

MONTH	THEME	LESSON TOPIC
August	BELONGING	We are Lemont
September	COURAGE	Prioritizing
October	RESILIENCE	Test anxiety
November	COMPASSION	Empathy
December	PERSEVERANCE	Healthy lifestyle & sleep
January	INSPIRATION	Goals & plans
February	KINDNESS	Support & asking for help
March	INTEGRITY	Communication
April	GRATITUDE	Coping skills
May	REFLECTIVE	We are Lemont 2.0