



**INFINITE  
FOCUS  
SCHOOLS**

For the Happy, Healthy, Whole Child™

## **Middle Grades (6-8) Short Scope & Sequence**

The Infinite Focus Schools mindfulness and socio-emotional learning (SEL) curriculum equips students with the skills that help them thrive in and out of school. We teach students to self-regulate their emotions, make responsible decisions and cultivate empathy. We offer over 50 lessons with 75 topics spread between 3 modules: *The Body, The Mind, The World*.

### **Module 1: The Body**

Module 1 covers topics like: "The Lungs: The Benefits of Deep Breathing"; "The Middle School Brain"; "Seven Types of Stress"; "Positive & Negative Relationships"; and "What Are Emotions?" The mindfulness tools in this module teach children to regulate their moods and emotions through mindful movement and deep breathing practices.

### **Module 2: The Mind**

Module 2 covers topics like: "What Are Thoughts?"; "Assumptions"; "The Highs & Lows of Self Esteem"; "Impulses"; "Asking For Help"; and "Values." The mindfulness tools in this module teach students to cultivate calm by using the breath to stimulate the relaxation response in the brain.

### **Module 3: The World**

Module 3 covers topics like: "Collaboration & Cooperation"; "Compassion"; "Service"; "Respecting the Natural World"; and "Diversity." The mindfulness tools in this module encourage students to cultivate calm and manage emotions through mindful movement and using the breath to stimulate the relaxation response in the brain.