

LIFE SKILLS EDUCATION

MIDDLE SCHOOL SAMPLE PACING PLAN

For Grades 6, 7 & 8 1 Session Per Week for 38 Weeks Session Length: 20 minutes

Week 1		
Grade 6 Grade 7 Grade 8		
Getting Started	Getting Started	Getting Started
Lesson 1: Who Are You?	Lesson 1: Who Are You?	Lesson 1: Who Are You?
 Starter 	• Starter	• Starter
• Part I	• Part I	• Part I

Week 2		
Grade 6	Grade 7	Grade 8
Getting Started	Getting Started	Getting Started
Lesson 1: Who Are You?	Lesson 1: Who Are You?	Lesson 1: Who Are You?
Part II	Part II	• Part II
Part III	Part III	Part III
 Conclusion 	 Conclusion 	 Conclusion

Week 3		
Grade 6	Grade 7	Grade 8
Getting Started	Getting Started	Getting Started
Lesson 2: What Is Overcoming Obstacles?	Lesson 2: What Is Overcoming Obstacles?	Lesson 2: What Is Overcoming Obstacles?
• Starter	Starter	• Starter
• Part I	• Part I	• Part I
Part II	Part II	Part II

Week 4		
Grade 6	Grade 7	Grade 8
Getting Started	Getting Started	Getting Started
Lesson 2: What Is Overcoming Obstacles?	Lesson 2: What Is Overcoming Obstacles?	Lesson 2: What Is Overcoming Obstacles?
Part III	Part III	Part III
Conclusion	Conclusion	Conclusion

Week 5			
Grade 6 Grade 7 Grade 8			
Getting Started	Getting Started	Getting Started	
Lesson 3: Working in Teams	Lesson 3: Working in Teams	Lesson 3: Working in Teams	
• Starter	• Starter	• Starter	
• Part I	• Part I	• Part I	

Week 6		
Grade 6	Grade 7	Grade 8
Getting Started	Getting Started	Getting Started
Lesson 3: Working in Teams	Lesson 3: Working in Teams	Lesson 3: Working in Teams
Part II	Part II	Part II
Part III	Part III	Part III
Conclusion	Conclusion	Conclusion

Week 7		
Grade 6 Grade 7 Grade 8		
Getting Started	Getting Started	Getting Started
Lesson 4: Setting Expectations	Lesson 4: Setting Expectations	Lesson 4: Setting Expectations
• Starter	• Starter	• Starter
• Part I	• Part I	• Part I

Week 8		
Grade 6	Grade 7	Grade 8
Getting Started	Getting Started	Getting Started
Lesson 4: Setting Expectations	Lesson 4: Setting Expectations	Lesson 4: Setting Expectations
Part II	Part II	• Part II
Part III	Part III	Part III
Conclusion	 Conclusion 	 Conclusion

Week 9		
Grade 6 Grade 7 Grade 8		
Confidence Building	Confidence Building	Confidence Building
Lesson 1: Giving and Earning Respect	Lesson 3: Staying Healthy (Session 1)	Lesson 5: Avoiding Stereotypes
• Starter	Starter	• Starter
• Part I	• Part I	• Part I

Week 10		
Grade 6	Grade 7	Grade 8
Confidence Building	Confidence Building	Confidence Building
Lesson 1: Giving and Earning Respect	Lesson 3: Staying Healthy (Session 1)	Lesson 5: Avoiding Stereotypes
Part II	Part II	• Part II
Part III		Part III
 Conclusion 		Conclusion

Week 11			
Grade 6	Grade 7	Grade 8	
Confidence Building	Confidence Building	Confidence Building	
Lesson 2: Identifying Strengths and Weaknesses	Lesson 3: Staying Healthy (Session 2)	Lesson 6: Developing Personal Power	
• Starter	• Part I	• Starter	
• Part I	Part II	• Part I	
• Part II			

Week 12		
Grade 6	Grade 7	Grade 8
Confidence Building	Confidence Building	Confidence Building
Lesson 2: Identifying Strengths and Weaknesses	Lesson 3: Staying Healthy (Session 2)	Lesson 6: Developing Personal Power
Part III	Part III	• Part II
 Conclusion 	 Conclusion 	• Part III
		 Conclusion

Week 13		
Grade 6	Grade 7	Grade 8
Module One: Communication	Confidence Building	Module One: Communication
Lesson 1: Understanding Nonverbal Messages	Lesson 4: Clarifying Values	Lesson 4: Being Assertive (Session 1)
• Starter	• Starter	• Starter
• Part I	• Part I	• Part I
	• Part II	

Week 14		
Grade 6 Grade 7 Grade 8		
Module One: Communication Lesson 1: Understanding Nonverbal Messages	Confidence Building Lesson 4: Clarifying Values	Module One: Communication Lesson 4: Being Assertive (Session 1)
Part II Part III Conclusion	Part III Conclusion	• Part II

