

# ARISE: MADE FOR WHOLENESS

## SCOPE AND SEQUENCE – MIDDLE SCHOOL AND UP

	Neurobiology Topic	Strategies	Saint	Virtue
1	Introduction to <i>Arise</i> Series	Introduction	Introduction	Introduction
2	Healthy Adolescence for a Healthy Life	Creative Outlet	St. Hildegard	Temperance
3	The River of Grace	Journaling	St. John XXIII	Moderation
4	The Limbic System	Deep Breathing	St. Charles de Foucauld	Self-Control
5	Cortical Thinking	Focused Attention Practice	St. Albert	Orderliness
6	Emotions Are a Gift	Name It to Tame It	St. Thérèse	Meekness
7	Guilt and Freedom	Feelings Phrases	St. Augustine	Honesty
8	Learning from Failure – Resilience	Harmless Actions	St. Francis Xavier	Humility
9	Healthy Boundaries	Talk to an Adult	St. Maria Goretti	Modesty
10	Fight, Flight, Freeze	Movement	Bl. Chiara Luce	Fortitude
11	Amygdala	Music	Bl. Solanus Casey	Patience
12	Window of Tolerance	Visualize a Safe Place	St. Josephine Bakhita	Perseverance
13	Wiring for Good— Neuroplasticity	Learn Something New	Bl. Carlo Acutis	Magnanimity
14	Sprouting and Pruning – Neuroplasticity II	Time In	St. John Neumann	Industriousness
15	Talents	Eucharistic Adoration	St. John Paul II	Magnificence
16	Social Brain	Validating Your Feelings	St. Katharine Drexel	Justice
17	Identity	Community	Bl. Pier Giorgio Frassati	Affability
18	Seen and Heard	Reaching Out	St. Brigid	Courtesy
19	Positive Effects of Gratitude	Showing Gratitude	St. Bernadette	Gratitude
20	Generous Words	Words That Build Up	St. Teresa of Calcutta	Generosity

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21	Empathy	Perspective Taking	St. Veronica	Kindness
22	Integration	Body Scan	St. Paul	Obedience
23	Neurosequential Model	Regulate, Relate, Reason (Pray to a Saint)	Sts. Basil and Gregory	Loyalty
24	Conflict	Self-Hug	St. Anthony of Egypt	Responsibility
25	Apologizing	Contact with Physical Objects to Regain Control	St. Bartholomew	Sincerity
26	Rupture and Repair	Divine Mercy Chaplet	St. Faustina	Trustworthiness
27	Co-regulation	Talk to Jesus	St. Theodore Guerin	Prayerfulness
28	Self-Regulation	Take Five	St. Damien of Molokai	Respect
29	The Hero's Journey	Take in God's Creation	St. Patrick	Patriotism
30	Healthy Mind Platter	Schedule Your Day	Bl. Stanley Rother	Prudence
31	Stress: Positive, Tolerable, or Toxic	Visualization	St. Frances Xavier Cabrini	Foresight
32	Responsible Decision Making	Come Holy Spirit	St. Ignatius of Loyola	Good Counsel
33	Integrative Brain Fibers	<i>Lectio Divina</i>	St. Thomas Aquinas	Good Judgment
34	Executive Functioning	My Wise Self Speaks	St. Teresa of Avila	Command
35	Hippocampus and Memory	Reframing	St. Jane Frances de Chantal	Circumspection
36	Technology and the Brain	Alternative Behaviors	St. Dominic Savio	Docility
37	Sacramental Order and Development	Go to the Sacraments	Paralytic in the Gospels (Matthew 9:1-8)	Faith
38	Safe, Seen, Soothed, and Secure	Thank God for His Care	Jairus' Daughter (Mark 5:21-43)	Hope
39	Identity and Love of God, Self, and Neighbor	Examine and Order Your Relationships	Son of a Widow (Luke 7:11-17)	Charity