

Minnesota Curriculum Alignment with Project 11 (Grades K-12)





Table of Contents

Kindergarten Curriculum Alignment with Project 11.....	2
Grade 1 Curriculum Alignment with Project 11.....	5
Grade 2 Curriculum Alignment with Project 11.....	6
Grade 3 Curriculum Alignment with Project 11.....	8
Grade 4 Curriculum Alignment with Project 11.....	10
Grade 5 Curriculum Alignment with Project 11.....	12
Grade 6 Curriculum Alignment with Project 11.....	14
Grade 7 Curriculum Alignment with Project 11.....	16
Grade 8 Curriculum Alignment with Project 11.....	19
Grade 9 Curriculum Alignment with Project 11.....	22
Grade 10 Curriculum Alignment with Project 11.....	24
Grade 11 Curriculum Alignment with Project 11.....	26
Grade 12 Curriculum Alignment with Project 11.....	28

PROJECT 11





Kindergarten Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Minnesota Standard(s)
Lesson 1: New Friends	Friendship-promoting behaviours; making new friends; friendly/unfriendly actions	0.3.1.4 - Name ways to show kindness and be a good friend. Identify kind and unkind behaviors, including actions that make others feel included or left out. 0.3.1.1 - Recognize and name one's feelings. 0.3.1.2 - Identify situations that may cause strong or uncomfortable feelings and explain how to ask for help from a trusted adult.
Lesson 2: We Are All Unique	Uniqueness; personal qualities; strengths; classroom belonging	0.3.1.4 - Name ways to show kindness and be a good friend. Identify kind and unkind behaviors, including actions that make others feel included or left out. 0.7.8.1 - Identify personal health needs, wants, and desires to promote health, safety, and wellbeing.
Lesson 3: It's Okay to be Different	Celebrating differences; self-acceptance; being true to oneself	0.3.1.4 - Name ways to show kindness and be a good friend. Identify kind and unkind behaviors, including actions that make others feel included or left out. 0.7.8.1 - Identify personal health needs, wants, and desires to promote health, safety, and wellbeing.
Lesson 4: The Golden Rule	Kindness; compliments; respectful treatment of others	0.3.1.4 - Name ways to show kindness and be a good friend. Identify kind and unkind behaviors, including actions that make others feel included or left out. 0.7.8.1 - Identify personal health needs, wants, and desires to promote health, safety, and wellbeing.
Lesson 5: Fairness	Fairness; similarities and differences; sharing, taking turns, and inclusion	0.3.1.4 - Name ways to show kindness and be a good friend. Identify kind and unkind behaviors, including actions that make others feel included or left out. 0.7.5.1 - Identify when a health-related decision is needed. 0.7.8.1 - Identify personal health needs, wants, and desires to promote health, safety, and wellbeing.
Lesson 6: Mindful Monkey, Happy Panda	Mindfulness; focus; relaxation; mindful eating, listening, movement, art, and breathing	0.3.1.2 - Identify situations that may cause strong or uncomfortable feelings and explain how to ask for help from a trusted adult. 0.4.1.2 - Identify ways to be active every day and recognize that moving your body helps you feel good and stay healthy. 0.7.7.1 - Identify a personal health-related goal and practices/behaviors that support health and wellbeing. 0.7.3.1 - Identify trusted adults at home, at school, and in the community who you can ask for help when needed to support health and well being.
Lesson 7: Take the Time	Slowing down; relaxation; stretching; self-care; mindful listening	0.3.1.2 - Identify situations that may cause strong or uncomfortable feelings and explain how to ask for help from a trusted adult. 0.4.1.2 - Identify ways to be active every day and recognize that moving your body helps you feel good and stay healthy. 0.7.7.1 - Identify a personal health-related goal and practices/behaviors that support health and wellbeing.



Lesson 8: Peer Pressure	Peer pressure; opinions; positive/negative choices; being your best self	0.7.2.1 - Identify positive and negative influences on personal health practices and behaviors. 0.7.5.1 - Identify when a health-related decision is needed. 0.7.8.1 - Identify personal health needs, wants, and desires to promote health, safety, and wellbeing.
Lesson 9: Kindness	Acts of kindness; classroom community; kindness in action	0.3.1.4 - Name ways to show kindness and be a good friend. Identify kind and unkind behaviors, including actions that make others feel included or left out. 0.3.1.1 - Recognize and name one's feelings. 0.7.8.1 - Identify personal health needs, wants, and desires to promote health, safety, and wellbeing.
Lesson 10: Can I Play Too?	Inclusion; feeling left out; friendship; retelling and problem solving	0.3.1.4 - Name ways to show kindness and be a good friend. Identify kind and unkind behaviors, including actions that make others feel included or left out. 0.3.1.1 - Recognize and name one's feelings. 0.3.1.2 - Identify situations that may cause strong or uncomfortable feelings and explain how to ask for help from a trusted adult.
Lesson 11: What is Family?	Family diversity; family uniqueness; belonging and support	0.2.1.1 - Recognize a variety of family structures. 0.7.3.1 - Identify trusted adults at home, at school, and in the community who you can ask for help when needed to support health and well being. 0.7.8.1 - Identify personal health needs, wants, and desires to promote health, safety, and wellbeing.
Lesson 12: My Friend is Sad	Helping a sad friend; empathy; cheering self and others up	0.3.1.1 - Recognize and name one's feelings. 0.3.1.2 - Identify situations that may cause strong or uncomfortable feelings and explain how to ask for help from a trusted adult. 0.3.1.3 - Name and label different emotions. Recognize that sometimes people may feel sad, worried, or upset for a long time. 0.3.1.4 - Name ways to show kindness and be a good friend. Identify kind and unkind behaviors, including actions that make others feel included or left out.
Lesson 13: Feelings	Emotion vocabulary; recognizing feelings in self and others; healthy expression	0.3.1.1 - Recognize and name one's feelings. 0.3.1.2 - Identify situations that may cause strong or uncomfortable feelings and explain how to ask for help from a trusted adult. 0.3.1.3 - Name and label different emotions. Recognize that sometimes people may feel sad, worried, or upset for a long time.
Lesson 14: Making Mistakes	Mistakes; learning and growth; positive self-talk; trying again	0.3.1.2 - Identify situations that may cause strong or uncomfortable feelings and explain how to ask for help from a trusted adult. 0.7.7.1 - Identify a personal health-related goal and practices/behaviors that support health and wellbeing. 0.7.8.1 - Identify personal health needs, wants, and desires to promote health, safety, and wellbeing.



