24: Practicing Effective Teamwork S23: Understanding the Value of Teamwork



CHARACTERSTRONG MIDDLE SCHOOL SEL Curriculum & ASCA Standards

Category	Standards	Grade 6	Grade 7	Grade 8
Mindset Standards	M1: Belief in development of whole self, including a healthy balance of mental, social/emotional, and physical well-being	S03: Middle School Mythbusting (Belonging) S07: Understanding the CharacterDare Process S10: Exploring Values S13: Building Listening Skills S14: Applying Listening Skills: Part 1 S15: Understanding Others' Perspectives S16: Practicing Perspective-Taking S33-35: Reflecting On The Years	S09: Identifying Emotions S10: Expanding Emotion Vocabulary S11: Practicing Emotion Regulation S12: Applying Emotion Regulation S14: Coping with Stress S20: Understanding Mental Health & Well-Being S21: Exercising Well-Being S23: Developing Well-Being Habits S29-32: Well-Being In Action S33-35: Reflecting On The Year	S14-15: Understanding How Emotions Work S20: Practicing Emotion Regulation
	M2: Self-confidence in ability to succeed	S05: Developing Community Agreements S06: Upholding Community Agreements S07: Understanding the CharacterDare Process	S24: Communicating with Assertiveness S25: Practicing Assertiveness S31-32: Well-Being In Action	S09: Developing Anchor Values S10: Building Positive Habits S11: Evaluating Habits S12-13: Increasing Self-Acceptance S20: Practicing Emotion Regulation S21: Regulating Emotions in Academics
	M3: Sense of belonging in the school environment	S01: Building Connections S02: Building Community S08: Get to Know Your School: Who's Here? S09: Get to Know Your School: What's Here? S10: Exploring Values S29: Making New Friends S30: Becoming A Better Friend	S15: Understanding Social Connections S17: Understanding Effective Empathy S18: Recognizing When People Need Support S19: Practicing Effective	S22: Using Values to Increase Belonging



CHARACTERSTRONG MIDDLE SCHOOL SEL Curriculum & ASCA Standards



Category	Standards	Grade 6	Grade 7	Grade 8
Mindset Standards	M4: Understanding that postsecondary education and life-long learning are necessary for long-term career success			S09: Developing Anchor Values S10: Building Positive Habits S11: Evaluating Habits S21: Regulating Emotions in Academics
	M5: Belief in using abilities to their fullest to achieve high-quality results and outcomes	S04: Middle School Mythbusting (Test Taking) S33-35: Reflecting On The Year	S21: Exercising Well-Being S22: Increasing Personal Well-Being S23: Developing Well-Being Habits S30-32: Well-Being In Action	S09: Developing Anchor Values S10: Building Positive Habits S11: Evaluating Habits S12-13: Increasing Self-Acceptance S21: Regulating Emotions in Academics
	M6: Positive attitude toward work and learning	S33-35: Reflecting On The Year	S33-35: Reflecting On The Year	S10: Building Positive Habits S11: Evaluating Habits S12-13: Increasing Self-Acceptance S21: Regulating Emotions in Academics



CHARACTERSTRONG MIDDLE SCHOOL SEL Curriculum & ASCA Standards

Category	Standards	Grade 6	Grade 7	Grade 8
Behavior Standards	Learning Strategies: Processes and tactics students employ to aid in the cognitive work of thinking, remembering, or learning.	S03: Middle School Mythbusting (Belonging) S04: Middle School Mythbusting (Test Taking) S05: Developing Community Agreements S06: Upholding Community Agreements	S21: Exercising Well-Being S22: Increasing Personal Well-Being S23: Developing Well-Being Habits S26: Learning to Compromise S27: Handling Conflict S28: Reflecting on Conflict Resolution S30-32: Well-Being In Action S33-35: Reflecting On The Year	S09: Developing Anchor Values S10: Building Positive Habits S11: Evaluating Habits S13: Increasing Self-Acceptance S21: Regulating Emotions in Academics
	Self-Management Skills: Continued focus on a goal despite obstacles (grit or persistence) and avoidance of distractions or temptations to prioritize higher pursuits over lower pleasures (delayed gratification, self-discipline, self-control).	S04: Middle School Mythbusting S05: Developing Community Agreements S06: Upholding Community Agreements S07: Understanding the CharacterDare Process S11: Understanding Values S17: Understanding Emotions S18: Regulating Emotions Part 1 S19: Using Values in Conflict Resolution S20: Understanding Conflict Resolution S27: Connecting Motivation & Emotions S28: Regulating Emotions Part 2 S31: Resolving Conflicts with Friends S32: Helping Others Resolve Conflicts S33-35: Reflecting On The Year	S09: Identifying Emotions S10: Expanding Emotion Vocabulary S11: Practicing Emotion Regulation S12: Applying Emotion Regulation S13: Understanding Stress S14: Coping with Stress S21: Exercising Well-Being S22: Increasing Personal Well-Being S23: Developing Well-Being Habits S26: Learning to Compromise S27: Handling Conflict S28: Reflecting on Conflict Resolution S30-32: Well-Being in Action	S09: Developing Anchor Values S10: Building Positive Habits S11: Evaluating Habits S12-13: Increasing Self-Acceptance S14-15: Understanding How Emotions Work S16: Reflecting on Emotion Regulation S17: Practicing Self Regulation S18: Building an Emotion Regulation Toolbox S19: Connecting Values & Emotion Regulation S20: Practicing Emotion Regulation S21: Regulating Emotions in Academics S22: Using Values to Increase Belonging



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Category	Standards	Grade 6	Grade 7	Grade 8
Behavior Standards	Social Skills: Acceptable behaviors that improve social interactions, such as those between peers or between students and adults.	S01: Building Connections S02: Building Community S03-04: Middle School Mythbusting S05: Developing Community Agreements S06: Upholding Community Agreements S08: Get To Know Your School: Who's There? S09: Get to Know Your School: What's There? S11: Understanding Values S12: Practicing Values S13: Building Listening Skills S14: Applying Listening Skills Part 1 S15: Understanding Others' Perspectives S16: Practicing Perspective-Taking S17: Understanding Emotions S18: Regulating Emotions Part 1 S19: Using Values in Conflict Resolution S20: Understanding Conflict Resolution S21: Developing Friendships S22: Strengthening Friendships S23: Applying Listening Skills (Part 2) S24: Listening with Empathy	S09: Identifying Emotions S10: Expanding Emotion Vocabulary S11: Practicing Emotion Regulation S12: Applying Emotion Regulation S13: Understanding Stress S14: Coping with Stress S15: Understanding Social Connection S16: Developing Social Awareness S17: Understanding Effective Empathy S18: Recognizing When People Need Support S19: Practicing Effective Empathy S24: Communicating with Assertiveness S25: Practicing Assertiveness S26: Learning to Compromise S27: Handling Conflict S28: Reflecting on Conflict Resolution	S14-15: Understanding How Emotions Work S16: Reflecting on Emotion Regulation S17: Practicing Self Regulation S18: Building an Emotion Regulation Toolbox S19: Connecting Values & Emotion Regulation S20: Practicing Emotion Regulation S22: Using Values to Increase Belonging