

## **Grade 8 Social and Emotional Thinking**

### **UNIT GOALS**

**The specific goals of this unit are for students to:**

- Considered the benefits of self-awareness connected to physical and emotional health
- Considered Mindfulness as a tool to regulate response to stress and other emotional challenges
- Practiced Mindfulness techniques aiming for increased focus in the classroom
- explore communication within a cultural framework
- show understanding of their own cultural framework and demonstrate a willingness to share that knowledge with others
- understand that other cultures and communities demonstrate differing cultural values and mores through behaviours and traditions
- show appreciation of differing ways of communicating

### **UNIT OVERVIEW**

- Mindfulness
- Communication

### **ASSESSMENT DETAILS**

Students are not required to complete a formal assessment but they are required to demonstrate attainment of Unit Goals within the individual's fullest potential. This understanding will be evidenced through contribution to group work activities, individual participation and class projects.