Lesson 15: Optimism	Trying new things; asking for help; positive attitude; perseverance	0.3.1.2 - Identify situations that may cause strong or uncomfortable feelings and explain how to ask for help from a trusted adult. 0.7.7.1 - Identify a personal health-related goal and practices/behaviors that support health and wellbeing. 0.7.3.1 - Identify trusted adults at home, at school, and in the community who you can ask for help when needed to support health and well being. 0.7.8.1 - Identify personal health needs, wants, and desires to promote health, safety, and wellbeing.
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Grade 1 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Minnesota Standard(s)
Lesson 1: Proud to Be Me!	Self-awareness; uniqueness; sharing talents; confidence	1.3.1.3 - Describe how valuing both your own uniqueness and the uniqueness of others strengthens positive, caring relationships.
Lesson 2: I Like Myself	Self-worth; identity; appreciation of differences	1.3.1.3 - Describe how valuing both your own uniqueness and the uniqueness of others strengthens positive, caring relationships.
Lesson 3: Emotions	Identifying emotions; non-verbal cues; body language	1.3.1.1 - Identify your feelings and explain why talking about feelings is important, while acknowledging cultural practices for support. 1.3.1.2 - Identify common signs that someone may be struggling emotionally.
Lesson 4: Feelings Chart	Daily emotional check-ins; tracking and naming feelings	1.3.1.1 - Identify your feelings and explain why talking about feelings is important, while acknowledging cultural practices for support. 1.3.1.4 - Describe how different situations can affect the way people feel and respond.
Lesson 5: Class Collection of Feelings	Comparing class feelings; respecting different emotional experiences	1.3.1.1 - Identify your feelings and explain why talking about feelings is important, while acknowledging cultural practices for support. 1.3.1.4 - Describe how different situations can affect the way people feel and respond.
Lesson 6: Anger Thermometer	Anger awareness; body signals; calming strategies	1.3.1.1 - Identify your feelings and explain why talking about feelings is important, while acknowledging cultural practices for support. 1.3.1.4 - Describe how different situations can affect the way people feel and respond.
Lesson 7: Peanut Butter and Cupcake	Making friends; courage; social behaviours	1.2.1.1 - Describe characteristics of healthy peer relationships. 1.3.1.5 - Explain how being kind and unkind can affect relationships and belonging.
Lesson 8: How to Be a Good Friend	Kindness; friendship qualities; self-reflection	1.2.1.1 - Describe characteristics of healthy peer relationships. 1.3.1.5 - Explain how being kind and unkind can affect relationships and belonging.
Lesson 9: Being a Good Classmate	Responsible social behaviours; kindness; classroom community	1.2.1.1 - Describe characteristics of healthy peer relationships. 1.3.1.5 - Explain how being kind and unkind can affect relationships and belonging.
Lesson 10: The Zax	Peaceful conflict resolution; listening; compromise	1.2.1.1 - Describe characteristics of healthy peer relationships. 1.3.1.5 - Explain how being kind and unkind can affect relationships and belonging.
Lesson 11: Work It Out	Conflict causes; kindness during disagreement; peaceful strategies	1.2.1.1 - Describe characteristics of healthy peer relationships. 1.3.1.5 - Explain how being kind and unkind can affect relationships and belonging.
Lesson 12: Giraffes Can't Dance	Perseverance; encouragement; believing in yourself	1.3.1.3 - Describe how valuing both your own uniqueness and the uniqueness of others strengthens positive, caring relationships. 1.4.1.2 - Identify the benefits of regular physical activity for health, learning, and emotions, and identify enjoyable ways to be active daily.
Lesson 13: Positive Self-Talk	Perseverance; confidence; encouraging inner voice	1.3.1.3 - Describe how valuing both your own uniqueness and the uniqueness of others strengthens positive, caring relationships.
Lesson 14: Encouragement	Encouraging others; kindness; positive peer influence	1.3.1.5 - Explain how being kind and unkind can affect relationships and belonging. 1.3.1.3 - Describe how valuing both your own uniqueness and the uniqueness of others strengthens positive, caring relationships.
Lesson 15: Making Mistakes	Learning from mistakes; trying again; growth mindset	1.3.1.3 - Describe how valuing both your own uniqueness and the uniqueness of others strengthens positive, caring relationships. 1.3.1.4 - Describe how different situations can affect the way people feel and respond.



Grade 2 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Minnesota Standard(s)
Lesson 1: Friendships	Healthy friendship qualities; trust; kindness; cooperation	2.2.1.1 - Identify different types of peer relationships. 2.3.1.4 - Describe ways to interact with others that are playful and kind and understand how different types of teasing can affect feelings and community.
Lesson 2: Courage	Courage; confidence; asking for and offering support	2.3.1.1 - Describe strategies to cope with challenges and support well-being, noting cultural practices such as storytelling and ceremony. 2.3.1.3 - Identify and describe healthy ways to handle conflict or to manage and express struggling with emotions or stress and share feelings with trusted adults. 2.7.4.2 - Demonstrate active listening skills in a variety of situations.
Lesson 3: Encouragement	Positive words; motivation; supporting peers	2.3.1.4 - Describe ways to interact with others that are playful and kind and understand how different types of teasing can affect feelings and community. 2.7.8.1 - Model positive health choices to encourage health, safety, and wellbeing of others.
Lesson 4: Be Kind	Kindness; compliments; inclusion; positive communication	2.3.1.4 - Describe ways to interact with others that are playful and kind and understand how different types of teasing can affect feelings and community. 2.7.4.2 - Demonstrate active listening skills in a variety of situations. 2.7.8.1 - Model positive health choices to encourage health, safety, and wellbeing of others.
Lesson 5: How Full is Your Bucket?	Bucket fillers; emotional wellbeing; caring actions	2.3.1.4 - Describe ways to interact with others that are playful and kind and understand how different types of teasing can affect feelings and community. 2.7.7.1 - Recognize how your current practices and behaviors make you feel. 2.7.8.1 - Model positive health choices to encourage health, safety, and wellbeing of others.
Lesson 6: Breathe	Mindfulness; breathing; relaxation; stress management	2.3.1.1 - Describe strategies to cope with challenges and support well-being, noting cultural practices such as storytelling and ceremony. 2.3.1.3 - Identify and describe healthy ways to handle conflict or to manage and express struggling with emotions or stress and share feelings with trusted adults. 2.7.7.1 - Recognize how your current practices and behaviors make you feel.
Lesson 7: Empathy	Empathy; feelings; non-verbal cues; caring responses	2.3.1.3 - Identify and describe healthy ways to handle conflict or to manage and express struggling with emotions or stress and share feelings with trusted adults. 2.7.4.2 - Demonstrate active listening skills in a variety of situations. 2.3.1.4 - Describe ways to interact with others that are playful and kind and understand how different types of teasing can affect feelings and community.
Lesson 8: Loyalty	Loyalty; trust; teamwork; sticking together	2.2.1.1 - Identify different types of peer relationships. 2.3.1.4 - Describe ways to interact with others that are playful and kind and understand how different types of teasing can affect feelings and community. 2.7.8.1 - Model positive health choices to encourage health, safety, and wellbeing of others.



Lesson 9: Growth Mindset	Growth mindset; mistakes; goal-setting; perseverance	2.3.1.1 - Describe strategies to cope with challenges and support well-being, noting cultural practices such as storytelling and ceremony. 2.7.6.1 - Determine actions that support achieving a personal health-related goal and reflect on the results of goal setting.
Lesson 10: Can I Join Your Club?	Inclusion; belonging; friendship qualities; body language	2.2.1.1 - Identify different types of peer relationships. 2.3.1.2 - Explain how recognizing your needs help you understand personal space and boundaries. 2.3.1.4 - Describe ways to interact with others that are playful and kind and understand how different types of teasing can affect feelings and community.
Lesson 11: Words Matter	Hurtful words; teasing; emotional safety; kindness	2.3.1.3 - Identify and describe healthy ways to handle conflict or to manage and express struggling with emotions or stress and share feelings with trusted adults. 2.3.1.4 - Describe ways to interact with others that are playful and kind and understand how different types of teasing can affect feelings and community. 2.7.4.1 - Use simple I-statements to share feelings with others.
Lesson 12: Sorry	Sincere apologies; repairing harm; communication	2.3.1.3 - Identify and describe healthy ways to handle conflict or to manage and express struggling with emotions or stress and share feelings with trusted adults. 2.7.4.1 - Use simple I-statements to share feelings with others. 2.7.4.2 - Demonstrate active listening skills in a variety of situations.
Lesson 13: Shi-shi-etko	Family traditions; memories; cultural connection; belonging	2.3.1.1 - Describe strategies to cope with challenges and support well-being, noting cultural practices such as storytelling and ceremony. 2.3.1.4 - Describe ways to interact with others that are playful and kind and understand how different types of teasing can affect feelings and community.
Lesson 14: Problem Solving 101	Problem-solving; decision-making; asking for help	2.3.1.3 - Identify and describe healthy ways to handle conflict or to manage and express struggling with emotions or stress and share feelings with trusted adults. 2.7.5.1 - Describe options and potential outcomes for a health-related decision. 2.7.4.2 - Demonstrate active listening skills in a variety of situations.
Lesson 15: Small Steps, Big Difference	Kindness; helping others; positive action; community impact	2.3.1.4 - Describe ways to interact with others that are playful and kind and understand how different types of teasing can affect feelings and community. 2.7.8.1 - Model positive health choices to encourage health, safety, and wellbeing of others.