Week 15		
Grade 6	Grade 7	Grade 8
Module One: Communication	Module One: Communication	Module One: Communication
Lesson 2: Listening	Lesson 3: Speaking	Lesson 4: Being Assertive (Session 2)
• Starter	• Starter	• Part I
• Part I	• Part I	• Part II
	• Part II	

Week 16		
Grade 6	Grade 7	Grade 8
Module One: Communication	Module One: Communication	Module One: Communication
Lesson 2: Listening	Lesson 3: Speaking	Lesson 4: Being Assertive (Session 2)
• Part II	Part III	Part III
Part III	 Conclusion 	 Conclusion
 Conclusion 		

Week 17		
Grade 6 Grade 7 Grade 8		
Module Two: Decision Making	Module Two: Decision Making	Module One: Communication
Lesson 1: Making Decisions—Big and Small	Lesson 3: Identifying Options	Lesson 5: Expressing Opinions Constructively
• Starter	• Starter	• Starter
• Part I	• Part I	• Part I
	Part II	• Part II

Week 18		
Grade 6	Grade 7	Grade 8
Module Two: Decision Making Lesson 1: Making Decisions—Big and Small Part II* Part III Conclusion *Note: Part II asks students to recall a lesson covered in weeks 11 and 12 of grade 8. Please adjust accordingly.	Module Two: Decision Making Lesson 3: Identifying Options • Part III • Conclusion	Module One: Communication Lesson 5: Expressing Opinions Constructively Part III Conclusion

Week 19		
Grade 6	Grade 7	Grade 8
Module Two: Decision Making	Module Two: Decision Making	Module Two: Decision Making
Lesson 2: Gathering Information	Lesson 4: Weighing Options and Consequences	Lesson 5: Making a Choice
• Starter	• Starter	• Starter
• Part I	• Part I	• Part I
Part II	Part II	

Week 20		
Grade 6	Grade 7	Grade 8
Module Two: Decision Making Lesson 2: Gathering Information	Module Two: Decision Making Lesson 4: Weighing Options and Consequences	Module Two: Decision Making Lesson 5: Making a Choice
Part III Conclusion	Part III Conclusion	Part IIPart IIIConclusion

Week 21		
Grade 6	Grade 7	Grade 8
Module Three: Goal Setting	Module Three: Goal Setting	Module Three: Goal Setting
Lesson 1: Defining Goals (Session 1)	Lesson 2: Stepping-Stone Goals	Lesson 4: Persevering
• Starter	• Starter	• Starter
• Part I	• Part I	• Part I

Week 22		
Grade 6	Grade 7	Grade 8
Module Three: Goal Setting	Module Three: Goal Setting	Module Three: Goal Setting
Lesson 1: Defining Goals (Session 1)	Lesson 2: Stepping-Stone Goals	Lesson 4: Persevering
Part II	Part II	• Part II
	Part III	Part III
	Conclusion	Conclusion

Week 23		
Grade 6	Grade 7	Grade 8
Module Three: Goal Setting	Module Three: Goal Setting	Module Four: Managing Personal Resources
Lesson 1: Defining Goals (Session 2)	Lesson 3: Taking Action	Lesson 4: Managing Your Time
• Part I	• Starter	• Starter
• Part II	• Part I	• Part I

Week 24		
Grade 6 Grade 7 Grade 8		
Module Three: Goal Setting	Module Three: Goal Setting	Module Four: Managing Personal Resources
Lesson 1: Defining Goals (Session 2)	Lesson 3: Taking Action	Lesson 4: Managing Your Time
Part III	Part II	• Part II
Conclusion	Part III	Part III
	 Conclusion 	 Conclusion

Week 25		
Grade 6	Grade 7	Grade 8
Module Four: Managing Personal Resources	Module Four: Managing Personal Resources	Module Four: Managing Personal Resources
Lesson 1: Developing a Positive Attitude	Lesson 3: Handling Stress	Lesson 5: Taking the Initiative
• Starter	• Starter	• Starter
• Part I	• Part I	• Part I
		• Part II

Week 26		
Grade 6	Grade 7	Grade 8
Module Four: Managing Personal Resources	Module Four: Managing Personal Resources	Module Four: Managing Personal Resources
Lesson 1: Developing a Positive Attitude	Lesson 3: Handling Stress	Lesson 5: Taking the Initiative
• Part II	• Part II	Part III
• Part III	Part III	Conclusion
 Conclusion 	Conclusion	

Week 27		
Grade 6	Grade 7	Grade 8
Module Four: Managing Personal Resources	Module Five: Studying Effectively	Module Five: Studying Effectively
Lesson 2: Being Accountable	Lesson 3: Using Appropriate Resources	Lesson 5: Writing Reports
• Starter	• Starter	• Starter
• Part I	• Part I	• Part I
• Part II	Part II	Part II

