

# PROJECT KIND

<b>OCTOBER</b>	<b>NOVEMBER</b>	<b>DECEMBER</b>
<ul style="list-style-type: none"> <li>• <b>10/30: KINDNESS KICKOFF</b> <ul style="list-style-type: none"> <li>◦ <b>COMPLETE 9TH GRADE LESSON S1</b></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>11/13: GRATITUDE</b> <ul style="list-style-type: none"> <li>◦ <b>COMPLETE 9TH GRADE LESSON S2</b></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>12/4: EMPATHY</b> <ul style="list-style-type: none"> <li>◦ <b>COMPLETE 9TH GRADE LESSON S7</b></li> </ul> </li> <li>• <b>12/11: EMPATHY</b> <ul style="list-style-type: none"> <li>◦ <b>COMPLETE 9TH GRADE LESSON S8</b></li> </ul> </li> </ul>
<b>JANUARY</b>	<b>FEBRUARY</b>	<b>MARCH</b>
<ul style="list-style-type: none"> <li>• <b>1/8: PRESEVERANCE</b> <ul style="list-style-type: none"> <li>◦ <b>COMPLETE 9TH GRADE LESSON S5</b></li> </ul> </li> <li>• <b>1/22: PERSEVERANCE</b> <ul style="list-style-type: none"> <li>◦ <b>COMPLETE 9TH GRADE LESSON S6</b></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>2/12: VA KINDNESS WEEK</b> <ul style="list-style-type: none"> <li>◦ <b>COMPLETE 9TH GRADE LESSON S9</b></li> </ul> </li> <li>• <b>2/26: COOPERATION</b> <ul style="list-style-type: none"> <li>◦ <b>COMPLETE 9TH GRADE LESSON S10</b></li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• <b>3/18: HONESTY</b> <ul style="list-style-type: none"> <li>◦ <b>COMPLETE 9TH GRADE LESSON S12</b></li> </ul> </li> </ul>
<b>APRIL</b>		
<ul style="list-style-type: none"> <li>• <b>4/8: HONESTY</b> <ul style="list-style-type: none"> <li>◦ <b>COMPLETE 9TH GRADE LESSON S13</b></li> </ul> </li> <li>• <b>4/22: COURAGE</b> <ul style="list-style-type: none"> <li>◦ <b>COMPLETE 9TH GRADE LESSON S14</b></li> </ul> </li> <li>• <b>4/29: CREATIVITY</b> <ul style="list-style-type: none"> <li>◦ <b>COMPLETE 9TH GRADE LESSON S15</b></li> </ul> </li> </ul>		



KGHS Project KIND Lesson Calendar

Lessons are taught during Advisory Period. Because KGHS classes have mixed grade levels, all students will participate in lessons labeled as "9th grade" in the first year of implementation. In the 2024-2025 school year, KGHS will use "10th grade" lessons, and so on.

# 15 SESSIONS **9th Grade** Scope & Sequence

## **Belonging:**

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

*NOTE: KGCS will use 12 of the 15 lessons listed below. Because KGHS classes have mixed grade levels, all students will participate in lessons labeled as "9th grade" in the first year of implementation.*

*In the 2024-2025 school year, KGHS will use "10th grade" lessons, and so on.*

**Abstract:** The 9th Grade 15-Session Scope and Sequence offers coverage of the main ingredients comprising CharacterStrong's curriculum but with less frequency. These ingredients support 3 essential outcomes: well-being, belonging, and engagement. Considering that 9th grade is often a transitional year with students moving to new schools, we place special emphasis on creating a sense of belonging. Our essential question is: *How do we create a school where everyone feels like they want to be here (instead of feeling like they have to be here)?* As a result of this focus, in this condensed scope and sequence we place priority on sessions that address the belonging outcome. Below, you will find how the 5 ingredients featured in the Grade 15-Session Scope and Sequence are covered, followed by the sequential scope and sequence. **The differences between this model and the full scope and sequence are fewer sessions dedicated to value identification, goal-setting, and the reduced number of sessions dedicated to specific value traits, namely self-awareness, kindness, and honesty.**

### **Foundation - Setting the Stage**

- S1: Welcome
- S2: Building Connections
- S3: Building Community
- S4: Community Agreements
- S5: To Be Lists, Pt 1

### **Values & Purpose**

- S16: Connecting Values & Friendship
- S13: Giving Support to Friends

### **Emotion Understanding & Regulation**

- S6: Worries & Wonders: Belonging

### **Goals & Habits**

- S10: Helpful Supports
- S14: Staying True to You

### **Empathy & Compassion**

- S7: Introducing Perspective-Taking
- S8: Practicing Perspective-Taking
- S9: Helpful Helping
- S11: Social Belonging

### **Leadership & Teamwork**

None

*NOTE:* Access additional teamwork and project-based learning sessions in the Group Projects section of the Campus Resources menu

### **Reflections**

- S15: Final Reflections

15 SESSIONS

# 9th Grade Scope & Sequence

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## 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 which sets the program up for success.