Grade 3 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Minnesota Standard(s)
Lesson 1: Ruby the Copycat	Behaviour awareness; friendship; being yourself; good citizenship	3.3.1.5 - Describe how emotions influence behavior, and how the expression of emotions can impact oneself and others. 3.2.1.1 - Describe the roles of family members and peers and how they contribute to healthy relationships.
Lesson 2: Citizenship	Classroom citizenship; responsibility; respect; class treaty	3.2.1.1 - Describe the roles of family members and peers and how they contribute to healthy relationships. 3.3.1.4 - Describe empathy and how it supports friendships and care for others.
Lesson 3: Kindness is Cooler	Acts of kindness; home, school and community; paying kindness forward	3.3.1.4 - Describe empathy and how it supports friendships and care for others. 3.3.1.6 - Explain how teasing, exclusion, or bullying can impact the feelings and wellbeing of individuals and community and why it is important to treat all people of all abilities with kindness and respect.
Lesson 4: Gossip	Power of words; rumours; responsible communication	3.3.1.5 - Describe how emotions influence behavior, and how the expression of emotions can impact oneself and others. 3.3.1.6 - Explain how teasing, exclusion, or bullying can impact the feelings and wellbeing of individuals and community and why it is important to treat all people of all abilities with kindness and respect.
Lesson 5: Just Kidding	Playful vs. hurtful teasing; respectful responses; kindness	3.3.1.6 - Explain how teasing, exclusion, or bullying can impact the feelings and wellbeing of individuals and community and why it is important to treat all people of all abilities with kindness and respect. 3.3.1.5 - Describe how emotions influence behavior, and how the expression of emotions can impact oneself and others.
Lesson 6: Teasing - Bystander Strategies	Bystander strategies; teasing prevention; helping others	3.3.1.6 - Explain how teasing, exclusion, or bullying can impact the feelings and wellbeing of individuals and community and why it is important to treat all people of all abilities with kindness and respect. 3.3.1.4 - Describe empathy and how it supports friendships and care for others.
Lesson 7: The Invisible Boy	Belonging; inclusion; loneliness; small acts of kindness	3.3.1.6 - Explain how teasing, exclusion, or bullying can impact the feelings and wellbeing of individuals and community and why it is important to treat all people of all abilities with kindness and respect. 3.3.1.4 - Describe empathy and how it supports friendships and care for others.
Lesson 8: Spread the Love	Peer appreciation; positive qualities; teamwork; encouragement	3.2.1.1 - Describe the roles of family members and peers and how they contribute to healthy relationships. 3.3.1.4 - Describe empathy and how it supports friendships and care for others.



Lesson 9: Act It Out	Feeling left out; inclusion strategies; calm responses	3.3.1.6 - Explain how teasing, exclusion, or bullying can impact the feelings and wellbeing of individuals and community and why it is important to treat all people of all abilities with kindness and respect. 3.3.1.2 - Identify ways to cope with challenging situations and who you can talk with if you or a friend are struggling with emotions or stress.
Lesson 10: People Search	Visibility; belonging; getting to know classmates; inclusion	3.2.1.1 - Describe the roles of family members and peers and how they contribute to healthy relationships. 3.3.1.4 - Describe empathy and how it supports friendships and care for others. 3.3.1.6 - Explain how teasing, exclusion, or bullying can impact the feelings and wellbeing of individuals and community and why it is important to treat all people of all abilities with kindness and respect.
Lesson 11: A Walk in the Rain with a Brain	Unique talents; brain differences; strengths; self-awareness	3.3.1.1 - Describe resilience and how personal choices impact mental and emotional wellbeing. 3.2.1.1 - Describe the roles of family members and peers and how they contribute to healthy relationships.
Lesson 12: Positive Thoughts, Words and Actions	Thoughts, words and actions; brain health; positive interactions	3.3.1.1 - Describe resilience and how personal choices impact mental and emotional wellbeing. 3.3.1.5 - Describe how emotions influence behavior, and how the expression of emotions can impact oneself and others.
Lesson 13: Setting Goals	Strengths; brain growth; short-term goals; action planning	3.3.1.1 - Describe resilience and how personal choices impact mental and emotional wellbeing. 3.3.1.2 - Identify ways to cope with challenging situations and who you can talk with if you or a friend are struggling with emotions or stress.
Lesson 14: Bubblegum Brain	Growth mindset; flexible thinking; fixed vs. growth mindset	3.3.1.1 - Describe resilience and how personal choices impact mental and emotional wellbeing. 3.3.1.2 - Identify ways to cope with challenging situations and who you can talk with if you or a friend are struggling with emotions or stress.
Lesson 15: The Power of YET	Optimistic thinking; growth mindset; positive perspective; resilience	3.3.1.1 - Describe resilience and how personal choices impact mental and emotional wellbeing. 3.3.1.2 - Identify ways to cope with challenging situations and who you can talk with if you or a friend are struggling with emotions or stress.



Grade 4 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Minnesota Standard(s)
Lesson 1: Self Awareness	Self-awareness; identity; personal qualities; uniqueness	4.3.1.3 - Explain how emotions affect behavior and identify strategies to manage them in healthy ways.
Lesson 2: Character Strengths	Character strengths; self-reflection; positive attributes	4.3.1.3 - Explain how emotions affect behavior and identify strategies to manage them in healthy ways.
Lesson 3: Gratitude	Gratitude; positive emotions; thankfulness; classroom community	4.3.1.1 - Describe and evaluate how cultural practices and self-regulation benefit mental health. 4.3.1.2 - Identify cultural practices and various methods for self-regulation. 4.3.1.3 - Explain how emotions affect behavior and identify strategies to manage them in healthy ways.
Lesson 4: Flexible Thinking	Flexible thinking; healthy choices; problem-solving; positive mindset	4.3.1.1 - Describe and evaluate how cultural practices and self-regulation benefit mental health. 4.3.1.2 - Identify cultural practices and various methods for self-regulation. 4.3.1.3 - Explain how emotions affect behavior and identify strategies to manage them in healthy ways.
Lesson 5: Problem Solving	Problem-solving steps; identifying the true problem; choosing solutions	4.3.1.3 - Explain how emotions affect behavior and identify strategies to manage them in healthy ways. Skill Standard 7 (Grades 2-8) - Apply goal-setting, decision-making, self-management, communication, and advocacy skills within health strands as locally determined.
Lesson 6: Conflict Resolution	Win-win solutions; resolving disagreements; cooperation	4.3.1.4 - Describe and demonstrate healthy and safe ways to respond when experiencing or witnessing teasing, exclusion, disagreements, bullying, unfair treatment, bias, and prejudice.
Lesson 7: Apologizing	Sincere apologies; accountability; repairing harm	4.3.1.4 - Describe and demonstrate healthy and safe ways to respond when experiencing or witnessing teasing, exclusion, disagreements, bullying, unfair treatment, bias, and prejudice. 4.3.1.3 - Explain how emotions affect behavior and identify strategies to manage them in healthy ways.
Lesson 8: Active Listening	Listening skills; verbal/nonverbal communication; respectful conversation	4.3.1.4 - Describe and demonstrate healthy and safe ways to respond when experiencing or witnessing teasing, exclusion, disagreements, bullying, unfair treatment, bias, and prejudice. Skill Standard 7 (Grades 2-8) - Apply goal-setting, decision-making, self-management, communication, and advocacy skills within health strands as locally determined.
Lesson 9: Empathy	Empathy; recognizing feelings; supporting others	4.3.1.3 - Explain how emotions affect behavior and identify strategies to manage them in healthy ways. 4.3.1.4 - Describe and demonstrate healthy and safe ways to respond when experiencing or witnessing teasing, exclusion, disagreements, bullying, unfair treatment, bias, and prejudice.
Lesson 10: Trouble Talk	Gossip; rumours; hurtful words; respectful communication	4.3.1.4 - Describe and demonstrate healthy and safe ways to respond when experiencing or witnessing teasing, exclusion, disagreements, bullying, unfair treatment, bias, and prejudice.
Lesson 11: Reporting vs. Tattling	Reporting; tattling; safety; responsible communication	4.3.1.4 - Describe and demonstrate healthy and safe ways to respond when experiencing or witnessing teasing, exclusion, disagreements, bullying, unfair treatment, bias, and prejudice. 4.3.1.5 - Describe that mental health, like physical health, can change over time, and sometimes people may need help through culturally appropriate practices and professional resources.
Lesson 12: Mindfulness	Mindful breathing; body scan; gratitude; self-regulation	4.3.1.1 - Describe and evaluate how cultural practices and self-regulation benefit mental health. 4.3.1.2 - Identify cultural practices and various methods for self-regulation. 4.3.1.3 - Explain how emotions affect behavior and identify strategies to manage them in healthy ways.