Week 28		
Grade 6	Grade 7	Grade 8
Module Four: Managing Personal Resources	Module Five: Studying Effectively	Module Five: Studying Effectively
Lesson 2: Being Accountable	Lesson 3: Using Appropriate Resources	Lesson 5: Writing Reports
Part III	Part III	• Part III
Conclusion	Conclusion	Conclusion

Week 29		
Grade 6	Grade 7	Grade 8
Module Five: Studying Effectively	Module Five: Studying Effectively	Module Five: Studying Effectively
Lesson 1: Getting Organized	Lesson 4: Taking Notes	Lesson 6: Taking Tests
• Starter	• Starter	• Starter
• Part I	• Part I	Part I
	Part II	Part II

Week 30		
Grade 6	Grade 7	Grade 8
Module Five: Studying Effectively	Module Five: Studying Effectively	Module Five: Studying Effectively
Lesson 1: Getting Organized	Lesson 4: Taking Notes	Lesson 6: Taking Tests
• Part II	Part III	Part III
Part III	 Conclusion 	Conclusion
Conclusion		

Week 31		
Grade 6	Grade 7	Grade 8
Module Five: Studying Effectively	Module Six: Problem Solving	Module Five: Studying Effectively
Lesson 2: Following Instructions	Lesson 2: Identifying Options	Lesson 7: Learning How You Learn Best
• Starter	• Starter	• Starter
• Part I	• Part I	• Part I
• Part II	• Part II	

Week 32		
Grade 6	Grade 7	Grade 8
Module Five: Studying Effectively	Module Six: Problem Solving	Module Five: Studying Effectively
Lesson 2: Following Instructions	Lesson 2: Identifying Options	Lesson 7: Learning How You Learn Best
Part III	Part III	• Part II
 Conclusion 	 Conclusion 	Part III
		 Conclusion

Week 33		
Grade 6	Grade 7	Grade 8
Module Six: Problem Solving	Module Six: Problem Solving	Module Six: Problem Solving
Lesson 1: Defining Problems—Big and Small	Lesson 3: Considering Pros and Cons	Lesson 4: Finding Solutions
• Starter	• Starter	• Starter
• Part I	• Part I	• Part I
Part II	• Part II	• Part II

Week 34		
Grade 6	Grade 7	Grade 8
Module Six: Problem Solving	Module Six: Problem Solving	Module Six: Problem Solving
Lesson 1: Defining Problems—Big and Small	Lesson 3: Considering Pros and Cons	Lesson 4: Finding Solutions
Part III	Part III	Part III
Conclusion	Conclusion	Conclusion

Week 35		
Grade 6	Grade 7	Grade 8
Module Seven: Resolving Conflicts Lesson 1: Understanding Conflicts • Starter • Part I	Module Seven: Resolving Conflicts Lesson 3: Controlling Emotions in Conflicts • Starter • Part I* *Note: Part I asks students to recall a lesson covered in weeks 11 and 12 of grade 8. Please adjust accordingly.	Module Seven: Resolving Conflicts Lesson 5: Creating a Win-Win Situation • Starter • Part I

Week 36		
Grade 6	Grade 7	Grade 8
Module Seven: Resolving Conflicts	Module Seven: Resolving Conflicts	Module Seven: Resolving Conflicts
Lesson 1: Understanding Conflicts	Lesson 3: Controlling Emotions in Conflicts	Lesson 5: Creating a Win-Win Situation
Part II	Part II	• Part II
Part III	Part III	Part III
Conclusion	Conclusion	Conclusion

Week 37		
Grade 6	Grade 7	Grade 8
Module Seven: Resolving Conflicts	Module Seven: Resolving Conflicts	Module Seven: Resolving Conflicts
Lesson 2: Identifying Emotions in Conflicts	Lesson 4: Using Communication Skills Effectively	Lesson 6: Resolving Conflicts
• Starter	• Starter	• Starter
• Part I	• Part I	• Part I
		• Part II

Week 38			
Grade 6	Grade 7	Grade 8	
Module Seven: Resolving Conflicts Lesson 2: Identifying Emotions in Conflicts Part II* Part III Conclusion	Module Seven: Resolving Conflicts Lesson 4: Using Communication Skills Effectively Part II* Part III Conclusion	Module Seven: Resolving Conflicts Lesson 6: Resolving Conflicts Part III Conclusion	
*Note: Part II asks students to recall a lesson covered in weeks 25 and 26 of grade 7. Please adjust accordingly.	*Note: Part II asks students to recall a lesson covered in weeks 13, 14, 15, and 16 of grade 8. Please adjust accordingly.		