### **S2: Building Connections**

This is the 1st of 2 sessions about building community. Connecting with peers and building friendships and relationships are important for our sense of belonging and can lay a good foundation for creating a sense of safety and community in our classroom.

### **S3: Building Community** *(not taught in 23-24)*

This is the 2nd of 2 sessions about building community through connecting with peers and beginning to build friendships and relationships that are important for our sense of belonging and can lay a good foundation for creating a sense of safety and community in the classroom.

### **S4: Community Agreements** *(not taught in 23-24)*

This session is designed to develop Community Agreements. This process is meant 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 designed 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.

15 SESSIONS

# 9th Grade Scope & Sequence

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## Belonging:

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

### **S5: To Be Lists, pt 1**

This is the 1st of 3 sessions related to values. Thinking about and identifying our personal values can help us make better decisions and guide our actions towards positive directions. During this session, we will explore the difference between our To-Do List and our 'To Be' List. Importantly, we will introduce the 'To Be Challenge,' which provides a way to put our values into action. Each grade level will receive the same challenge corresponding to this week's session, enabling schools to easily communicate and highlight the challenge, resulting in the greatest positive impact on the school community. Starting from this session, all subsequent sessions will include the To Be Challenge process. Remember, these challenges are invitations, not demands! The power lies within the conversation.

### **S6: Worries & Wonders: Belonging**

This Session utilizes videos that bring student voices forward with the goal of helping quell worries our students might have at the beginning of high school. This session focuses on Belonging.

### **S7: Introducing Perspective-Taking**

This is the 1st of 2 sessions on perspective-taking. This session introduces the topic of perspective-taking, which is important for building relationships, resolving conflicts, and putting empathy into action. A perspective-taking challenge we explore in this session is understanding the experience of people whose lives and backgrounds may differ from our own.

15 SESSIONS

# 9th Grade Scope & Sequence

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## Belonging:

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

### **S8: Practicing Perspective-Taking**

This is the 2nd of 2 sessions on perspective-taking. In this session, we explore our own and others' opinions to broaden our understanding of ways we are both alike and different.

### **S9: Helpful Helping**

This is the 1st of 3 sessions focused on social support. A powerful way we can all cope with challenges in life is by getting support from others. However, social support can backfire if we only focus on the person's problems and difficult emotions. In this session, we reflect on and learn about ways to ensure that the support we provide to others is truly helpful.

### **S10: Helpful Supports**

This is the 2nd of 3 sessions focused on social support. A powerful way we can all cope with challenges in life is by getting support from others. In this session, we focus on ways to ask others for, and overcome barriers to seeking, social support.

### **S11: Social Belonging** *(not taught in 23-24)*

This is the 3rd of 3 sessions focused on social support. A powerful way we can all cope with challenges in life is by getting support from others. We are often better at giving advice to others than to ourselves. In this session, we harness that through identifying things we could use support for at different times in our lives and giving good advice and support to ourselves.

15 SESSIONS

# 9th Grade Scope & Sequence

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## Belonging:

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

### **S12: Connecting Values & Friendship**

This is the 1st of 3 sessions on values. In this session, we explore our values by reflecting on influential people in our lives and the values they demonstrate

### **S13: Giving Support to Friends**

This is the 2nd of 3 sessions on values. In this session, we work to combine our personal values with what we have learned about social support to think further about ways we can support each other.

### **S14: Staying True to You**

This is the 3rd of 3 sessions on values. In this session, we reflect on ways we may often fail to put our values into action to help us identify ways to focus on living our values more strongly.

### **S15: Reflections**

This is a review session focused on thinking back and reflecting on things we've learned and ways we've grown this year. This reflection process is important for students to cement the learning we have done this year through a process called a Sankofa Session. During this process, students will identify what was most valuable, what they used or benefitted from, and what they'll keep trying to use.