

# Secure in Grace

## SCOPE AND SEQUENCE – UPPER ELEMENTARY

MODULE 1: THE WHOLE PERSON						
1	Secure in Grace					
2	Who are you? Image and Likeness, Body and Soul, Male and Female, Made for Communion					
3	Created, Fallen, Redeemed					
4	Intellect, Will, and Emotions					
5	Neuroscience, Part I: The Amazing Science of Your Brain					
6	Neuroscience, Part II: The Decade of the Brain and the River of Grace					
MODULE 2: REGULATING WITH TEMPERANCE						
1	Expressing Your Emotions	Amygdala (the alarm system)	Temperance	St. Francisco Marto	Bored	Name It to Tame It
2	Self-Regulation	Prefrontal & Limbic System (gas pedal and braking system)	Self-Control	Blessed Carlo Acutis	Excited	Deep Breathing
3	Dealing with Anger	Hand Model of the Brain Fight, Flight or Freeze  Upstairs versus Downstairs Brain	Meekness	St. Elizabeth of the Trinity	Angry, Irritated, Mad	Move It or Lose It
4	Healthy Mind Platter	River of Grace Hypothalamus	Moderation	St. Bernardine of Siena	Tired, Exhausted	Schedule Your Day
5	Dealing with Stress	Cortisol Window of Tolerance	Orderliness	St. Thomas Aquinas	Overwhelmed, Stressed	Visualization
6	Asking for Help	Neurons Neuroplasticity	Modesty	St. Dominic Savio	Perfectionist, Rigid, Stubborn	Reaching Out
7	Cooperation	Prefrontal Cortex Executive Functioning	Humility	St. John the Evangelist	Jealous	“We” Mindset
8	Telling the Truth	Prefrontal Cortex Upstairs vs. Downstairs Brain	Honesty	Bl. Pier Giorgio Frassati	Joyful, Happy, Optimistic	Meditation
MODULE 3: FINDING STRENGTH WITH FORTITUDE						
9	Coping with Fear	Resilience Executive Functioning	Fortitude	St. Oscar Romero	Scared, Fearful, Afraid	Give Your Worries to Jesus
10	Growth Mindset	Neuroplasticity Neural Connections	Perseverance	St. Jacinta Marto	Silly, Playful, Impulsive	Use It or Lose It

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MODULE 3: FINDING STRENGTH WITH FORTITUDE – CONTINUED						
11	Listening	Hypothalamus and Thalamus Limbic System	Patience	St. Bernadette	Humiliated, Embarrassed	Perspective Taking, Part I
12	Having Confidence	Brain Hemispheres	Magnanimity	Ven. Satoko Kitahara	Discouraged	Positive Self-Talk
13	Service to Others	Dopamine	Magnificence	St. John Henry Newman	Sad, Depressed	Giving to Others
14	Ignoring Distractions	Prefrontal Cortex	Industriousness	St. Teresa of Avila	Distracted	Body Scan
MODULE 4: RELATING WITH JUSTICE						
15	Being Brave and Accepting Consequences	Cortisol and Stress	Justice	Bl. Anthony Neyrot	Guilty	Alternative Behaviors
16	Healthy Relationships	The Social Brain	Respect	Bl. Diana d'Andalo	Homesick, Missing Someone	Validating Your Feelings
17	Empathy	Mirroring Interpersonal Neurobiology	Kindness	St. Margaret of Castello	Unloved, Abandoned, Left Out	Perspective Taking, Part II
18	Community	Social Brain Resonance	Loyalty	St. Joan of Arc	Rejected, Betrayed	Take in God's Creation
19	Mindsight	Mindsight Still Point of Grace	Prayerfulness	St. Mary Magdalene	Shame	Wheel of Awareness
20	Following Rules and Directions	Hippocampus and Memories	Obedience	St. Maximilian Kolbe	Rebellious	Delayed Gratification
21	Expressing Gratitude	Effects of Gratitude on the Body and Brain	Gratitude	Bl. Chiara Luce Badano	Disappointed	Gratitude Journal
22	Using Kind Words	Neurotransmitters Dopamine Serotonin Oxytocin	Generosity	St. Josephine Bakhita	Hopeless	Giving a Compliment
23	Servant Leadership	Prefrontal Cortex Integration	Responsibility	St. Catherine of Siena	Determined	Active Listening

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MODULE 4: RELATING WITH JUSTICE – CONTINUED						
24	Forgiveness and Apologizing	Rupture and Repair	Sincerity	Servant of God Elizabeth of Leseur	Hurt	Write an Apology Letter
25	Keeping Your Promises	Rupture and Repair Cortisol	Trustworthiness	Ven. Lucia dos Santos	Secretive	<i>Lectio Divina</i>
26	Celebrating Differences	Neuroception Integration	Courtesy	St. Teresa of Calcutta	Disgusted	Learn about Others
27	Friendship Skills	The Brain Is a Social Organ	Affability	Bl. Stanley Rother	Shy	Phone a Friend
MODULE 5: REASONING WITH PRUDENCE						
28	Responsible Decision Making	Making Prefrontal Cortex Executive Functioning	Prudence	St. Ignatius of Loyola	Confused	Come, Holy Spirit
29	Co-Regulation	Limbic System	Foresight	St. Charles Lwanga and Companions	Calm, (Content, Peaceful)	Who Are My Anchors?
30	The Yes Brain	Yes Brain BRIE	Docility	St. Jose Sanchez del Rio	Bold (Daring, Brave)	Reframing
31	Conflict Resolution	Amygdala Cortex	Circumspection	St. John Bosco	Lost	Feeling Phrases
32	Internal Compass	Wiring My Pre-frontal Cortex Neuroplasticity	Sound Judgement	St. Dominic	Desperate (Helpless, Powerless)	My Wise Self
MODULE 6: COMMUNION WITH GOD THROUGH THE THEOLOGICAL VIRTUES						
33	Feeling Safe	Secure Attachment 4 S's - Safe	Hope	St. John Paul II	Hopeful	Eucharistic Adoration
34	Feeling Seen	Secure Attachment 4 S's - Seen	Faith	St. Thérèse of Lisieux	Anxious, Worried, Nervous	Divine Mercy Chaplet
35	Feeling Soothed and Secure	Secure Attachment 4 S's - Soothed and Secure	Charity	St. Joseph	Love/Loved	United with Christ