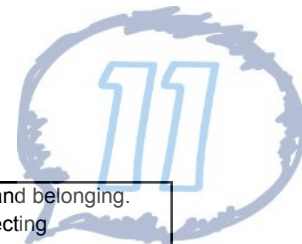
Lesson 13: Working With Others	Cooperation; communication; group work; collaboration	4.3.1.4 - Describe and demonstrate healthy and safe ways to respond when experiencing or witnessing teasing, exclusion, disagreements, bullying, unfair treatment, bias, and prejudice. Skill Standard 7 (Grades 2-8) - Apply goal-setting, decision-making, self-management, communication, and advocacy skills within health strands as locally determined.
Lesson 14: Stress	Stress awareness; stress responses; coping strategies	4.3.1.1 - Describe and evaluate how cultural practices and self-regulation benefit mental health. 4.3.1.2 - Identify cultural practices and various methods for self-regulation. 4.3.1.3 - Explain how emotions affect behavior and identify strategies to manage them in healthy ways. 4.3.1.5 - Describe that mental health, like physical health, can change over time, and sometimes people may need help through culturally appropriate practices and professional resources.
Lesson 15: Goal Setting	SMART goals; wishes vs. goals; action steps; personal growth	Skill Standard 7 (Grades 2-8) - Apply goal-setting, decision-making, self-management, communication, and advocacy skills within health strands as locally determined. 4.3.1.3 - Explain how emotions affect behavior and identify strategies to manage them in healthy ways.

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Grade 5 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Minnesota Standard(s)
Lesson 1: Friendship Traits	Friendship qualities; positive/negative traits; vocabulary; healthy relationships	5.2.1.1 - Explain how family and peer relationships can influence feelings, behavior, and decision-making. 5.3.1.1 - Describe healthy strategies and restorative approaches for managing intrapersonal growth and support positive growth in various relationships.
Lesson 2: A Good Friend	Healthy friendship qualities; self-respect; boundaries; choosing supportive friends	5.2.1.1 - Explain how family and peer relationships can influence feelings, behavior, and decision-making. 5.5.1.2 - Evaluate strategies for recognizing unhealthy or harmful relationships, setting personal boundaries, seeking support, and safely exiting when needed. 5.7.4.2 - Demonstrate boundary-setting skills to communicate and respect the boundaries of self and others.
Lesson 3: Friendship Self-Reflection	Self-reflection; personal friendship strengths/challenges; improving relationships	5.3.1.1 - Describe healthy strategies and restorative approaches for managing intrapersonal growth and support positive growth in various relationships. 5.2.1.1 - Explain how family and peer relationships can influence feelings, behavior, and decision-making. 5.3.1.4 - Identify situations, people, and experiences that influence emotions, and explain how emotions can influence behavior.
Lesson 4: My Friendship Bullseye	Support systems; circles of connection; emotional/social/physical supports	5.2.1.1 - Explain how family and peer relationships can influence feelings, behavior, and decision-making. 5.2.1.2 - Demonstrate how to effectively tell a trusted adult when you or someone you know has a health concern or question. 5.3.1.2 - Demonstrate how to support a peer in a difficult situation while respecting boundaries and guiding them to seek help.
Lesson 5: Our Classroom Community	Classroom community; respect; inclusion; valuing differences	5.3.1.3 - Demonstrate ways to include and support others to promote equity and belonging. 5.3.1.6 - Explain how treating people of all abilities with kindness and understanding supports an inclusive and welcoming environment. 5.2.1.1 - Explain how family and peer relationships can influence feelings, behavior, and decision-making.
Lesson 6: Facial Expressions	Emotions; nonverbal cues; recognizing feelings in self and others	5.3.1.4 - Identify situations, people, and experiences that influence emotions, and explain how emotions can influence behavior. 5.3.1.1 - Describe healthy strategies and restorative approaches for managing intrapersonal growth and support positive growth in various relationships.
Lesson 7: Whole Body Listening	Active listening; body language; respect; empathy	5.2.1.1 - Explain how family and peer relationships can influence feelings, behavior, and decision-making. 5.7.4.1 - Demonstrate conflict resolution skills to prevent, manage, or resolve conflict. 5.3.1.2 - Demonstrate how to support a peer in a difficult situation while respecting boundaries and guiding them to seek help.
Lesson 8: Conflict Strategies	Conflict resolution; decision making; pros/cons; choosing healthy strategies	5.7.4.1 - Demonstrate conflict resolution skills to prevent, manage, or resolve conflict. 5.7.5.1 - Examine options and consider consequences that may affect health-related outcomes. 5.7.5.2 - Reflect on the results of a health-related decision and its impact.



Lesson 9: Compliments	Genuine compliments; positive peer influence; kindness; character strengths	5.3.1.3 - Demonstrate ways to include and support others to promote equity and belonging. 5.3.1.2 - Demonstrate how to support a peer in a difficult situation while respecting boundaries and guiding them to seek help. 5.7.8.1 - Demonstrate how to deliver messages to various audiences and examine the outcomes.
Lesson 10: Respect	Respect for self and others; Golden Rule; discussion; values	5.2.1.1 - Explain how family and peer relationships can influence feelings, behavior, and decision-making. 5.3.1.3 - Demonstrate ways to include and support others to promote equity and belonging. 5.7.4.2 - Demonstrate boundary-setting skills to communicate and respect the boundaries of self and others.
Lesson 11: Mick E. and Me	Self-awareness; similarities/differences; identity; connection	5.2.1.1 - Explain how family and peer relationships can influence feelings, behavior, and decision-making. 5.3.1.3 - Demonstrate ways to include and support others to promote equity and belonging.
Lesson 12: My Personal Profile	Interests; strengths; characteristics; self-awareness; peer connection	5.2.1.1 - Explain how family and peer relationships can influence feelings, behavior, and decision-making. 5.3.1.1 - Describe healthy strategies and restorative approaches for managing intrapersonal growth and support positive growth in various relationships. 5.3.1.4 - Identify situations, people, and experiences that influence emotions, and explain how emotions can influence behavior.
Lesson 13: Feelings and Emotions	Emotion vocabulary; how feelings look/sound/feel; emotional awareness	5.3.1.4 - Identify situations, people, and experiences that influence emotions, and explain how emotions can influence behavior. 5.3.1.1 - Describe healthy strategies and restorative approaches for managing intrapersonal growth and support positive growth in various relationships.
Lesson 14: Empathy	Perspective-taking; empathy vs. sympathy; supporting others	5.3.1.2 - Demonstrate how to support a peer in a difficult situation while respecting boundaries and guiding them to seek help. 5.3.1.3 - Demonstrate ways to include and support others to promote equity and belonging. 5.7.4.1 - Demonstrate conflict resolution skills to prevent, manage, or resolve conflict.
Lesson 15: Seeing Red	Anger management; physical cues; cooling-off strategies; self-control	5.3.1.4 - Identify situations, people, and experiences that influence emotions, and explain how emotions can influence behavior. 5.3.1.1 - Describe healthy strategies and restorative approaches for managing intrapersonal growth and support positive growth in various relationships. 5.7.5.1 - Examine options and consider consequences that may affect health-related outcomes.



Grade 6 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Minnesota Standard(s)
Lesson 1: Stress	Stress awareness; forms of stress; personal stress ratings; stress-management resources	6.3.1.2 - Identify personal stressors at home, in school, and with friends, and examine strategies and restorative practices to balance them. 6.3.1.3 - Analyze warning signs of emotional distress or mental health challenges in yourself or others, and identify strategies and supports, including cultural practices and trusted adults, to respond safely and respectfully.
Lesson 2: Healthy and Unhealthy Stress	Healthy/unhealthy stress; emotions and the brain; grief and loss; expression through art	6.3.1.2 - Identify personal stressors at home, in school, and with friends, and examine strategies and restorative practices to balance them. 6.3.1.5 - Examine ways to manage emotions and identify which strategies are most effective in different situations, including approaches from Indigenous or traditional healing that emphasize balance of emotional, spiritual, physical, and mental health.
Lesson 3: Stress Reducers	Coping strategies; physical, emotional/social, and time-management stress reducers	6.3.1.2 - Identify personal stressors at home, in school, and with friends, and examine strategies and restorative practices to balance them. 6.7.7.1 - Apply skill cues to analyze supports, practices and barriers to support health and wellbeing.
Lesson 4: Resilience	Resilience; bouncing back; realistic personal goals	6.3.1.5 - Examine ways to manage emotions and identify which strategies are most effective in different situations. 6.7.6.1 - Apply skill cues to assess personal health behaviors to identify focus areas for setting health goals and explain how it supports health and wellbeing. 6.7.6.3 - Apply skill cues to construct a plan that addresses supports and barriers to achieving a health-related goal.
Lesson 5: Signs and Symptoms	Internal/external signs of stress; body responses; stress warning signs	6.3.1.2 - Identify personal stressors at home, in school, and with friends, and examine strategies and restorative practices to balance them. 6.3.1.3 - Analyze warning signs of emotional distress or mental health challenges in yourself or others, and identify strategies and supports to respond safely and respectfully.
Lesson 6: Facing Challenges	Challenges; resilience; coping strategies; healthy responses	6.3.1.5 - Examine ways to manage emotions and identify which strategies are most effective in different situations. 6.7.5.1 - Apply skill cues to analyze and evaluate when and how to use a thoughtful decision-making process for health-related situations as well as consider consequences.
Lesson 7: Positivity	Positive influences; negative influences; emotional reflection	6.3.1.5 - Examine ways to manage emotions and identify which strategies are most effective in different situations. 6.7.2.2 - Apply skill cues to analyze how health practices and behaviors are influenced by family, culture, school and community settings, peers, media, television, video games, advertisements, and social media.
Lesson 8: Self-Care	Self-care; stress reduction; building inner strength	6.3.1.2 - Identify personal stressors at home, in school, and with friends, and examine strategies and restorative practices to balance them. 6.7.7.1 - Apply skill cues to analyze supports, practices and barriers to support health and wellbeing. 6.7.7.2 - Apply skills cues to analyze the importance of taking ownership of health behaviors.



Lesson 9: Optimism	Optimistic thinking; positive perspective; strategies for optimism	6.3.1.5 - Examine ways to manage emotions and identify which strategies are most effective in different situations. 6.7.6.1 - Apply skill cues to assess personal health behaviors to identify focus areas for setting health goals and explain how it supports health and wellbeing.
Lesson 10: SMART Goals	SMART goals; future planning; dream board; optimism	6.7.6.1 - Apply skill cues to assess personal health behaviors to identify focus areas for setting health goals and explain how it supports health and wellbeing. 6.7.6.2 - Apply skill cues to analyze when individual, supported, or collaborative goal setting is appropriate. 6.7.6.3 - Apply skill cues to construct a plan that addresses supports and barriers to achieving a health-related goal and how to evaluate the goal-setting process and outcomes.
Lesson 11: Managing Emotions	Emotional expression; healthy/unhealthy reactions; perspective-taking	6.3.1.5 - Examine ways to manage emotions and identify which strategies are most effective in different situations. 6.3.1.4 - Analyze how empathy and communication support healthy relationships and nonviolent conflict resolution. 6.7.4.1 - Apply skill cues to demonstrate verbal and nonverbal communication skills across various types of communication.
Lesson 12: Support Networks	Support systems; community connections; helping others	6.2.1.3 - Analyze when and how to seek help from family, knowledge keepers, or healthcare providers about relationships, development, or personal health. 6.7.3.2 - Apply skill cues to describe situations that may require support from trusted adults, other individuals, and health professionals. 6.7.8.1 - Apply skill cues to identify and research relevant health topics to promote health, safety, and wellbeing of self and others.
Lesson 13: Setting Boundaries	Morals and values; classroom boundaries; personal boundaries	6.2.1.7 - Explain the importance of setting personal boundaries to support healthy relationships and decision-making, drawing on cultural values of respect, responsibility, and balance. 6.7.4.4 - Apply skill cues to demonstrate refusal skills and ways to communicate boundaries and consent for a variety of health-related situations.
Lesson 14: Communicating Limits	Healthy boundaries; communicating limits; role play	6.2.1.7 - Explain the importance of setting personal boundaries to support healthy relationships and decision-making. 6.7.4.3 - Apply skill cues to demonstrate self-advocacy skills and strategies in a variety of health-related situations. 6.7.4.4 - Apply skill cues to demonstrate refusal skills and ways to communicate boundaries and consent.
Lesson 15: Crossing Boundaries	Healthy/unhealthy boundaries; saying no; refusal strategies	6.2.1.7 - Explain the importance of setting personal boundaries to support healthy relationships and decision-making. 6.7.4.4 - Apply skill cues to demonstrate refusal skills and ways to communicate boundaries and consent for a variety of health-related situations. 6.7.5.1 - Apply skill cues to analyze and evaluate when and how to use a thoughtful decision-making process for health-related situations.



Grade 7 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Minnesota Standard(s)
Lesson 1: Mental Wellness	Mental wellness; physical and mental supports; help-seeking	6.3.1.3 - Analyze warning signs of emotional distress or mental health challenges in yourself or others, and identify strategies and supports to respond safely and respectfully. 6.7.7.1 - Apply skill cues to analyze supports, practices and barriers to support health and wellbeing.
Lesson 2: Win-Win	Win-win thinking; conflict outcomes; problem solving	6.7.4.2 - Apply skill cues to demonstrate conflict resolution skills to prevent, manage, or resolve conflict. 6.7.5.1 - Apply skill cues to analyze and evaluate when and how to use a thoughtful decision-making process for health-related situations and consider consequences.
Lesson 3: Attitudes and Behaviours	Positive attitudes; reframing negative thoughts; uniqueness	6.3.1.5 - Examine ways to manage emotions and identify which strategies are most effective in different situations. 6.3.1.6 - Describe examples of unfair treatment and learn how exclusion, bullying, and bias can affect people's mental health. 6.7.7.2 - Apply skill cues to analyze the importance of taking ownership of health behaviors.
Lesson 4: Anger	Anger management; calming strategies; self-regulation	6.3.1.5 - Examine ways to manage emotions and identify which strategies are most effective in different situations. 6.7.7.1 - Apply skill cues to analyze supports, practices and barriers to support health and wellbeing.
Lesson 5: Obstacles	Obstacles; problem-solving; overcoming challenges	6.7.5.1 - Apply skill cues to analyze and evaluate when and how to use a thoughtful decision-making process for health-related situations and consider consequences. 6.7.5.2 - Apply skill cues to identify supports and barriers on how family, culture, technology, media, peers, and personal beliefs impact health-related decisions.
Lesson 6: Mental and Physical Fitness	Mental health stigma; compassion; mental and physical wellness	6.3.1.3 - Analyze warning signs of emotional distress or mental health challenges in yourself or others, and identify strategies and supports to respond safely and respectfully. 6.3.1.7 - Analyze how positive media representations of mental health support understanding, reduce stigma, and encourage care and connection in the community.
Lesson 7: Use and Abuse	Substance use and abuse; addiction; safe medication use	6.6.1.4 - Describe how to read, interpret, store, and dispose of prescription and over-the-counter medications safely. 6.6.1.5 - Explain why using substances is unhealthy, summarize the benefits of being substance-free, and explain healthy ways to manage stress. 6.6.1.6 - Explain how substance use can increase health and safety risks, including injuries, violence, self-harm, and behaviors that may harm sexual health.



Lesson 8: Personal Goal Setting	Long-term goals; SMART goals; self-monitoring	6.7.6.1 - Apply skill cues to assess personal health behaviors to identify focus areas for setting health goals and explain how it supports health and wellbeing. 6.7.6.3 - Apply skill cues to construct a plan that addresses supports and barriers to achieving a health-related goal and evaluate the goal-setting process and outcomes.
Lesson 9: Problem Solving	Accept/ignore/make a change; problem-solving choices	6.7.5.1 - Apply skill cues to analyze and evaluate when and how to use a thoughtful decision-making process for health-related situations and consider consequences. 6.7.5.2 - Apply skill cues to identify supports and barriers on how family, culture, technology, media, peers, and personal beliefs impact health-related decisions.
Lesson 10: Decisions That Affect Our Future	Serious decisions; consequences; decision-making reflection	6.7.5.1 - Apply skill cues to analyze and evaluate when and how to use a thoughtful decision-making process for health-related situations and consider consequences. 6.7.5.2 - Apply skill cues to identify supports and barriers on how family, culture, technology, media, peers, and personal beliefs impact health-related decisions.
Lesson 11: Compliments	Meaningful compliments; positive peer support; self-worth	6.3.1.4 - Analyze how empathy and communication support healthy relationships and nonviolent conflict resolution. 6.7.4.1 - Apply skill cues to demonstrate verbal and nonverbal communication skills across various types of communication.
Lesson 12: Healthy Communication	Passive, aggressive, and assertive communication	6.7.4.1 - Apply skill cues to demonstrate verbal and nonverbal communication skills across various types of communication. 6.7.4.3 - Apply skill cues to demonstrate self-advocacy skills and strategies in a variety of health-related situations. 6.7.4.4 - Apply skill cues to demonstrate refusal skills and ways to communicate boundaries and consent for a variety of health-related situations.
Lesson 13: Mental Skills	Mental skills; calm breathing; mindfulness	6.3.1.2 - Identify personal stressors at home, in school, and with friends, and examine strategies and restorative practices to balance them. 6.3.1.5 - Examine ways to manage emotions and identify which strategies are most effective in different situations. 6.7.7.1 - Apply skill cues to analyze supports, practices and barriers to support health and wellbeing.
Lesson 14: Reciprocal Relationships	Support networks; reciprocal friendships; emotional support	6.3.1.3 - Analyze warning signs of emotional distress or mental health challenges in yourself or others, and identify strategies and supports to respond safely and respectfully. 6.3.1.4 - Analyze how empathy and communication support healthy relationships and nonviolent conflict resolution. 6.7.7.1 - Apply skill cues to analyze supports, practices and barriers to support health and wellbeing.

Lesson 15: Social Factors	Media/social influences; positive and negative influences on teens	6.7.5.2 - Apply skill cues to identify supports and barriers on how family, culture, technology, media, peers, and personal beliefs impact health-related decisions. 6.7.8.1 - Apply skill cues to identify and research relevant health topics to promote the health, safety, and wellbeing of self and others. 6.3.1.7 - Analyze how positive media representations of mental health support understanding, reduce stigma, and encourage care and connection in the community.
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Grade 8 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Minnesota Standard(s)
Lesson 1: Self Esteem	Self-esteem; confidence; positive messages; self-consciousness	6.3.1.3 - Analyze warning signs of emotional distress or mental health challenges in yourself or others, and identify strategies and supports to respond safely and respectfully. 6.3.1.6 - Describe examples of unfair treatment and learn how exclusion, bullying, and bias can affect people's mental health. 6.3.1.5 - Examine ways to manage emotions and identify which strategies are most effective in different situations.
Lesson 2: Anxiety	Anxiety symptoms; body cues; coping strategies; personal reflection	6.3.1.2 - Identify personal stressors at home, in school, and with friends, and examine strategies and restorative practices to balance them. 6.3.1.3 - Analyze warning signs of emotional distress or mental health challenges in yourself or others, and identify strategies and supports to respond safely and respectfully. 6.3.1.5 - Examine ways to manage emotions and identify which strategies are most effective in different situations.
Lesson 3: Stereotyping	Stereotyping; unfair judgement; bias; acceptance of others	6.3.1.6 - Describe examples of unfair treatment and learn how exclusion, bullying, and bias can affect people's mental health. 6.3.1.7 - Analyze how positive media representations of mental health support understanding, reduce stigma, and encourage care and connection in the community. 6.7.2.2 - Apply skill cues to analyze how health practices and behaviors are influenced by family, culture, school and community settings, peers, media, advertisements, and social media.
Lesson 4: Seeking Out Facts	Depression facts; mental health support; valid information; peer education	6.3.1.3 - Analyze warning signs of emotional distress or mental health challenges in yourself or others, and identify strategies and supports to respond safely and respectfully. 6.3.1.7 - Analyze how positive media representations of mental health support understanding, reduce stigma, and encourage care and connection in the community. 6.7.3.1 - Apply skill cues to access valid and reliable sources of health information, products, services, and other resources. 6.7.8.2 - Apply skill cues to design and deliver a health-enhancing position or message about an issue that is supported by facts and is for a variety of audiences and contexts.
Lesson 5: Peer Pressure	Healthy/unhealthy peer pressure; refusal; role play; influence	6.5.1.2 - Analyze how power dynamics, peer pressure, and digital communication can affect relationships, and apply strategies for setting boundaries, seeking support, and addressing harmful behaviors. 6.7.4.4 - Apply skill cues to demonstrate refusal skills and ways to communicate boundaries and consent for a variety of health-related situations. 6.7.5.1 - Apply skill cues to analyze and evaluate when and how to use a thoughtful decision-making process for health-related situations.
Lesson 6: Focus	Mindfulness; focus; distractions; organization; planning	6.3.1.2 - Identify personal stressors at home, in school, and with friends, and examine strategies and restorative practices to balance them. 6.3.1.5 - Examine ways to manage emotions and identify which strategies are most effective in different situations. 6.7.6.3 - Apply skill cues to construct a plan that addresses supports and barriers to achieving a health-related goal and how to evaluate the goal-setting process and outcomes.



Lesson 7: Sleep	Sleep hygiene; routines; research; wellness goals	6.4.1.1 - Analyze how cultural traditions, community practices, and social conditions influence sleep patterns and arrangements. 6.7.6.1 - Apply skill cues to assess personal health behaviors to identify focus areas for setting health goals and explain how it supports health and wellbeing. 6.7.6.3 - Apply skill cues to construct a plan that addresses supports and barriers to achieving a health-related goal and how to evaluate the goal-setting process and outcomes.
Lesson 8: Roles and Responsibilities	Roles; responsibilities; balance; best self; focus	6.2.1.2 - Describe characteristics of healthy and unhealthy relationships across family, peer, and romantic relationships. 6.2.1.7 - Explain the importance of setting personal boundaries to support healthy relationships and decision-making, drawing on cultural values of respect, responsibility, and balance. 6.7.6.1 - Apply skill cues to assess personal health behaviors to identify focus areas for setting health goals and explain how it supports health and wellbeing.
Lesson 9: Resiliency	Resiliency; bouncing back; goal setting; coping supports	6.3.1.2 - Identify personal stressors at home, in school, and with friends, and examine strategies and restorative practices to balance them. 6.3.1.5 - Examine ways to manage emotions and identify which strategies are most effective in different situations. 6.7.6.3 - Apply skill cues to construct a plan that addresses supports and barriers to achieving a health-related goal and how to evaluate the goal-setting process and outcomes.
Lesson 10: Grieving	Grief and loss; stages of grief; supporting self and others	6.3.1.3 - Analyze warning signs of emotional distress or mental health challenges in yourself or others, and identify strategies and supports to respond safely and respectfully. 6.3.1.5 - Examine ways to manage emotions and identify which strategies are most effective in different situations. 6.7.3.2 - Apply skill cues to describe situations that may require support from trusted adults, other individuals, and health professionals.
Lesson 11: Body Image	Body image; self-acceptance; true beauty; positive self-view	6.3.1.6 - Describe examples of unfair treatment and learn how exclusion, bullying, and bias can affect people's mental health. 6.3.1.5 - Examine ways to manage emotions and identify which strategies are most effective in different situations. 6.7.7.2 - Apply skill cues to analyze the importance of taking ownership of health behaviors.
Lesson 12: Technology and Media	Technology/media influences; attention; connection; personal goals	6.5.1.1 - Explain how sending, sharing, or viewing harmful, explicit, or inappropriate content can affect behaviors, relationships, and personal values. 6.5.1.2 - Analyze how power dynamics, peer pressure, and digital communication can affect relationships, and apply strategies for setting boundaries, seeking support, and addressing harmful behaviors. 6.7.2.2 - Apply skill cues to analyze how health practices and behaviors are influenced by family, culture, school and community settings, peers, media, advertisements, and social media. 6.7.6.1 - Apply skill cues to assess personal health behaviors to identify focus areas for setting health goals and explain how it supports health and wellbeing.



Lesson 13: Nutrition	Nutrition; exercise; healthy body journal; Canada Food Guide reflection	6.1.1.4 - Plan and design meals and snacks using nutrition facts to identify foods that fuel physical activity and explain how sugary or salty foods affect energy and health. 6.1.1.2 - Analyze food labels and marketing claims to make informed personal dietary decisions. 6.4.1.2 - Design a workout plan that includes moderate, vigorous, muscle-strengthening, and bone-strengthening activities, and explain the purpose of each activity. 6.7.6.1 - Apply skill cues to assess personal health behaviors to identify focus areas for setting health goals and explain how it supports health and wellbeing.
Lesson 14: Relationships	Healthy/unhealthy relationships; self; crush/love; friendship foundation	6.2.1.2 - Describe characteristics of healthy and unhealthy relationships across family, peer, and romantic relationships. 6.2.1.7 - Explain the importance of setting personal boundaries to support healthy relationships and decision-making, drawing on cultural values of respect, responsibility, and balance. 6.5.1.4 - Analyze the role of consent, communication, and cultural practices within healthy relationships and develop strategies to respond to coercion, support others, and promote safe, equitable interactions. 6.7.4.1 - Apply skill cues to demonstrate verbal and nonverbal communication skills across various types of communication.
Lesson 15: Community and You	Community resources; emotional/physical/social supports; research and sharing	6.7.3.2 - Apply skill cues to describe situations that may require support from trusted adults, other individuals, and health professionals. 6.7.3.1 - Apply skill cues to access valid and reliable sources of health information, products, services, and other resources. 6.7.8.2 - Apply skill cues to design and deliver a health-enhancing position or message about an issue that is supported by facts and is for a variety of audiences and contexts.



Grade 9 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Minnesota Standard(s)
Lesson 1: Classroom Community Development	Establish classroom guidelines; create a safe, trusting, and supportive classroom community centered around mental wellness.	9.4.3.1 - Apply positive communication skills and strategies to the completion of a group task in a physical activity setting.
Lesson 2: Mental Health Continuum	Introduction to mental health continuum; deeper level conversations around mental health; reflection on personal mental health; explore outside supports and strategies available to students.	9.3.6.1 - Explain how stress-management strategies in physical activity settings can reduce stress and affect health. For example: physical activities such as aerobic exercise, deep breathing, meditation, mental imagery, relaxation techniques.
Lesson 3: Time Management	Effective time management; prioritizing tasks and responsibilities through weekly schedules and learning to balance competing demands to achieve a healthier more balanced lifestyle.	
Lesson 4: Setting Wellness Goals	Science of goal setting; role of Dopamine in motivation. Impacts of sleep (lack of sleep) on the brain; strength in sleep habits.	
Lesson 5: Understanding Sleep	Impacts of sleep (lack of sleep) on the brain; strength in sleep habits.	
Lesson 6: Communication	Passive, assertive, and aggressive communication; effective communication strategies. Impacts of sleep (lack of sleep) on the brain; strength in sleep habits.	9.4.3.1 - Apply positive communication skills and strategies to the completion of a group task in a physical activity setting. 9.3.1.1 - Exchange ideas through storytelling, discussion and collaboration, both as facilitator and participant, expressing ideas, intentionally considering the perspectives of Dakota and Anishinaabe people and other perspectives. 9.3.1.2 - Contribute to conversations by posing and responding to questions that relate the current discussion to broader themes or larger ideas; actively incorporate others into the discussion; and clarify, verify, or challenge ideas and conclusions, demonstrating preparation for the discussion.

Lesson 7: Emotional Regulation	Emotional awareness; strategies for responding thoughtfully rather than reactively.	
Lesson 8: Loss, Change & Grief	Loss, change and grief; greater awareness on why change is difficult; grief associated with change.	
Lesson 9: Healthy Relationships	Health and unhealthy relationships; reflection on impacts of healthy and unhealthy relationships.	9.4.3.1 - Apply positive communication skills and strategies to the completion of a group task in a physical activity setting.
Lesson 10: Digital Stress	Impact of digital media on mental health; non-digital activities for a balanced lifestyle.	9.3.1.3 - Apply technology and social media as tools to support a healthy, active lifestyle.
Lesson 11: Self-Esteem	Impacts of self-comparison; reflection on what makes you who you are.	
Lesson 12: Substance Use & Addictions Awareness	Risks of substances; addictive behaviours.	
Lesson 13: Local Mental Health Resources	Explore local mental health resources.	9.3.1.5 - Evaluate physical activities that can be pursued in the local environment for their benefits, social support network, and participation requirements.



Grade 10 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Minnesota Standard(s)
Lesson 1: Classroom Community Development	Establish classroom guidelines; create a safe, trusting, and supportive classroom community centered around mental wellness.	9.4.3.1 - Apply positive communication skills and strategies to the completion of a group task in a physical activity setting.
Lesson 2: Mental Health Continuum	Introduction to mental health continuum; deeper level conversations around mental health; reflection on personal mental health; explore outside supports and strategies available to students.	9.3.6.1 - Explain how stress-management strategies in physical activity settings can reduce stress and affect health. For example: physical activities such as aerobic exercise, deep breathing, meditation, mental imagery, relaxation techniques.
Lesson 3: Understanding Stress	Identify personal stressors; sustainable strategies for lifelong stress management.	
Lesson 4: Cultivating Healthy Habits	Formation of habits; intentional changes; routines.	9.3.6.1 - Explain how stress-management strategies in physical activity settings can reduce stress and affect health. For example: physical activities such as aerobic exercise, deep breathing, meditation, mental imagery, relaxation techniques.
Lesson 5: A Balanced Approach to Sleep and Well-being	Sleep habits; consistent sleep routine and the overall impact on well-being; sleep/wake cycles.	
Lesson 6: Communication	Passive, assertive, and aggressive communication; effective communication strategies.	9.4.3.1 - Apply positive communication skills and strategies to the completion of a group task in a physical activity setting. 10.3.1.1 - Exchange ideas through storytelling, discussion and collaboration, both as facilitator and participant, expressing ideas, intentionally considering the perspectives of Dakota and Anishinaabe people as well as other perspectives. 10.3.1.2 - Extend conversations by posing and responding to questions that relate the current discussion to broader themes or larger ideas; actively incorporate others into the discussion; and clarify, verify or challenge ideas and conclusions, demonstrating preparation for the discussion.
Lesson 7: Critical Thinking in Online Environments	Critical thinking skills to evaluate the credibility and reliability of online information; develop digital literacy through experience.	9.3.1.3 - Apply technology and social media as tools to support a healthy, active lifestyle.

Lesson 8: Setting Boundaries in Relationships	Relationship Boundaries; physical, emotional, spiritual, and intellectual boundaries; boundary maintenance.	
Lesson 9: Coping and Substance Use.	Explore how challenging experiences influence coping behaviours; develop understanding of the bodies natural feel-good chemicals compared to short-term relief of substances..	
Lesson 10: Loss, Change and Grief	Loss, change and grief; greater awareness on why change is difficult; grief associated with change.	
Lesson 11: Local Mental Health Resources	Explore local mental health resources.	9.3.1.5 - Evaluate physical activities that can be pursued in the local environment for their benefits, social support network, and participation requirements.

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Grade 11 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Minnesota Standard(s)
Lesson 1: Classroom Community Development	Establish shared guidelines; create a safe, respectful, and connected space to explore mental health.	9.4.3.1 - Apply positive communication skills and strategies to the completion of a group task in a physical activity setting.
Lesson 2: Mental Health Continuum	Mental health as a part of well-being; continuum of mental health; discover helpful strategies and supports.	9.3.6.1 - Explain how stress-management strategies in physical activity settings can reduce stress and affect health. For example: physical activities such as aerobic exercise, deep breathing, meditation, mental imagery, relaxation techniques.
Lesson 3: Physical Activity & Mood	Physical activity in relation to mood.	9.3.6.1 - Explain how stress-management strategies in physical activity settings can reduce stress and affect health. For example: physical activities such as aerobic exercise, deep breathing, meditation, mental imagery, relaxation techniques.
Lesson 4: Motivation and Goal Setting	Intrinsic and extrinsic motivation; motivation to live a healthy lifestyle with meaningful and achievable goals.	
Lesson 5: Conflict Resolution	Conflict resolution strategies; communication styles; assertive skills for healthy relationships.	
Lesson 6: Digital Citizenship: Safe, Respectful, Wise Online Choices	Understand reasonable sharing and oversharing online; impacts of digital behaviours; critical thinking use for safe, respectful, and wise choices on social media.	9.3.1.3 - Apply technology and social media as tools to support a healthy, active lifestyle.
Lesson 7: Managing Anxiety	Develop a deeper understanding of anxiety and its impacts; helpful and harmful anxiety; strategies for managing anxiety and supporting emotional well-being.	
Lesson 8: Sleep Q&A	Sleep supports in mental health; questions and myths about sleep, reflect on personal sleep patterns and ways to maintain or improve sleep quality.	

Lesson 9: Relationships with Substances	Impacts of substances and potentially addictive behaviours; levels of substance involvement; inclusive, recovery-oriented ways to support health and well-being.	
Lesson 10: Problem Solving	Practice problem solving and decision making strategies; create space in the mind, heart, and body when addressing challenges can significantly impact outcomes.	
Lesson 11: Loss, Change & Grief	Loss, change and grief; greater awareness on why change is difficult; grief associated with change.	
Lesson 12: Local Mental Health Resources	Explore local mental health resources.	9.3.1.5 - Evaluate physical activities that can be pursued in the local environment for their benefits, social support network, and participation requirements.



Grade 12 Curriculum Alignment with Project 11

P11 Lesson	P11 Focus	Minnesota Standard(s)
Lesson 1: Classroom Community Development	Establish shared guidelines; create a safe, respectful, and connected space to explore mental health.	9.4.3.1 - Apply positive communication skills and strategies to the completion of a group task in a physical activity setting.
Lesson 2: Mental Health Continuum	Mental health as a part of well-being; continuum of mental health; discover helpful strategies and supports.	9.3.6.1 - Explain how stress-management strategies in physical activity settings can reduce stress and affect health. For example: physical activities such as aerobic exercise, deep breathing, meditation, mental imagery, relaxation techniques.
Lesson 3: Health and Balanced Lifestyles	Routines and self-compassion in a healthy balanced lifestyle; build realistic schedules that align with personal wellness goals.	
Lesson 4: Communicating Well in a Team	Learn effective communication with teammates to support team success; practice giving and receiving respectful, constructive feedback.	9.4.3.1 - Apply positive communication skills and strategies to the completion of a group task in a physical activity setting.
Lesson 5: Managing Anxiety	Develop a deeper understanding of anxiety and its impacts; helpful and harmful anxiety; strategies for managing anxiety and supporting emotional well-being.	
Lesson 6: Responsible Digital Media Use	Responsible digital media choices and their role in wellness; reflect on personal digital media habits; develop strategies with digital media.	9.3.1.3 - Apply technology and social media as tools to support a healthy, active lifestyle.
Lesson 7: Sense of Self	Discover identity development over time; reflect on family and community influences on identity development; core values and beliefs; learn how to build connections that support your authentic self.	

Lesson 8: Relationship Health	Healthy Relationships in mental wellness; strategies to increase independence; reflection on personal healthy relationship skills.	
Lesson 9: Sleep Q&A	Sleep supports in mental health; questions and myths about sleep, reflect on personal sleep patterns and ways to maintain or improve sleep quality.	
Lesson 10: Loss, Change & Grief	Loss, change and grief; greater awareness on why change is difficult; grief associated with change.	
Lesson 11: Substances and Mental Health	Consider how lifestyle choices impact your well-being; learn how to support individuals facing specific mental health and addiction challenges.	
Lesson 12: Local Mental Health Resources	Explore local mental health resources.	9.3.1.5 - Evaluate physical activities that can be pursued in the local environment for their benefits, social support network, and participation requirements.