

MIDDLE SCHOOL MENTAL HEALTH UNIT

A 4-Week SEL Curriculum

Topics Covered:

- Understanding Emotions
- Stress Management
- Healthy Relationships
- Help-Seeking & Stigma Reduction

Includes:

- 20 Lesson Plans
- Student Workbook (40+ Pages)
- Family Newsletters
- Vocabulary Wall & Assessments

Teacher Unit Guide

This curriculum is designed for middle school students (Grades 6-8) to foster emotional literacy and mental wellness. It requires no counseling license to teach and is aligned with CASEL standards.

Scope and Sequence

Week	Theme	Focus
Week 1	Understanding Emotions	5 Lessons on Understanding Emotions
Week 2	Stress Management	5 Lessons on Stress Management
Week 3	Healthy Relationships	5 Lessons on Healthy Relationships
Week 4	Help-Seeking & Stigma Reduction	5 Lessons on Help-Seeking & Stigma Reduction

Family Newsletter

Dear Families,

Over the next four weeks, our class will be engaging in a Mental Health and Social-Emotional Learning unit. Our goal is to provide students with the tools they need to navigate middle school with resilience and self-awareness.

Weekly Themes:

Week 1: Understanding Emotions

Week 2: Stress Management

Week 3: Healthy Relationships

Week 4: Help-Seeking & Stigma Reduction

We encourage you to discuss these topics at home. Thank you for your partnership.

Vocabulary Wall Cards

Cut out and display on a word wall.

Emotion

Mood

Trigger

Self-Awareness

Resilience

Stress

Anxiety

Coping Strategy

Mindfulness

Balance

Boundary

Consent

Communication

Empathy

Respect

Stigma

Stereotype

Advocate

Support System

Confidentiality

Lesson 1: The Science of Feelings

Objective	Understand the connection between brain and body.
Materials	Student Workbook, Discussion Slide, Pen/Pencil
Time	45 Minutes
Standard	CASEL Self-Awareness / Self-Management

Procedure:

1. **Warm-Up (5 min):** Review previous vocabulary.
2. **Direct Instruction (15 min):** Use discussion slides to introduce topic.
3. **Guided Practice (15 min):** Complete workbook activity as a class.
4. **Closure (10 min):** Exit Ticket formative assessment.

The Science of Feelings

Activity 1

Activity: Body Map Worksheet

Instructions: Complete the task below based on the lesson.

Response:

Exit Ticket

Write one thing you learned today:

Lesson 2: Identifying Triggers

Objective	Recognize events that cause emotional responses.
Materials	Student Workbook, Discussion Slide, Pen/Pencil
Time	45 Minutes
Standard	CASEL Self-Awareness / Self-Management

Procedure:

1. **Warm-Up (5 min):** Review previous vocabulary.
2. **Direct Instruction (15 min):** Use discussion slides to introduce topic.
3. **Guided Practice (15 min):** Complete workbook activity as a class.
4. **Closure (10 min):** Exit Ticket formative assessment.

Identifying Triggers

Activity 2

Activity: Trigger Tracking Log

Instructions: Complete the task below based on the lesson.

Response:

Exit Ticket

Write one thing you learned today:

Lesson 3: The Emotion Wheel

Objective	Expand emotional vocabulary beyond 'happy' and 'sad'.
Materials	Student Workbook, Discussion Slide, Pen/Pencil
Time	45 Minutes
Standard	CASEL Self-Awareness / Self-Management

Procedure:

1. **Warm-Up (5 min):** Review previous vocabulary.
2. **Direct Instruction (15 min):** Use discussion slides to introduce topic.
3. **Guided Practice (15 min):** Complete workbook activity as a class.
4. **Closure (10 min):** Exit Ticket formative assessment.

The Emotion Wheel

Activity 3

Activity: Color-Coded Wheel

Instructions: Complete the task below based on the lesson.

Response:

Exit Ticket

Write one thing you learned today:

Lesson 4: Emotional Intensity

Objective	Differentiate between mild and intense feelings.
Materials	Student Workbook, Discussion Slide, Pen/Pencil
Time	45 Minutes
Standard	CASEL Self-Awareness / Self-Management

Procedure:

1. **Warm-Up (5 min):** Review previous vocabulary.
2. **Direct Instruction (15 min):** Use discussion slides to introduce topic.
3. **Guided Practice (15 min):** Complete workbook activity as a class.
4. **Closure (10 min):** Exit Ticket formative assessment.

Emotional Intensity

Activity 4

Activity: Rating Scale Practice

Instructions: Complete the task below based on the lesson.

Response:

Exit Ticket

Write one thing you learned today:
