

Dear parents,

The Middle & High School years are a crucial time for young people to discover and practice the social and emotional skills necessary for a meaningful and successful life. These years present a tremendous opportunity to engage young people in deeper thinking to help them confidently own the advancement of their social and emotional development.

Core Lessons is an age-appropriate, discussion-focused curriculum to challenge students to develop who they are from the inside out and develop skills that increase their ability to be successful in school...and beyond. Core Lessons is grounded in evidence-based research which supports our long-held belief that academic performance and Social-Emotional Learning (SEL) go hand-in-hand.

Our values of *Honesty, Experience, Connection, Positive Influence, Service Leadership, and Intention* are at the heart of every service we provide. With an emphasis on skill and character development, The Core Project does not use Core Lessons to endorse any specific ideology, such as Critical Race Theory. Rather, we remain committed to supporting schools in their efforts to serve students and families by providing a positive and meaningful school environment where students can come as they are, get what they need, and leave prepared for whatever is next.

Therefore, our focus on Social and Emotional Learning (SEL) remains strictly devoted toward the development of Self-Awareness, Self-Management, Social Awareness, Relationship Skills, and Responsible Decision-Making. Schools that adopt Core Lessons as their SEL Curriculum can be confident knowing that they are respectfully partnering with parents to contribute to developing healthy and whole citizens who are socially and emotionally competent.

As an overview of Core Lessons, you will find the Core Messages, objectives, and outcomes for each Middle School and High School Core Lesson. We invite you to familiarize yourself with this information and reach out to your school's administrator if you have any questions.

The Core Project

We value...



Social-Emotional Learning (SEL)

The Research

According to the Collaborative for Academic, Social, and Emotional Learning (CASEL), Social-Emotional Learning (SEL) involves developing social and emotional competencies in adults and children. Social and emotional skills are critical to being a good student, worker, and citizen. Many different risky behaviors such as drug use, violence, bullying, and dropout can be prevented or reduced when multi-year, integrated efforts develop students' social and emotional skills. CASEL has identified five interrelated sets of cognitive, affective, and behavioral competencies: self-awareness, self-management, social awareness, relationship skills, and responsible decision making.

The Core Lessons Model

Core Lessons™ combines the research of Social-Emotional Learning with the proven methods of experiential education. Research shows that the best learning happens when young people are guided by supportive adults who demonstrate SEL competencies within a challenging, experiential, and relevant system. Core Lessons provide classroom-based instruction in SEL skills for students in a multi-year approach. Core Lessons introduce SEL skills through engaging, experiential-based activities and classroom discussions facilitated by supportive and trained adult educators.

SEL Competencies:

SELF-AWARENESS: The ability to accurately recognize one's emotions and thoughts and their influence on behavior. This includes assessing one's strengths and limitations and possessing a well-grounded sense of confidence and optimism.

SELF-MANAGEMENT: The ability to regulate one's emotions, thoughts, and behaviors effectively in different situations. This includes managing stress, controlling impulses, motivating oneself, and setting and working toward achieving personal and academic goals.

SOCIAL AWARENESS: The ability to take the perspective of and empathize with others from diverse backgrounds and cultures, to understand social and ethical norms for behavior, and to recognize family, school, and community resources and supports.

RELATIONSHIP SKILLS: The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups. This includes communicating clearly, listening actively, cooperating, resisting inappropriate social pressure, negotiating conflict constructively, and seeking and offering help when needed.

RESPONSIBLE DECISION MAKING: The ability to make constructive and respectful choices about personal behavior and social interactions based on consideration of ethical standards, safety concerns, social norms, the realistic evaluation of consequences of various actions, and the well-being of self and others.

Reference: Collaborative for Academic, Social, and Emotional Learning. (2013). 2013 CASEL guide: Effective social and emotional learning programs. Chicago, IL: Author. Retrieved from <http://www.casel.org/guide/>

Curriculum Overview

Design & Implementation

The best Social-Emotional Learning strategies are school-wide and integrated within every part of the culture. The Core Project brings awareness to SEL in a respectful manner and prepares the entire school to be actively engaged in the implementation.

STAFF DEVELOPMENT

Building Awareness and Cultivating SEL Competencies

Administrators, teachers, and classified staff make up the core of every school and deserve to be supported in the process by cultivating their own SEL competencies as they prepare to guide SEL for students. The Core Project Staff Development Training brings awareness to SEL in an enlightening, engaging, and affirming manner. The training cultivates SEL competencies within staff, ensures program fidelity, and prepares staff to use experiential education techniques to facilitate weekly lessons.

There are two training options to prepare for Core Lessons:

1. In-person, school-wide SEL Educator Training
2. Video-based SEL Educator Training

STUDENT DEVELOPMENT

Building and Practicing SEL Skills Through Core Lessons

Core Lessons provide intentional, school-wide implementation through which staff and students begin to share common language, beliefs, and understanding of SEL. Core Lessons cover five SEL competencies: **self-awareness, self-management, social awareness, relationship skills, and responsible decision making.** Designed for middle and high school classrooms, Core Lessons are instructed by educators one-day per week over the course of 25/35 weeks. Each lesson takes approximately 30 minutes. Using methods of experiential learning, educators are equipped to engage all students in interactive sessions followed by relevant discussion, application, and weekly practice of SEL concepts. Teachers access the web-based curriculum with individual user accounts. Print-ready lessons are also available to download. Core Lessons begin and end with Pre- and Post-Surveys to gauge student readiness and growth.

AT-A-GLANCE

Grade Range	5th-12th
Sessions per Year	25/35
Multi-Year Integration	✓
Lesson Duration	30 Minutes
Staff Development	✓

MORE INFO

- Easy-to-access lessons in digital and print-ready formats
- Video tutorials of lesson activities
- Step-by-step lesson plans
- Staff and student development
- Ongoing educator and administrator support
- Research-based curriculum using evidence of the Collaborative for Social-Emotional Learning (CASEL)
- Pre- and post-surveys

Scope & Sequence

Each course contains 35 lessons. 30-minute lessons are implemented one day a week for 35 weeks:

Course 1

- ☐ 1: Making Connections
- ☐ 2: Valuing Names
- ☐ 3: Facing Challenges
- ☐ 4: Appreciating Differences
- ☐ 5: Core Check-In
- ☐ 6: Grit
- ☐ 7: Empathy
- ☐ 8: Responsible Decision Making
- ☐ 9: Common Ground
- ☐ 10: Core Check-In
- ☐ 11: Attitude
- ☐ 12: Belonging
- ☐ 13: Cooperation
- ☐ 14: Social Awareness
- ☐ 15: Core Check-In
- ☐ 16: Stress
- ☐ 17: Including Others
- ☐ 18: Kindness
- ☐ 19: Diversity
- ☐ 20: Core Check-In
- ☐ 21: Goal Setting
- ☐ 22: School Culture
- ☐ 23: Making Connections 2
- ☐ 24: Vision
- ☐ 25: Core Check-In
- ☐ 26: Effective Communication
- ☐ 27: Teamwork
- ☐ 28: Honesty
- ☐ 29: Success
- ☐ 30: Core Check-In
- ☐ 31: Gratitude
- ☐ 32: Support
- ☐ 33: Listening
- ☐ 34: Affirmations
- ☐ 35: Core Check-In

Course 2

- ☐ 1: Making Connections
- ☐ 2: Valuing Names
- ☐ 3: Facing Challenges
- ☐ 4: Appreciating Differences
- ☐ 5: Core Check-In
- ☐ 6: Grit
- ☐ 7: Empathy
- ☐ 8: Responsible Decision Making
- ☐ 9: Friendship
- ☐ 10: Core Check-In
- ☐ 11: Respect
- ☐ 12: Belonging
- ☐ 13: Cooperation
- ☐ 14: Social Awareness
- ☐ 15: Core Check-In
- ☐ 16: Stress
- ☐ 17: Influence and Impact
- ☐ 18: Kindness
- ☐ 19: Diversity
- ☐ 20: Core Check-In
- ☐ 21: Goal Setting
- ☐ 22: School Culture
- ☐ 23: Getting Involved
- ☐ 24: Expecting Greatness
- ☐ 25: Core Check-In
- ☐ 26: Effective Communication
- ☐ 27: Teamwork
- ☐ 28: Honesty
- ☐ 29: Success
- ☐ 30: Core Check-In
- ☐ 31: Gratitude
- ☐ 32: Support
- ☐ 33: Understanding
- ☐ 34: Affirmations
- ☐ 35: Core Check-In

Course 3

- ☐ 1: Making Connections
- ☐ 2: Valuing Names
- ☐ 3: Facing Challenges
- ☐ 4: Appreciating Differences
- ☐ 5: Core Check-In
- ☐ 6: Conflict Management
- ☐ 7: Empathy
- ☐ 8: Responsible Decision Making
- ☐ 9: Gossip
- ☐ 10: Core Check-In
- ☐ 11: Habits
- ☐ 12: Belonging
- ☐ 13: Cooperation
- ☐ 14: Social Awareness
- ☐ 15: Core Check-In
- ☐ 16: Stress
- ☐ 17: Influence and Impact
- ☐ 18: Kindness
- ☐ 19: Diversity
- ☐ 20: Core Check-In
- ☐ 21: Goal Setting
- ☐ 22: School Culture
- ☐ 23: Getting Involved
- ☐ 24: Optimism
- ☐ 25: Core Check-In
- ☐ 26: Effective Communication
- ☐ 27: Teamwork
- ☐ 28: Personal Responsibility
- ☐ 29: Success
- ☐ 30: Core Check-In
- ☐ 31: Gratitude
- ☐ 32: Support
- ☐ 33: Listening
- ☐ 34: Affirmations
- ☐ 35: Core Check-In

Scope & Sequence

Course 1

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|--|---|--|
| ☐ 1. A Core Project Intro | ☐ 10. Pressure from the Outside | ☐ 19. Goal Setting Part 1 |
| ☐ 2. Class Agreement | ☐ 11. Pressure from the Inside | ☐ 20. Goal Setting Part 2 |
| ☐ 3. School as Community | ☐ 12. Sharing & Reflection | ☐ 21. Valuing Time |
| ☐ 4. Teachability | ☐ 13. Choosing Attitudes | ☐ 22. Challenge By Choice |
| ☐ 5. Expanding Comfort Zones | ☐ 14. Disagreeing Agreeably | ☐ 23. Big Picture Thinking |
| ☐ 6. Sharing & Reflection | ☐ 15. Freedom & Responsibility | ☐ 24. Sharing & Reflection |
| ☐ 7. Speak Life | ☐ 16. Managing Emotions | ☐ 25. Final Thoughts |
| ☐ 8. Minding Mindsets | ☐ 17. Apologizing & Forgiveness | |
| ☐ 9. Staying Well | ☐ 18. Sharing & Reflection | |

Course 2

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|--|---|--|
| ☐ 1. Doing Good | ☐ 10. Being Present | ☐ 19. Mind Tricks |
| ☐ 2. Cultivating Gratitude | ☐ 11. Setting Boundaries | ☐ 20. Humility |
| ☐ 3. Hidden Value Part 1 | ☐ 12. Sharing & Reflection | ☐ 21. Great Team Players |
| ☐ 4. Hidden Value Part 2 | ☐ 13. Genuinely Genuine | ☐ 22. Fairness & Justice |
| ☐ 5. Generating Generosity | ☐ 14. Receiving Compliments | ☐ 23. Finding Humanity |
| ☐ 6. Sharing & Reflection | ☐ 15. Giving Compliments | ☐ 24. Sharing & Reflection |
| ☐ 7. Critical Thinking | ☐ 16. Building Bridges | ☐ 25. Final Thoughts |
| ☐ 8. Victims & Victors | ☐ 17. Feeling of Accomplishment | |
| ☐ 9. Bouncing Back | ☐ 18. Sharing & Reflection | |

Course 3

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| ☐ 1. The Social Exchange | ☐ 10. Employability | ☐ 19. Choosing Your Attitude |
| ☐ 2. Courage to be Real | ☐ 11. A Job Well Done | ☐ 20. Complaint Free |
| ☐ 3. Staying Ready | ☐ 12. Sharing & Reflection | ☐ 21. De-Stressing |
| ☐ 4. Rolling with the Punches | ☐ 13. Building Better Habits | ☐ 22. Self-Care |
| ☐ 5. Finding Inspiration | ☐ 14. Prioritizing | ☐ 23. Cool & Collected |
| ☐ 6. Sharing & Reflection | ☐ 15. Listening Skills | ☐ 24. Sharing & Reflection |
| ☐ 7. Self-Efficacy | ☐ 16. Asking for Help | ☐ 25. Final Thoughts |
| ☐ 8. The Worth of Your Word | ☐ 17. Giving Help | |
| ☐ 9. Effective Decision-Making | ☐ 18. Sharing & Reflection | |

Course 4

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|---|--|--|
| ☐ 1. Who We Are | ☐ 10. Envisioning the Future | ☐ 19. Feedback |
| ☐ 2. Shaping Character | ☐ 11. Being Unshakable | ☐ 20. Negotiations |
| ☐ 3. Belonging | ☐ 12. Sharing & Reflection | ☐ 21. Time Management |
| ☐ 4. Having Peace | ☐ 13. Loosen Up | ☐ 22. Interviewing |
| ☐ 5. Making Peace | ☐ 14. Mental Health | ☐ 23. Leadership & Influence |
| ☐ 6. Sharing & Reflection | ☐ 15. Happiness Equation | ☐ 24. Sharing & Reflection |
| ☐ 7. Rising Above | ☐ 16. Reset Button | ☐ 25. Final Thoughts |
| ☐ 8. Shifting Mentalities | ☐ 17. Self-Starter | |
| ☐ 9. Power of Thought | ☐ 18. Sharing & Reflection | |



Core Lessons™ for Middle School

Core Message & Objectives

Course One

Lesson 1

CORE MESSAGE: The Core Project believes we are all a lot more alike than we are different. Regardless of the diversity that makes up most schools, when you peel back the layers, the number of ways we are connected is endless. We want to emphasize that important concept. When people become connected, respect increases, and it becomes more difficult to treat others poorly.

OBJECTIVE: To help students become more socially aware and connected.

Lesson 2

CORE MESSAGE: Names are great! They help us to know others and be known. Imagine living in a town where nobody knew or used your name. This lesson is an opportunity to set the tone for valuing names. As simple as it seems, establishing a classroom where all students are known by you and each other will build confidence within your students, respect for one another, and a strong classroom community. This lesson will be the foundation on which your classroom culture can be built this year.

OBJECTIVE: To build connection and community among students.

Lesson 3

CORE MESSAGE: In life we will have troubles. This is the bitter news. The good news is that we don't have to face them alone, and they don't have to be permanent. There is always hope, and there is always something to be learned or gained. Whether it's asking for help or getting a fresh start, obstacles are temporary. We just haven't figured out a solution...yet!

OBJECTIVE: To help students identify obstacles and look at them as unfortunate setbacks that they can overcome.

Lesson 4

CORE MESSAGE: Learning to appreciate differences is a big challenge for most people, and we can't assume students are learning it before they come to school. Whether it's a lack of familiarity or fear disguised as confidence, appreciating others' differences doesn't seem to come naturally. Recognizing how we can and should accommodate others is a first step leading to curiosity. Curiosity is a breeding ground for learning and growth where judgmental attitudes are replaced with appreciation.

OBJECTIVE: To create a more accommodating school culture where differences are appreciated.

Lesson 6

CORE MESSAGE: Grit has been identified as a better indicator of future success and happiness than either IQ or talent. That's good news. We can't all be the smartest, but we all can learn to endure, persevere, struggle, fail, and try again. It's not an easy lesson, but it is a crucial one. Many young people haven't experienced the satisfaction yet, of truly enduring over the long haul--but we hope they can catch that vision with your guidance.

OBJECTIVE: To help students persevere and build gritty attitudes.

Lesson 7

CORE MESSAGE: Respect and understanding ensue when students allow themselves to become more aware that everyone has a story. If they just look a little closer, they may see a whole new side to someone that they once only judged and/or dismissed. When we understand this reality and learn to look at others with compassion and understanding, people become real. It's hard to treat someone poorly once you get to know them.

OBJECTIVE: To help students to look closer at those around them and become more empathetic.

Lesson 8

CORE MESSAGE: Making decisions is a part of life. The choices we face don't always have a monumental impact on our lives or the lives of others, and yet some do. Granted, most young people make decisions in the moment with impulsive fervor, and they have not yet learned to stop and assess the most responsible, considerate, or beneficial decision at any given moment. When students are empowered to understand the concept of responsible decision making and then provided opportunities to put that knowledge into action, they become more inclined to weigh pros and cons, which sets them up for future success.

OBJECTIVE: To help students become less impulsive and think critically about what's most important in the decision-making process.

Lesson 9

CORE MESSAGE: Making judgments isn't necessarily a bad thing, but we cross the line when we become judgmental. Being judgmental comes when we make up our minds and don't allow ourselves to adjust our thinking, attitudes, or beliefs. Then we just end up hurting others and ourselves. Common ground is the quickest way to improving judgmental attitudes between students. It never fails to amaze how similar we all really are when we take the time to share experiences. Judgmental tendencies decrease when we discover we are all alike in many ways.

OBJECTIVE: To create common ground between students from various backgrounds.

Lesson 10: Core Check-In

Lesson 11

CORE MESSAGE: Much has been discussed about the role attitude plays in the circumstances and outcomes that arise in our lives. Most say that attitude is a choice, and we believe that. However, choosing one's attitude requires a tremendous amount of discipline, which most young people, even through high school, have not yet mastered. Choice, however, is a skill, which means it can be learned. Learning how to manage one's emotions is a factor in students becoming more disciplined at choosing their attitudes in the face of adversity.

OBJECTIVE: To help students understand how attitude affects everything and challenge them to adopt positive attitudes in the face of adversity.

Lesson 12

CORE MESSAGE: At The Core Project, we talk a lot about what it means to belong and how compassion and understanding are at the heart of it all. The need for connection is at the center of who we are. Understanding that need is crucial as young people navigate the dynamics of their relationships. We hope that every student will first learn how to care for and believe in themselves, as well as offering grace to their peers to do the same.

OBJECTIVE: To help students become more self-aware as they learn to care more for themselves and others.

Lesson 13

CORE MESSAGE: “Cooperation is...” How would you finish this sentence? We live in a very competitive world, which is appropriate in the right setting. Competition can bring out the best in people, but it is not always necessary. Today competition seems like it is almost becoming counterintuitive. Being able to cooperate on teams is best learned early in life. It will benefit students while in school and later in the workplace.

OBJECTIVE: To encourage students to give and receive help through the spirit of cooperation.

Lesson 14

CORE MESSAGE: It's pretty easy to tell when someone feels connected. It can be seen in facial expressions or demonstrated in behavior. Also, it's pretty easy to tell when someone feels disconnected for the same reasons. It's been said that sometimes people avoid feeling empathy because of how it opens up oneself to challenging emotions. However, if we always avoid it, there will be a void of connection and community. This lesson is designed to help students become more socially aware of others and the opportunities we can create to be uplifting and build them up.

OBJECTIVE: To provide students with the means to build up their peers.

Lesson 15: Core Check-In

Lesson 16

CORE MESSAGE: It is amazing how busy students are. With school, extracurricular activities, jobs, volunteering, clubs, practice, and church, students have a lot to juggle. Students are also managing personal issues or handling expectations they've adopted or placed on themselves. Many haven't gained the skills to cope with stress and pressure. Juggling multiple dynamics can get overwhelming. When students learn to slow down, gain perspective, and seek the help they need, they learn the ability to cope and decompress from things that are creating stress.

OBJECTIVE: To help students learn to cope by slowing down and seeking help when needed.

Lesson 17

CORE MESSAGE: Social Awareness is the ability to understand the perspective of others and be willing to adjust to ensure others have a place and feel valued. Without this skill, it becomes challenging, if not impossible, to include others or even be aware there is a need to. In addition, there is just as much to be gained when you are the one including someone else. It opens new doors and can lead to unexpected connections with others. Social awareness allows everyone the chance to be visible.

OBJECTIVE: To encourage students to be more aware of those around them and look for ways and opportunities to include others.

Lesson 18

CORE MESSAGE: Showing kindness and being kind has long been associated with weakness, but that is just not the case. It takes courage and fortitude to embody kindness and show it to others. The great thing about kindness is that when exhibited it has just as much benefit for the giver as it does the receiver. Kindness is defined as being caring, generous and considerate, which requires us to become less self-focused and more aware of our surroundings.

OBJECTIVE: To increase kindness throughout the student body.

Lesson 19

CORE MESSAGE: Diversity is all around us. Some of it we can see, but most of it we can't. The trouble is, this makes us either ignorant to the diversity, or at the very least, ill-equipped to handle it. Without practice and exposure to the different kinds of diversity, it's easy to be caught up in rigid perspectives or fear. Becoming open to the diversity we can see as well as developing awareness to the diversity we can't see is tricky, but it is possible.

OBJECTIVE: To expose students to multiple forms of diversity.

Lesson 20: Core Check-In

Lesson 21

CORE MESSAGE: Empowering students to gain control of their future and strive toward a goal is a skill that has lifetime benefits. Many students have no idea that it's a good idea to set goals, let alone how to achieve them. Today's session is about starting broad for quick success but then becoming more specific and realizing how that changes one's focus. Have fun, and try to help students remove the fear from committing to a goal.

OBJECTIVE: To help students recognize the importance of goals and the steps they can take to become more specific with their goals.

Lesson 22

CORE MESSAGE: School culture is defined as the rituals, norms, and values that make up a school's persona. School climate refers to how it feels to be there, and is made up by the experiences, interactions, and learning practices in the environment. Sometimes it just works out, and other times not so much. When culture and climate are shaped intentionally, the lasting effect on students and their academic performance is priceless.

OBJECTIVE: To give students the opportunity to play a role in shaping the culture of their school.

Lesson 23

CORE MESSAGE: We move in circles – social circles, “circle of trust,” circle of life... The school setting is no different. Whether students create their own circles or find themselves running in a circle they didn't intend, it's easy for them to get the impression that these circles are closed, resulting in isolation and fear, which leads to the destructive behaviors and patterns schools often encounter. Both students and the school climate will be better off when students learn to connect with others beyond their inner circles. These circles should collide, overlap, and get entangled. When they do, our goal is to help students learn how to engage and interact with others in healthy ways.

OBJECTIVE: To help students meet other students and become acquainted.

Lesson 24

CORE MESSAGE: Lewis Carol wrote, “If you don't know where you are going, any road will take you there.” It would be unrealistic to expect every student to know exactly where they want to be in life, but maybe their vision for the next test, assignment, or how it applies to a skill or their health is reasonable. At any rate, having a vision for what students want from this school year is a worthy discussion indeed.

OBJECTIVE: To help students set a vision for what they want out of the school year or beyond.

Lesson 25: Core Check-In

Lesson 26

CORE MESSAGE: Effective communication is a two-way street made up of understanding and respect. Learning how to be an active listener is just as important as being heard. While there is an assortment of variables which impact effectiveness of communication (body language, tone, pitch, etc), we're going to focus here on the sending and receiving of information. This lesson focuses on making sure the words we say are clear and actively working to send the correct message.

OBJECTIVE

To help students learn the responsibility inherent in both effectively sending and receiving information.

Lesson 27

CORE MESSAGE: “We’re all in this together” would be a great sentiment if it hadn’t become such a corny expression popularized by the movie *High School Musical*. At any rate, it’s true. The school is a great place to promote this since students generally spend most of their waking hours in their school. It’s an ideal environment to encourage and experience cooperation and working together.

OBJECTIVE: To help students work together and promote mutual success in the school environment.

Lesson 28

CORE MESSAGE: What is your word worth? What value do you place on integrity? What does it mean to actually do what you say you’re going to do? These are great questions everyone should consider and settle in their minds. When what we say and what we do match up we become people of integrity and we earn the trust of others. Helping students become more aware of how to manage honesty and integrity in their lives helps them become more successful now and in the future.

OBJECTIVE: To help students value integrity and keep their word.

Lesson 29

CORE MESSAGE: Most students have not developed the ability to visualize the picture they want their life to look like. Many students have a hard time knowing what tomorrow will look like, let alone their futures. So, let’s not set them up for failure. However, we can help them recognize what actions bring success right now as well as what might be getting in the way of success. When identified and applied, those actions ultimately will be the foundation of success as a student and in life.

OBJECTIVE: To help students determine the steps they should take to achieve more success personally and academically.

Lesson 30: Core Check-In

Lesson 31

CORE MESSAGE: Taking the time to be appreciative for the tangible or intangible things that you have provides positive benefits. Being thankful improves health, helps overcome adversity, and builds strong relationships. It even improves sleep! A little bit of thanks goes a long way in feeling positive emotions and finding satisfaction in life. Beyond just feeling thankful, gratefulness is an expression of our thanks, something we do, and something we can always practice getting better at.

OBJECTIVE: To encourage students to show appreciation for those things or people for which they are thankful.

Lesson 32

CORE MESSAGE

It is such a relief when someone knows they’re not alone and that others understand. Life is just like the expression says, “We’re all in the same boat together.” Expressing and feeling mutual understanding, respect, and support ignites relief, which creates hope. Hope is an amazing thing. As students are getting close to finishing the year, this is one way of sending them out with a collective feeling of hope.

OBJECTIVE: To help students experience a mutual sense of support.

Lesson 33

CORE MESSAGE: There are many ways to become a better listener, but we’re going to focus on one—being present. Being present means you are in the moment with the speaker rather than thinking about what you want to say, or what’s coming up next, or about the way your hair looks. It means giving 100% of your undivided attention to the moment, showing interest, and picturing or feeling what is being said. It’s not always easy, but it is worth working on.

OBJECTIVE: To help students become more present with others.

Lesson 34

CORE MESSAGE: When someone is given a compliment or affirmation their tendency is to downplay, dismiss, or react with self-deprecating humor. Maybe there's a fear of seeming arrogant if the compliment is accepted at face value. Or maybe it's just embarrassing having it pointed out. At any rate, affirmations are powerful and encouraging. They can turn around a bad day. We're sure that ending the year on a positive note can make a world of difference for students.

OBJECTIVE: To end the year on a positive and uplifting note.

Course Two

Lesson 1

CORE MESSAGE: It's impossible to know entirely how much a simple greeting or smile can go, but we do know it's good for the giver and the receiver. More connected campuses mean more engaged students, and more engaged students means less disruptive behavior and better academic performance.

OBJECTIVE: To increase social awareness and connections between students.

Lesson 2

CORE MESSAGE: Knowing others and being known is a deeply meaningful and valuable dynamic, and it starts with a name. A person's name is what they are most connected to and where their identity often originates. By now, many of your students may be acquainted, but we don't want to assume that's the case for everyone. We want to lay the foundation of building community by ensuring everyone knows that everyone else knows their name.

OBJECTIVE: To build connection and community among students.

Lesson 3

CORE MESSAGE: Facing challenges requires problem solving, which is an essential skill that is fostered by a healthy attitude. How we look at and approach problems is just as important as the skills it takes to face and overcome them. Once the proper attitude is in place, we can become open to possibilities. We can analyze, find, and implement solutions. It's that simple! Not always, however. Realistically not all problems are the same, and the magnitude of what some students are facing can't be solved in the classroom. They can be addressed and softened, however. A healthy mindset sprinkled with a little grit can help students face even the most difficult problems.

OBJECTIVE: To help students embrace a problem-solving mindset.

Lesson 4

CORE MESSAGE: Something great happens when we move beyond tolerance and mere acceptance. This allows us to gain an appreciation for others and their differences. Acceptance may be the first great step, but appreciation for others creates new perspective and opens one's mind about people. It leads to recognition and even enjoyment of differences. The more students re-think how they view differences, the more likely they are able to start re-shaping attitudes and finding ways to make room for what makes their peers special and unique.

OBJECTIVE: To help students re-shape their attitudes about the differences they experience in others.

Lesson 5: Core Check-In

Lesson 6

CORE MESSAGE: A crucial element of grit is perseverance. The ability to hang tough, work hard, and endure is a greater determinant of success than even IQ. We're great at measuring IQ, but when it comes to learning, it's not always the ones who learn easiest and fastest that are the most successful. Most often, it's those who learn to persevere and tackle opportunities and work through challenges who thrive in life and school.

OBJECTIVE: To help students learn to tackle opportunities and persevere through challenges.

Lesson 7

CORE MESSAGE: Everyone has a story. These stories are shaped by experiences which mold one's thoughts and feelings and are, ultimately, manifested in behavior. Judging someone's outward behavior too quickly is the result of not considering their history and experiences. While it is unrealistic to ever fully know everyone's back story, it does help to simply understand that everyone has one. When we do, we can be more understanding and compassionate, which is the foundation of empathy.

OBJECTIVE: To help students gain more compassion and understanding of their peers.

Lesson 8

CORE MESSAGE: When it comes to making decisions, it's a great idea to collect information and consider all the possible outcomes. When that's done, the next step is to make a decision. However, that's not what always happens. Have you ever heard of Analysis Paralysis? It's the state of over-analyzing (or over-thinking) a situation so that a decision or action is never actually taken. Indecisiveness can be a huge hindrance for forward momentum! Being decisive is a great skill to have for school and life even if it means closing doors on what can also be good alternatives.

OBJECTIVE: To help lead students toward becoming decisive and confident.

Lesson 9

CORE MESSAGE: No one should ever have to be or feel alone. The qualities of friendship ensures this doesn't happen. The Core Project has a saying: "It doesn't take a best friend to be a real friend." Friendship can mean the act of being friendly, being sincere, and having the best interest of others in mind. When we do this, kindness unfolds, and the concept of friendship expands beyond just a small circle of friends. When connection and common ground is found, friendship ensues. Who knows, maybe a new friend is right around the corner.

OBJECTIVE: To create connection and common ground between students.

Lesson 10: Core Check-In

Lesson 11

CORE MESSAGE: It has been said that respect is decreasing in the U.S. We don't know if this is true or not, but we do see the need for authentic connection is at an all-time high. Where there is a lack of connection, one can easily find a lack of respect. If that is the case, increasing esteem and worth between students is one way of invoking respect within the student body.

OBJECTIVE: To increase the feeling of mutual regard among students.

Lesson 12

CORE MESSAGE: There is freedom in belonging. Most people are confused about the difference between fitting in and belonging, but when this understanding sinks in, peace and relief arise. Attempting to fit in incites a compulsion to change who we are to be liked by others or live up to an image we think others have placed on us. When students become self-

aware of the hollowness of trying to fit in and become comfortable with who they are, they unlock the secret to true belonging.

OBJECTIVE: To help students understand the difference between fitting in and belonging, and to become aware of their own worth and value.

Lesson 13

CORE MESSAGE: Cooperation is an essential ingredient of success for any group or organization. Without it, self-centeredness occurs, and culture become disjointed and competitive. But with it, a spirit of collaboration prevails, and mutual success is experienced. This experience generates common ground between students and creates a selfless climate.

OBJECTIVE: To create a more cooperative environment within the school.

Lesson 14

CORE MESSAGE: Many students deny that cliques exist in their school. If they do acknowledge them, they will often say they're no big deal. This could be true, and quite honestly, we see some indications that the lines between traditional cliques are blur. However, we don't see a decrease in the need for students to find their identity, which happens by seeking out others and trying their ideas and images on for size. Within this journey, rejection and acceptance take place. Our goal is not to convince students that cliques exist but to discuss the social dynamic of rejection and acceptance.

OBJECTIVE: To help students manage themselves within the social structure of school.

Lesson 15: Core Check-In

Lesson 16

CORE MESSAGE: Much study has been done on the subject of stress and its physiological, biological, emotional, and even spiritual effects on people. It saturates one's system with toxic chemicals which accumulatively reduces life expectancy over time. We can safely assume that many students everyday in classrooms across the country are living out the negative effects of stress and trauma in their life. This lesson will allow you to talk about stress in a safe way and provide students with some simple methods to relax and de-stress.

OBJECTIVE: To help students manage stress in their lives.

Lesson 17

CORE MESSAGE: How many people could one person impact on a daily basis? It's a question worth considering but extremely hard to accurately answer. The Core Project believes that everything we say or do is going to make an impact, and that impact will reverberate beyond a direct face-to-face interaction. This is why acts of service are so powerful and why things like gossip are so destructive. Face it, we are always influencing each other. Therefore, helping students develop awareness of their influence inspires students to take responsibility for their actions and the culture of their school.

OBJECTIVE: To help students take more responsibility for their impact on others.

Lesson 18

CORE MESSAGE: Kindness runs deep in our DNA. We're actually wired to be kind, and when we're not, that's when we become out of balance, have tension, and feel out of sorts. The person who is hurt the most when we're unkind is us. The opposite is true as well, the person who benefits the most is the person who shows kindness. This lessons isn't about showing kindness for our benefit though. Expressions of kindness are such because they benefit of others, but the beautiful result is that it's good for our heart as well.

OBJECTIVE: To increase kindness in students and throughout the school.

Lesson 19

CORE MESSAGE: Appreciating, understanding, and valuing the diverse backgrounds within the school's environment creates a socially aware student body as well as a culture of inclusion and safety. Ironically, discussing diversity is more about understanding that fundamentally everyone is more alike than they are different. Regardless of different backgrounds, beliefs, or idiosyncrasies, everyone wants and deserves respect.

OBJECTIVE: To expose students to the many layers of diversity around them and to create mutual compassion, understanding, and value among students.

Lesson 21

CORE MESSAGE: For a lot of people, setting goals is scary. The fear of failure can be a stumbling block. However, another reason some people don't set goals is because they just don't know it's a good idea. Goals aren't just for the over-achievers. Goals are for anyone at any time. They give us a sense of direction and something to aim for. When they're accomplished, nothing feels better.

OBJECTIVE: To introduce the importance and advantage of goals and to learn steps to set and achieve goals.

Lesson 22

CORE MESSAGE: America is described as "The Melting Pot" to refer to many cultures and backgrounds assimilating together to create one culture. In some ways, it is similar in public education. As schools become more diverse, the need to create a culture that meets every student's needs is essential. We see public education as one of the most vital institutions in our country. Where else are young people going to be challenged to broaden their perspectives and learn to work side by side with those who don't share the same background or beliefs?

OBJECTIVE: To help students open their minds to others and their perspectives and learn to appreciate the differences.

Lesson 23

CORE MESSAGE: Teamwork, cooperation, success, community, fun, and more are the benefits of being involved. Some students have become content to leave involvement in the school community to a select group of students. However, when they hold back, the school will always miss out on one crucial element—them. The school community will never be complete without everyone's involvement. There is so much to gain when everyone gets involved, and much is lost when individuals resist or hold back. Remember, involvement doesn't have to be the same for everyone. But the community is better with everyone.

OBJECTIVE: To encourage students to become involved in the school community.

Lesson 24

CORE MESSAGE: It is easy to underestimate ability, gifts, and talent. For some, it even becomes a habit with unfortunate outcomes. Learning you can achieve more than you ever thought possible could very well be the breeding ground for hope, vision, and inspiration.

OBJECTIVE: To help students believe that they can achieve more than they ever thought was possible.

Lesson 25: Core Check-In

Lesson 26

CORE MESSAGE: In conversation, we often focus on what we would like to say rather than listening. While it's important to be clear while conveying a message, the real skill is becoming more adept at listening. Listening conveys curiosity, which in turn communicates empathy, importance, and dignity. Listening well means not just understanding the information being communicated, but also caring enough to understand the emotion and meaning the speaker is wanting to convey.

OBJECTIVE: To help students learn to listen and convey how listening is associated with curiosity and caring.

Lesson 27

CORE MESSAGE: We're better together. Of course, there are individual skills and abilities we should build and appreciate. But the truth is we can accomplish more when we work as a team. Even "individual" sports such as wrestling and cross country have a strong team focus. Being a strong individual on a team benefits both the person doing the work and the team as a whole. This is a skill that doesn't just affect athletes and sports teams. Learning how to play for the good of the team benefits students in school and beyond.

OBJECTIVE: To help students understand the benefit of contributing to the success of everyone.

Lesson 28

CORE MESSAGE: Honesty has no room for variations. It's as consistent as time, and either someone is honest or not. The opposite of honesty is deception or lying. The reason we're even talking about this is because honesty is a foundation for a happy and healthy life. The most crucial step to take in living an honest life is to be true with oneself. Living with that kind of authenticity is empowering and creates trust, openness, and freedom.

OBJECTIVE: To help students pinpoint our tendency to deceive ourselves, and challenge them to increase their standards regarding honesty and integrity.

Lesson 29

CORE MESSAGE: Success is all about going the distance, and preparation plays a huge role in how far one can go. Have you ever tried to ride a bike a long distance without adequate preparation? It's not recommended and your body will suffer. Adequate preparation decreases discomfort, anxiety and stress. It increases enjoyment, fulfillment, and provides clarity. Lack of preparation is exhausting and limits success. Today is about seeing the benefit of preparation and being able to get as far as possible.

OBJECTIVE: To help students recognize how preparation plays a role in success.

Lesson 30: Core Check-In

Lesson 31

CORE MESSAGE: Cicero, the renowned Roman orator said, "Gratitude is not only the greatest of virtues, but the parent of all the others." Gratitude is much more than just saying thanks. It is a state of being thankful. Expressing gratitude not only improves relationships, but it has enormous benefits to the one doing the expressing. The feelings associated with gratitude produce energy, positivity, and increase alertness. The time you take to help students express more gratitude may very well be able to be measured in academic performance. It's that powerful.

OBJECTIVE: To help students become more grateful and express more gratitude for those in their lives.

Lesson 32

CORE MESSAGE: It is such a relief when someone knows they're not alone and that others understand. Life is just like the expression says, "We're all in the same boat together." Expressing and feeling mutual understanding, respect, and support ignites relief, which creates hope. Hope is an amazing thing. As students are getting close to finishing the year, this is one way of sending them out with a collective feeling of hope.

OBJECTIVE: To help students experience a mutual sense of support.

Lesson 33

CORE MESSAGE: Ever felt misunderstood? What feelings does it evoke? Being misunderstood can be unsettling and lead to uncertainty and a lack of confidence. Most young people will say they don't care what others think, and that might be true. But it also might be a facade, hidden by a rough exterior, that has developed from being let down, devalued, or hurt. Today is all about encouraging students to be understanding and compassionate with those around them.

OBJECTIVE: To help students become more understanding and compassionate.

Lesson 34

CORE MESSAGE

When someone is given a compliment or affirmation their tendency is to downplay, dismiss, or react with self-deprecating humor. Maybe there's a fear of seeming arrogant if the compliment is accepted at face value. Or maybe it's just embarrassing having it pointed out. At any rate, affirmations are powerful and encouraging. They can turn around a bad day. We're sure that ending the year on a positive note can make a world of difference for students.

OBJECTIVE: To end the year on a positive and uplifting note.

Course Three

Lesson 1

CORE MESSAGE: Connection is a fundamental human need. When students feel connected, they are less likely to turn to negative sources to get their needs met, and that's powerful. Opening up in a safe place and giving students the chance to hear from others is a great way of starting the process, and that's what this lesson is designed to do. To learn how others think, what they like, and how they respond to false dilemmas tells us a lot about others, often opening doors to find common ground.

OBJECTIVE: To open up conversation and get to know each other.

Lesson 2

CORE MESSAGE: It's been said that a person's name is the sweetest sound in any language to the owner. Learning someone's name and using it helps them to feel known. Generally, a name is the first piece of information we share when meeting others and the first thing we learn about someone else. When it's used, people move from the generic to the specific. Learning and using names is powerful and creates connection and community.

OBJECTIVE: To build connection and community among students.

Lesson 3

CORE MESSAGE: Challenges are a part of everyday life. While they often come with stress, and sometimes pain, overcoming challenges makes one stronger. The greatest feeling of accomplishment and fulfillment comes when challenges are faced and conquered. Unfortunately, not all students understand this reality. Therefore, helping them turn their challenges into opportunities is one of the best gifts we can offer. It provides the sense that life can and will get better. A better way of saying that is hope.

OBJECTIVE: To help students persevere and tackle challenges with grit.

Lesson 4

CORE MESSAGE

Let's look up and open our eyes to the people around us in a new and fresh way. Some people really need to be given a break. The human brain has a tendency to take short cuts and lazily accept the biases we've formed. What would happen if we gave those around us a favorable and even forgiving evaluation? We've been told that we only get one good first impression. But in the case of the school environment, we might be surprised if we were willing to give others an additional chance. We might find that the labels we are so quick to dole out are a thin representation of who people really are.

OBJECTIVE: To help students learn to appreciate others and become more accepting.

Lesson 5: Core Check-In

Lesson 6

CORE MESSAGE: The potential for conflict is present any time there are two or more people. Beliefs, attitudes, perspectives do not always match up, and when they don't, conflict can arise. Therefore, conflict is natural and can be expected. So, learning how to handle it will make all the difference. Successfully navigating conflict requires understanding, listening, respect, practice, and the willingness to seek win-win solutions.

OBJECTIVE: To assist students in creatively seeking win-win solutions when conflict surfaces.

Lesson 7

CORE MESSAGE: Have you ever heard someone say, "I feel your pain." Do they really? Maybe not in the sense of physically experiencing the same symptoms. However, this form of empathy, "empathic concern," is the ability to understand where someone is coming from. They are able to feel that emotion and respond appropriately. It can be scary, which is why some people resist it. Still, practicing with this concept is important in order to help students better understand where their classmates are coming from.

OBJECTIVE: To help students better understand where their classmates are coming from.

Lesson 8

CORE MESSAGE: Have you ever heard of the phenomenon "overchoice?" It occurs when one faces choice overload and the fear of making a wrong decision becomes mentally draining. Have you ever been uncertain of the flavor of ice cream you're craving and then faced with 31 flavors from which to choose? It's no big deal when it's ice cream; but when we don't know what we want when it counts, it *can* be a problem. However, the foundation of the problem doesn't really stem from too many choices. The root of the issue is the lack of certainty of what one wants or is looking for. Clarifying one's values creates peace of mind, and that's exactly what we hope for students to practice.

OBJECTIVE: To set students on the path of clarity and allow them to practice making decisions.

Lesson 9

CORE MESSAGE

Gossip is growing and becoming easier and easier. Sharing juicy tidbits or creating and spreading malicious rumors has never been as pervasive as it is right now. Bottom line, people are getting hurt, and it's not just students. The pain that gossip can cause, regardless of how it is spread, runs deep and has even created hopelessness and despair for young people. However, if we can address the issue and help students connect in positive ways, then perhaps we can change this trend and help students take more responsibility to be socially aware.

OBJECTIVE: To increase social awareness and help students take on the responsibility of ending gossiping behavior.

Lesson 10: Core Check-In

Lesson 11

CORE MESSAGE: Habits are the small, seemingly unconscious decisions we make every day. The habits we create shape our existence. How educated, happy, or healthy we are stem from the habits we form. Unfortunately, unhealthy habits also get created. They may begin rather innocently but when repeated and revisited, over time they transform into habits delaying success and forward momentum. This session will confront the notion of habits and provide students with the opportunity to gain control and responsibility for how they lead their lives.

OBJECTIVE: To help students become more aware of how habits shape their lives and how to take more control and responsibility for their daily habits.

Lesson 12

CORE MESSAGE: Belonging isn't something we just try to make sure others experience, it's for us too. In fact, that is where it starts. It would be great if all students felt an intrinsic sense of dignity and worth, but unfortunately many get the impression that their imperfections are something to hide and feel ashamed about. We see it all the time. Students try changing themselves to fit in as if who they are isn't enough. This is a huge mindset change and even a bigger cultural change, but working toward those changes will help students start building a deep personal sense of worth and dignity.

OBJECTIVE: To help students find value and dignity in themselves.

Lesson 13

CORE MESSAGE

Collaboration and the ability to reach a consensus are both forms of cooperation. Both come by the way of skills associated with communication, analyses, listening, and problem solving. All of these are at the center of social and emotional learning and contribute to student success. By thinking, working, and acting together, students gain the knowledge and skills necessary to function effectively in school and in life.

OBJECTIVE

To help students become aware of the benefits of cooperation.

Lesson 14

CORE MESSAGE

Social awareness helps students consider what is important to their peers and engages them in a way that is sensitive to others' needs. This awareness develops empathy. Helping students cultivate keener social awareness breaks through walls of isolation and distrust and creates a more connected school environment.

OBJECTIVE: To cultivate a socially aware and empathetic student body.

Lesson 15: Core Check-In

Lesson 16

CORE MESSAGE: When one is overloaded, struggling, threatened, or feeling out of control, stress can creep in. Nearly half of students in some studies have reported feeling stressed, which has been shown even higher for female students. While stress can be a motivator and it is linked to our survival instincts, it becomes overwhelming when our mechanisms for coping have not been developed. Helping students learn to cope and become more resilient is key to their self-management and ability to make wise decisions.

OBJECTIVE: To direct students toward healthy methods of reducing stress.

Lesson 17

CORE MESSAGE: It has been said that on any given day students will hear over 2,000 negative messages. This may or may not be true for all, but it is safe to say there are plenty of misleading messages aimed at young people. Listening to the wrong messages creates doubt, depression, or anger, and can often lead to poor decision making. Yet, there are a lot of positive messages that are in the best interest of young people as well. When those messages are loud enough, consistent enough, and believable, students can learn to drown out the wrong messages.

OBJECTIVE: To help students listen to the right messages and make healthy decisions.

Lesson 18

CORE MESSAGE: It is crucial for students to know they are not alone. There is always someone there, and there is always hope. Kindness exudes trust, support, and awareness, and it is the simplest way to show others support. No one must go through tough times alone, and we can always get further with the kind support of those around us.

OBJECTIVE: To help students to show kindness and support to others.

Lesson 19

CORE MESSAGE: We don't have to be in full agreement to get respect or be respectful. And we don't have to convince the other person they're wrong in order to be at peace with them. Issues and differences do not always have to create conflict. Yet too often, that's what it becomes. In this session, a little understanding will go a long way and help students separate the issue from the person. It brings to the forefront a potential conflict and will encourage students to listen to diverse opinions and perspectives of others. This can free them from the need to change them.

OBJECTIVE: To help students listen to the perspectives of others and understand each other better.

Lesson 20: Core Check-In

Lesson 21

CORE MESSAGE: Values are revealed by looking at how we spend our time, effort, and resources. Whatever resides at the center of our lives holds the most value. Over time these values shift, and they probably should. Evaluating what is important now, and what one wants to be important in the future helps to shape goals and refine how we spend our time, effort, and resources.

OBJECTIVE: To help students examine their values.

Lesson 22

CORE MESSAGE: We often hear educators refer to the desire to "improve school culture." We believe those who say this understand the correlation between how the norms, attitudes, and beliefs inside a school shape a student's experience as well as academic performance. Maybe the culture in your school is just the way you want it, and this is an opportunity to celebrate that. Or, maybe there's room for improvement. Allowing students to talk openly and honestly about what they experience can lead to more involvement and less isolation. It may just lead to some positive adjustments, personally and socially.

OBJECTIVE: To open a discussion on what students experience and what they want from their culture.

Lesson 23

CORE MESSAGE: Participation and involvement may not necessarily be the same thing. Teachers probably know this best. Every day students are present in school, yet being there, being engaged, and getting involved is more than merely being present. There is so much to be gained by BEING involved and we hope this lesson will allow teachers to discuss the difference and open doors for student to increase involvement.

OBJECTIVE: To inspire students to become and get more involved.

Lesson 24

CORE MESSAGE: There have been more studies on optimism in the last seven years than the previous twenty. It's no surprise, considering the rise in school violence, hopelessness, and the upward trend of suicide. However, there is something we can do; we can help students re-gain coping skills. We can create conversations that build awareness and self-management skills so students learn a language of hope and optimism.

OBJECTIVE: To instill hope in students and help them maintain optimism and a positive outlook on their futures.

Lesson 25: Core Check-In

Lesson 26

CORE MESSAGE: Effective communication is tightly related to respect. However, getting and keeping attention seems to be harder to come by with students' eyes often glued to emotionless screens that don't require any kind of emotion in return. Without someone responding, communication isn't practiced, and real connections fade. When young people learn to listen to understand, they create a tighter bond and show respect and thoughtfulness toward others.

OBJECTIVE: To help students become more thoughtful in their attentiveness.

Lesson 27

CORE MESSAGE: There are quite a few slogans for teamwork such as "All for one and one for all," or "Teamwork makes the dream work." And of course, a very popular slogan is, "There is no 'I' in TEAM." But what does it really feel like to be a part of a team? There are a lot of students who know that feeling, and unfortunately, there are many students who don't. In true teams, there's winning without gloating or superiority, and there's losing without shame or blame. Teamwork requires selflessness and harmony. Adorning these characteristics is priceless.

OBJECTIVE: To help students learn and gain quality teammate characteristics.

Lesson 28

CORE MESSAGE: Taking personal responsibility is one of the keys to a successful and happy life. It may be tempting to make excuses and pass blame, but when it becomes a habit the result is the inability to uncover solutions. Thus frustration ensues without the knowledge that it's our own doing. The problem is that when one never learns to take personal responsibility, it is impossible to ever BE responsible in the future. However, when students discover how to take personal responsibility, they become empowered and negativity erodes while inspiration develops.

OBJECTIVE: To help students take more personal responsibility for their actions and attitudes.

Lesson 29

CORE MESSAGE: Success has always been a popular topic. There are endless tips for becoming more successful, which is great if you have time to look for and practice them, assess, and plan some more. For this 30-minute topic, we are going to simply focus on the idea of having forethought and being proactive as a way of being more successful. This session is all about exposing students to the concept of looking ahead and planning for outcomes, rather than just hoping for the best or not even thinking about it at all. Grasping this concept can help students be more proactive and apply one simple strategy for managing outcomes.

OBJECTIVE: To help students think proactively and manage outcomes.

Lesson 30: Core Check-In

Lesson 31

CORE MESSAGE: Taking the time to be appreciative for the tangible or intangible things that you have provides positive benefits. Being thankful improves health, helps overcome adversity, and builds strong relationships. It even improves sleep! A little bit of thanks goes a long way in feeling positive emotions and finding satisfaction in life. Beyond just feeling thankful, gratefulness is an expression of our thanks, something we do, and something we can always practice getting better at.

OBJECTIVE: To encourage students to show appreciation for those things or people for which they are thankful.

Lesson 32

CORE MESSAGE: It is such a relief when someone knows they're not alone and that others understand. Life is just like the expression says, "We're all in the same boat together." Expressing and feeling mutual understanding, respect, and support ignites relief, which creates hope. Hope is an amazing thing. As students are getting close to finishing the year, this is one way of sending them out with a collective feeling of hope.

OBJECTIVE: To help students experience a mutual sense of support.

Lesson 33

CORE MESSAGE: Being ignored is one of the worst feelings in the world. Being interrupted is one of the most infuriating. Either one demonstrates a lack in consideration and attention, but they both can be remedied with just a little regard and concern for others. Think of it this way, what does it feel like for someone when they know they've been given 100% attention? Just by showing a little interest we can easily make someone's day, and learn a skill for life.

OBJECTIVE: To help students enhance their listening skills, and to make a connection between listening and valuing others.

Lesson 34

CORE MESSAGE: When someone is given a compliment or affirmation their tendency is to downplay, dismiss, or react with self-deprecating humor. Maybe there's a fear of seeming arrogant if the compliment is accepted at face value. Or maybe it's just embarrassing having it pointed out. At any rate, affirmations are powerful and encouraging. They can turn around a bad day. We're sure that ending the year on a positive note can make a world of difference for students.

OBJECTIVE: To end the year on a positive and uplifting note.



Core Lessons™ for High School

Objectives & Outcomes

Course One

Lesson 1

LESSON OBJECTIVE: To introduce students to The Core Project and the process of matching their values to who they are and who they want to be.

Outcomes: Students will...

- Explore values and be challenged to clarify what values are important to them.
- Understand the connection between one's values and who they are and want to become.
- Clarify the values they believe in and commit to incorporating them into their lives.

Lesson 2

LESSON OBJECTIVE: To create a classroom agreement for respect and participation for the year.

Outcomes: Students will...

- Decide and commit to a class agreement.
- Make personal commitments to their class and peers for how they will treat others during the year.
- Gain soft skills to help them better manage the relationship they have with others.

Lesson 3

LESSON OBJECTIVE: To challenge students to take an active role in contributing to a positive school culture.

Outcomes: Students will...

- Learn the definition of community.
- Decide how they will contribute to a positive school community.
- Raise social awareness and see how they are all an equal part of the community.

Lesson 4

LESSON OBJECTIVE: To help students become open, less defensive, and more teachable

Outcomes: Students will...

- Learn the benefits of becoming teachable and how to apply it to their lives.
- Learn how to self-manage and recognize when and where they can be more teachable.

Lesson 5

LESSON OBJECTIVE: To recognize the benefits of having and expanding one's Comfort Zone.

Outcomes: Students will...

- Learn how comfort zones have a purpose but can also hold one back.
- Learn how to manage discomfort and not allow it to hold them back.
- Be challenged to embrace discomfort and understand when risking taking is positive.

Lesson 6

LESSON OBJECTIVE: To give students the opportunity to report on the Expanding Assignment, share what they experienced, and reinforce the value of expanding the comfort zone.

Outcomes: Students will...

- Share how they've grown through their last week's experience.
- Reinforce the lesson and personalize the challenge

Lesson 7

LESSON OBJECTIVE: To help students speak to themselves and others with more positivity.

Outcomes: Students will...

- Discover how negative self-talk interferes with brain functioning.

- Practice changing negative language to positive self-talk.
- Choose and practice using positive words and become more in control of how they speak to themselves.

Lesson 8

LESSON OBJECTIVE: To recognize where fixed mindsets have taken root and help students pursue skill development and growth

Outcomes: Students will...

- Learn the difference between fixed vs. growth mindsets.
- Keep track of the fixed mindsets they recognize throughout the week and practice changing them to growth mindsets.

Lesson 9

LESSON OBJECTIVE: To help students develop a deeper sense of well-being.

Outcomes: Students will...

- Learn the definition of well-being.
- Understand that there is a strong relationship between well-being and feeling connected with others.
- Reflect and act on how to maintain and/or gain a deeper sense of well-being.

Lesson 10

LESSON OBJECTIVE: To help students recognize outside stressors and learn strategies to cope.

Outcomes: Students will...

- Gain an understanding that stress is a threat response to an outside source.
- Understand that some stress can be positive and motivating.
- Learn and choose coping strategies to use when they experience distress.

Lesson 11

LESSON OBJECTIVE: To help students gain more power over their anxious thoughts.

Outcomes: Students will...

- Learn the difference between stress and anxiety.
- Understand that anxiety is a feeling that arises from one's own thoughts.
- Discover how to accept things outside of their control, and manage the thoughts that are in their control.
- Learn and choose coping strategies to use when anxiety creeps in.

Lesson 12

LESSON OBJECTIVE: To help students reinforce their ability to reshape anxious thoughts.

Outcomes: Students will...

- Share how they used coping strategies the previous week.
- Reinforce key strategies to combat anxiety and fortify their thinking.

Lesson 13

LESSON OBJECTIVE: To help students become more aware of how attitude affects every aspect of one's life and help them choose positive outcomes.

Outcomes: Students will...

- Understand how to turn negative attitudes into positive attitudes.
- Understand that one can experience positive outcomes even with a negative attitude.
- Acknowledge how negative attitudes affect them & practice changing attitudes.

Lesson 14

LESSON OBJECTIVE: Provide students with skills to manage disagreements agreeably

Outcomes: Students will...

- Learn how to keep disagreements from ending poorly.
- Learn to seek common ground and how to listen to the ideas of others better.
- Become more in control of how they engage in disagreements.

Lesson 15

LESSON OBJECTIVE: To help students identify attempts that relinquish responsibility so they can step into more freedom.

Outcomes: Students will...

- Understand that freedom isn't the absence of responsibility, but rather it's gained through responsibility.
- Learn where they can take more ownership for their outcomes.

Lesson 16

LESSON OBJECTIVE: To help students become more aware and in control of emotions.

Outcomes: Students will...

- Learn the definition of emotions and the five primary emotions.
- Understand that emotions are a combination between outside stimulus and internal interpretation.
- Learn and apply strategies to manage emotions.

Lesson 17

LESSON OBJECTIVE: To help students learn how to apologize and restore damaged relationships.

Outcomes: Students will...

- Learn the difference between being sorry and asking for forgiveness.
- Learn how relationships are damaged when we don't admit offenses.
- Learn the criteria for a good apology and practice delivering it.

Lesson 18

LESSON OBJECTIVE: To reinforce the skills of apologizing and asking for forgiveness.

Outcomes: Students will...

- Re-visit the qualities of a good apology.
- Share the apology they create.
- Reinforce the value of giving apologies and requesting forgiveness.

Lesson 19

LESSON OBJECTIVE: To help students start thinking about goals they care deeply about.

Learning Outcomes: Students will...

- Be introduced to the CORE method for setting goals.
- Start the process of matching their goals with what they truly desire to accomplish or attain.
- Become prepared to set a new short term goal by applying the CORE method.

Lesson 20

LESSON OBJECTIVE: To guide students through setting a short term goal and learning to apply the CORE Method to any goal.

Outcomes: Students will...

- Become motivated to set goals that are meaningful to them.
- Create a goal based on the CORE method.
- Be able to apply the CORE method to any goal.

Lesson 21

LESSON OBJECTIVE: To help students manage their time.

Outcomes: Students will...

- Learn how to value time and choose how to use it wisely.
- Set priorities to use time wisely.

Lesson 22

LESSON OBJECTIVE: To help students freely embrace challenges and understand how they produce grit.

Outcomes: Students will...

- Explore the meaning and value of grit.
- Rate their personal ability to take on challenges and work hard.
- Practice developing grit by applying more effort to a daily task.

Lesson 23

LESSON OBJECTIVE: To help students use big picture thinking to gain more perspective.

Outcomes: Students will...

- Learn to recognize when they are too close to a situation and need to step back for more perspective.

- Learn the difference between urgent and important matters.
- Create a Big Picture Vision for themselves.

Lesson 24

LESSON OBJECTIVE: To reinforce the value of gaining a bigger perspective in life.

Outcomes: Students will...

- Reflect on what's most important to them.
- Share the changes they will make to incorporate what they value.

Lesson 25

LESSON OBJECTIVE: To revisit and reinforce the values from Core Lessons and encourage students to live out what they have learned.

Outcomes: Students will...

- Reflect on what they have learned through the Core Lessons discussions throughout the year.
- Make and share personal commitments for their own next steps

Course Two

Lesson 1

LESSON OBJECTIVE: To stimulate pro-social tendencies and awareness as the school year begins.

Outcomes: Students will...

- Start the year with more awareness and understanding of others.
- Become more aware of their classmates and considerate of others.
- Choose tangible ways they will do good to those around them.

Lesson 2

LESSON OBJECTIVE: To help students build positive outlooks and pro-social skills through expressing gratitude.

Outcomes: Students will...

- Learn the benefits of gratitude. • Keep a daily gratitude log for one week.
- Express and become more grateful.
- Understand that gratitude can be extended even when life is unfair.

Lesson 3

LESSON OBJECTIVE: To help students develop a deeper awareness and appreciation for others.

Outcomes: Students will...

- Understand that all have value.
- Start looking for the best in others rather than their imperfections. • Develop compassion and understanding.

Lesson 4

LESSON OBJECTIVE: To help students appreciate and understand their worth and value.

Outcomes: Students will...

- Investigate what makes them truly worthy.
- Become more positive about their value and worth.
- Decide to value themselves and place their self-worth in who they are and not what they do.

Lesson 5

LESSON OBJECTIVE: To help students learn that generosity exceeds monetary giving, and to help students develop a generous nature toward others.

Outcomes: Students will...

- Understand that generosity is not all about money.
- Identify ways they can be more generous and with whom.
- Be challenged to serve someone during the next week.

Lesson 6

LESSON OBJECTIVE: To encourage students to find ways to provide generosity and make a difference for someone.

Outcomes: Students will...

- Share about their generous actions from the prior week.
- Learn that generosity has benefits for the giver.
- Become “Day-makers” for someone during the next week.

Lesson 7

LESSON OBJECTIVE: To help students think through and practice how to become more critical thinkers.

Outcomes: Students will...

- Learn what it means to be a critical thinker and why it is important.
- Learn questions they can answer to help them think more critically.
- Identify and change what is keeping them from thinking critically.

Lesson 8

LESSON OBJECTIVE: To empower students to take more responsibility in their lives and become Victors.

Outcomes: Students will...

- Recognize victim language and how to change it.
- Become more accountable to themselves and others.
- Learn that taking action is their responsibility, not others.

Lesson 9

LESSON OBJECTIVE: To build students’ resilience skills and help them identify some strategies they can use when life gets hard.

Outcomes: Students will...

- Become more connected and recognize that everyone experiences challenges.
- Identify strategies that help them bounce back.
- Develop a “Bouncing Back Plan” they can follow when they experience life’s challenges.

Lesson 10

LESSON OBJECTIVE: To help students slow down and learn to become more intentional about being present.

Outcomes: Students will...

- Experience being relaxed and present.
- Affirm simple things they do to be more present and become more intentional with them.
- Reflect on their day and consider how to make positive changes.

Lesson 11

LESSON OBJECTIVE: To improve students’ self-care practices by learning the strategy of setting healthy boundaries.

Outcomes: Students will...

- Realize the connection between self-care and setting healthy boundaries.
- Understand that setting healthy boundaries is a way of honoring and taking care of themselves.
- Understand that healthy boundaries include respecting those of others.

Lesson 12

LESSON OBJECTIVE: To give students a chance to reflect and share on the expanding assignment and to reinforce the concept of setting healthy boundaries.

Outcomes: Students will...

- Share about their experiences of setting boundaries from the prior week.
- Reinforce the benefits of setting healthy boundaries.
- Recognize guilt-inducing language.
- Learn how to respond when boundaries are crossed so they can stay firm.

Lesson 13

LESSON OBJECTIVE: To help students understand what it means to be genuine and to invite them to become more genuine.

Outcomes: Students will...

- Discuss what it means to be genuine.
- Reflect on where they are genuine and where they can become more genuine
- Learn and act on where they can work on becoming more genuine.

Lesson 14

LESSON OBJECTIVE: To help students learn how to receive compliments graciously.

Outcomes: Students will...

- Understand that it is common to be uncomfortable with receiving compliments.
- Become better at embracing compliments they are given.
- Practice receiving compliments graciously.
- Learn to navigate social situations with grace.

Lesson 15

LESSON OBJECTIVE: To increase social awareness and give students the opportunity to express gratitude by giving genuine compliments.

Outcomes: Students will...

- Make a connection between gratitude and giving a compliment.
- Discover and recall the impact others have made in their lives.
- Practice giving genuine compliments to at least three people in the coming week.

Lesson 16

LESSON OBJECTIVE: To help students find common ground and become motivated to build bridges with those who are different from them.

Outcomes: Students will...

- Realize that we are all more alike than we are different.
- Build a bridge with someone they do not like, understand, or agree with.
- Increase regard for others and learn to see each other through an empathetic lens.

Lesson 17

LESSON OBJECTIVE: To help students understand what it means to be accomplished and make a plan to start experiencing accomplishment.

Outcomes: Students will...

- Learn the value of accomplishment.
- Understand how to feel a sense of accomplishment and the impact that can have on their lives.
- Choose at least one area where they want to experience more accomplishment

Lesson 18

LESSON OBJECTIVE: To give students a chance to experience the satisfaction of reflecting, sharing, and succeeding in an accomplishment from the previous week.

Outcomes: Students will...

- Reflect and share on the satisfaction of achieving an accomplishment.
- Be encouraged to continue practicing and working on their current task, or set a new challenge to accomplish.
- Discuss where job satisfaction originates.

Lesson 19

LESSON OBJECTIVE: To help students release and revise negative thinking.

Outcomes: Students will...

- Identify thought patterns that complicate their lives.
- Recognize the difference between negative and positive thought patterns.
- Practice changing negative thought patterns and choosing healthy expressions of those thoughts to practice immediately.

Lesson 20

LESSON OBJECTIVE: To help students understand the quality of humility and how it is connected to inner strength.

Outcomes: Students will...

- Consider and learn the benefits that comes from being humble.
- Discuss and practice ways to become more humble.

- Learn the connection between respecting others and humility.

Lesson 21

LESSON OBJECTIVE: To help students learn what they need to do to grow as great team players.

Outcomes: Students will...

- Experience aligning themselves with a team and contributing to a shared vision.
- Learn the key aspects of great team players.
- Commit to improving to grow as a great team player.

Lesson 22

LESSON OBJECTIVE: To empower students to apply the values of fairness and justice.

Outcomes: Students will...

- Self-reflect on their own sense of fairness and justice.
- Discuss how students can personally and collectively increase fairness and justice.
- Apply and make a personal commitment to act with fairness and justice.

Lesson 23

LESSON OBJECTIVE: To challenge students to embrace our shared humanity and increase humane treatment to others.

Outcomes: Students will...

- Recognize that everyone deserves dignity and is deserving of experiencing shared humanity.
- Share an experience of shared humanity.
- Build on their shared humanity and act humanely with others.

Lesson 24

LESSON OBJECTIVE: To reinforce the concept of acting on our shared humanity through increasing dignity and respect for all.

Outcomes: Students will...

- Share about their experience from the previous week of reaching out to someone who is different from them.
- Talk about what they learned from their experience.
- Reinforce the ideal of respecting each person's dignity and appreciating differences.

Lesson 25

LESSON OBJECTIVE: To help students discover and commit to focusing on positive things that will produce the most success for them.

Outcomes: Students will...

- Recognize distractions and how they reduce focus.
- Distinguish those things that are drawing positive energy in the wrong direction and which things in their lives that deserve more focus.
- Commit to channeling their energy in ways that produce the best results for them.

Course Three

Lesson 1

LESSON OBJECTIVE: To encourage students to be social and exchange value.

Outcomes: Students will...

- Reflect and share about how they react to common social exchanges.
- Learn why social exchanges are so significant in their lives and school.
- Learn how they can use social exchanges to enrich the lives of others and their own.

Lesson 2

Lesson Objective: To give students the courage to be authentic and real with themselves and others.

Outcomes: Students will...

- Learn that it takes courage to be real.
- Learn that authenticity means showing imperfections, which is courageous and liberating.

- Reflect on where they are real and where they can increase authenticity.

Lesson 3

LESSON OBJECTIVE: To encourage students to stay vigilant, focused, and diligent.

Outcomes: Students will...

- Learn why we procrastinate and what to do about it
- Be encouraged to evaluate their values and set priorities
- Identify and commit to what they will do to stay ready and on top of their responsibilities and priorities.

Lesson 4

LESSON OBJECTIVE: To help fortify students' resolve to face and overcome obstacles when the unexpected happens.

Outcomes: Students will...

- Learn they are not alone.
- Understand that often what we consider "wrong" is less wrong than we think. It is just unplanned.
- Resolve to meet the unexpected with more courage and belief.

Lesson 5

LESSON OBJECTIVE: To help students think through how to get inspired when they are feeling stuck.

Outcomes: Students will...

- Learn they do not have to wait for inspiration.
- Discuss what they will do when they are in need of inspiration.
- Interview someone they admire and share what they learned about inspiration the following week.

Lesson 6

LESSON OBJECTIVE: To allow students to discuss how they can seek inspiration when they need it and stay inspired.

Outcomes: Students will...

- Share what they learned from their interview assignments from Lesson 5.
- Discuss how to stay inspired.
- Think through and make a plan for how they will stay inspired.

Lesson 7

LESSON OBJECTIVE: To raise students' belief in their ability to exert control over their choices and personal accomplishments

Outcomes: Students will...

- Work together to experience how beliefs impact results.
- Identify the beliefs that are required to overcome common challenges.
- Identify an area or situation where they can personally act on and believe they are capable.

Lesson 8

LESSON OBJECTIVE: To encourage students to have integrity and align their actions with their words.

Outcomes: Students will...

- Discuss the impact of dishonesty and lying.
- Learn why being true to your word matters.
- Choose between two Core Challenges... either making a commitment to be true to their words. Or, offer a sincere and meaningful apology to someone they let down.

Lesson 9

LESSON OBJECTIVE: To give students criteria for making better decisions.

Outcomes: Students will...

- Understand the complexity and necessity of making responsible decisions.
- Learn and use strategic questions that help steer the decisions they have to make.
- Understand that we will not always get it right, but that we can always right the decisions we make.

Lesson 10

LESSON OBJECTIVE: To increase social awareness and encourage students to understand and practice soft skills that make them more employable.

Outcomes: Students will...

- Learn the difference between soft and hard skills.
- Learn the “Top 11 Skills that Employers Look For.”
- Discuss which soft skills they excel in and which are most challenging for them.
- Practice soft skills and find opportunities now to develop their employability.

Lesson 11

LESSON OBJECTIVE: To increase work ethic in students and help them realize the benefits of a job well done and the positive outcomes of going the extra mile.

Outcomes: Students will...

- Examine their concept of work ethic.
- Define what work ethic means to them and identify mindset shifts they can make.
- Be challenged to go the extra mile in the coming week and be prepared to share the outcomes the following week.

Lesson 12

LESSON OBJECTIVE: To draw out discussion and reinforce the concept of adopting and committing to a strong work ethic.

Outcomes: Students will...

- Share their experiences from the previous week’s “Expanding Assignment.”
- Listen to each other and reinforce the concept of having a strong work ethic.
- Challenge themselves to increase their effort for the sake of personal satisfaction and pride.

Lesson 13

LESSON OBJECTIVE: To provide students with an easy process to build better habits for success.

Outcomes: Students will...

- Discuss the powerful nature of the habits we follow.
- Learn how to use The Habit Loop by James Clear to create positive habits.
- Develop and implement a new habit leading to a reward they want in their lives.

Lesson 14

LESSON OBJECTIVE: To help students decipher the important from the urgent in their lives and set their priorities accordingly.

Outcomes: Students will...

- Practice identifying the things that are important versus urgent.
- Learn the Eisenhower Model and how to use it for prioritizing.
- Reflect on what is most important for them right now.
- Make a plan to avoid distractions and stay focused on their priorities.

Lesson 15

LESSON OBJECTIVE: To help students build a mindset of showing respect and caring by being fully present when listening.

Outcomes: Students will...

- Learn the characteristics of the best listeners.
- Focus on the WHY of listening, not just how to listen well.
- Practice listening and learn what it means to be present.
- Become better listeners.

Lesson 16

LESSON OBJECTIVE: To help students understand that asking for help is not a sign of weakness, but rather, a display of courage.

Outcomes: Students will...

- Discuss the difficulty of asking for help.
- Identify where they struggle with asking for help.
- Identify where and how they may need help.
- Be empowered to ask the right person.

Lesson 17

LESSON OBJECTIVE: To help students understand how helping others is connected to personal well-being and inspire them to create opportunities to help others.

Outcomes: Students will...

- Understand that helping others is connected to personal well-being.
- Discuss how they help others and what they get when they give.
- Make a decision to proactively give help during the next week and be ready to share and discuss their experiences the following week.

Lesson 18

LESSON OBJECTIVE: To provide an opportunity for students to reinforce the value of giving and discover how giving helps them too.

Outcomes: Students will...

- Revisit and reinforce the value of giving to others.
- Share what they experienced from the “Expanding Assignment” from the prior week.
- Discover the personal benefits of giving and how they might take the first steps to help someone in need.

Lesson 19

LESSON OBJECTIVE: To help students to manage their attitudes and learn how to control their impulses.

Outcomes: Students will...

- Learn that attitudes are the expression of what we believe about people, objects, or circumstances.
- Share and discuss their attitudes about popular, everyday topics.
- Investigate and identify attitudes they hear expressed during the week.
- Apply the principles of how to conquer your attitude as needed in life.

Lesson 20

LESSON OBJECTIVE: To help students understand the negative impact of complaining, and help them build healthy practices to complain less.

Outcomes: Students will...

- Learn the high costs of complaining.
- Discuss ways to disrupt complaining behaviors.
- Choose and apply methods to help them become more aware of where they complain and adopt healthier habits to complain less.

Lesson 21

LESSON OBJECTIVE: To improve the emotional well-being of students by helping them learn the importance of de-stressing and how to do it.

Outcomes: Students will...

- Discuss and share some of the stressors they experience.
- Learn the value of intentionally de-stressing and be given tools to do so.
- Reflect on what is causing them stress and choose a method to relieve the stress.

Lesson 22

LESSON OBJECTIVE: To encourage students to be intentional about checking in with themselves and practicing self-care.

Outcomes: Students will...

- Discuss the value of practicing self-care.
- Spend time doing a check-in and self-assessment about how they are doing right now.
- Make a commitment to themselves to be more intentional about practicing selfcare.

Lesson 23

LESSON OBJECTIVE: To provide students with some new tools to practice self-control and remain cool and collected.

Outcomes: Students will...

- Spend time relating to others and discussing when they lose their tempers.
- Reflect and discuss the anatomy of anger and how they typically respond in anger.
- Recognize how they control their anger.
- Keep track of when they lose their cool and prepare to discuss what they discover.

Lesson 24

LESSON OBJECTIVE: To provide students the opportunity to share and reflect on the previous “Expanding Assignment” and tie the concept of staying cool and collected with the skill of self-control.

Outcomes: Students will...

- Reflect on how staying cool and collected is about practicing the skill of self control.
- Share and reflect on the “Expanding Assignment” from the previous lesson.
- Identify where they need more self-control.
- Commit to practicing self-control in their lives.

Lesson 25

LESSON OBJECTIVE: To revisit and reinforce the skills from Core Lessons and encourage students to live out what they have learned.

Outcomes: Students will... • Reflect on what they have learned throughout the year and how they have grown. • Examine and evaluate how they talk to themselves. • Commit to making their self-talk more positive so they are building themselves up.

Course Four

Lesson 1

LESSON OBJECTIVE: To introduce the new year and help students begin to develop relationships through the discovery of common interests and values.

Outcomes: Students will...

- Discover personal and shared interests with classmates.
- Consider how our commonalities and differences impact how we interact with others.
- Begin to make connections with classmates through the discovery of common values.

Lesson 2

LESSON OBJECTIVE: To help students focus on the benefit of developing character and growing from the inside out.

Outcomes: Students will...

- Learn that character is not rigid and can be changed.
- Identify traits that they want their character to exhibit.
- Learn techniques to shape their character.

Lesson 3

LESSON OBJECTIVE: To develop a sense of belonging, offering it to themselves and others.

Outcomes: Students will...

- Understand that belonging is about accepting where you are in life and having purpose.
- Learn that they have things in common with classmates.
- Decide on a purpose they have in common as a class or group.

Lesson 4

LESSON OBJECTIVE: To help students find peace and reduce worry during difficult times in their lives.

Outcomes: Students will...

- Learn that some things are within your control and other things are out of your control.
- Understand that peace comes from accepting yourself and not worrying about things not in your control.
- Learn tips that are in your control to create more peace in your life.

Lesson 5

LESSON OBJECTIVE: To help students seek to restore broken relationships and live at peace with others.

Outcomes: Students will...

- Learn the value of making peace and resolving conflict.
- Discover that one great way to make peace in life is to understand and respect where others are coming from.
- Learn a strategy to increase understanding and respect for others.

- Search out someone in their life that they have had a rift with and make peace.

Lesson 6

LESSON OBJECTIVE: To give students the opportunity to report on the “Expanding Assignment,” share what they experienced, and reinforce the value of making peace in their lives.

Outcomes: Students will...

- Share how they have grown through their last week’s experience.
- Reinforce the value of making peace through understanding and respect.

Lesson 7

LESSON OBJECTIVE: To help students recognize how to avoid taking things personally and rise above conflict.

Outcomes: Students will...

- Become aware of the approaches used to resolve conflict.
- Learn strategies for managing conflict in a healthy way.
- Learn to use collaboration for resolving conflicts.

Lesson 8

LESSON OBJECTIVE: To help students recognize victim tendencies and know how to take responsibility for their direction and what happens to them.

Outcomes: Students will...

- Learn what a victim mentality is and that there is power to break it.
- Learn that the beginning of breaking away from a victim mentality is changing focus from “can’t” to “can.”
- Understand that certain things are in their control and learn to focus on those.

Lesson 9

LESSON OBJECTIVE: To help students learn that humans seek out information that validates our beliefs, and those beliefs influence our actions.

Outcomes: Students will...

- Learn that most situations in our lives can be viewed through either a negative or positive lens.
- Understand the power of the Reticular Activating System in seeking out information that validates our beliefs and influences our actions.
- Seek out several positive thoughts in their personal lives and focus them into actions.

Lesson 10

LESSON OBJECTIVE: To help students look forward in their lives and envision people, ideals, and things that will bring value.

Outcomes: Students will...

- Understand that they have incredible potential.
- Learn that failure is a stepping stone to discover our impact in the world.
- Understand that certain people, ideals, and things will bring more value to their future lives.

Lesson 11

LESSON OBJECTIVE: To help students determine that they are not alone in their problems and the human spirit can overcome.

Outcomes: Students will...

- Learn that many of their problems are shared with others.
- Understand that failure is common but usually a stepping stone to great things.
- Realize the immense power of the human spirit allows people to never give up.

Lesson 12

LESSON OBJECTIVE: To give students the opportunity to report on the “Expanding Assignment,” share what they experienced, and reinforce the value of making peace in their lives.

Outcomes: Students will...

- Share how they have grown from their last week’s experience.
- Reinforce the previous lesson on being unshakable and overcoming obstacles.

Lesson 13

LESSON OBJECTIVE: To help students embrace the benefits of lightheartedness, not taking themselves too seriously, and avoiding perfectionism.

Outcomes: Students will...

- Learn that perfectionism causes stress and is unhealthy.
- Learn tips to avoid taking themselves or their image too seriously.
- Learn to love who they are.

Lesson 14

LESSON OBJECTIVE: To destigmatize mental health and help students to focus on how to stay happy.

Outcomes: Students will...

- Learn that one in two adults will have mental illness disorders at some point in their life.
- Understand the advantage of strong mental health.
- Gain knowledge on how to maintain and improve your mental health.

Lesson 15

LESSON OBJECTIVE: To help students learn where happiness comes from and intentionally choose their thoughts and actions to increase happiness.

Outcomes: Students will...

- Discover what makes them happy and find ways to increase happiness.
- Learn the equation that scientifically shows how happiness can be attained.
- Commit to and practice the thoughts and actions that lead to happiness.

Lesson 16

LESSON OBJECTIVE: To help students to know that when they experience failure or a setback, it is okay to create and new plan and move forward.

Outcomes: Students will...

- Learn that failure is common.
- Become aware of famous setbacks and failures that might surprise them.
- Discover and practice how to reset and regroup after a setback.

Lesson 17

LESSON OBJECTIVE: To help students find motivation to become self-starters.

Outcomes: Students will...

- Learn about the three levels of motivation.
- Discover that motivation is more natural when we have purpose.
- Practice becoming self-starters.

Lesson 18

LESSON OBJECTIVE: To give students the opportunity to report on the "Expanding Assignment," share what they experienced, and reinforce the value of setting goals and finding motivation.

Outcomes: Students will...

- Share what they want to accomplish and why it matters.
- Reinforce the idea of being a self-starter and make a plan to get started.
- Experience being a self-starter.

Lesson 19

LESSON OBJECTIVE: To help students understand the role of feedback and be open to giving and receiving it.

Outcomes: Students will...

- Understand the role feedback plays.
- Learn the spirit in which feedback should be given and received.
- Use the concepts of giving and receiving feedback beyond the classroom.

Lesson 20

LESSON OBJECTIVE: To provide students with the experience, knowledge and skills to negotiate confidently.

Outcomes: Students will...

- Practice negotiating for their perspective.
- Learn that negotiating is more than just getting what you want.
- Apply negotiating tips to a relevant circumstance they are currently facing.

Lesson 21

LESSON OBJECTIVE: To aid students in maximizing their time amidst a busy, demanding schedule.

Outcomes: Students will...

- Evaluate their current time management situation.
- Learn skills to help them organize and manage their time.
- Understand the benefits to having good time management skills.

Lesson 22

LESSON OBJECTIVE: To help students be ready to present themselves in a confident and poised manner that builds credibility and trust.

Outcomes: Students will...

- Understand the value of a good first impression.
- Find confidence and be able to speak from the heart.
- Develop a plan for how to build credibility and trust with the interviewers.

Lesson 23

LESSON OBJECTIVE: To help students intentionally enhance their character through developing a new leadership skill.

Outcomes: Students will...

- Learn how to lead with influence instead of authority.
- Define qualities of leaders.
- Be empowered to intentionally influence another person in their school, community, or family in a positive way over the next week.

Lesson 24

LESSON OBJECTIVE: To give students the opportunity to report on the “Expanding Assignment,” share what they experienced, and reinforce the value of being leaders.

Outcomes: Students will...

- Discuss the difference between power and empowerment.
- Share their “Expanding Assignment” from the previous week.
- Envision the kind of impact they want to continue to develop.

Lesson 25

LESSON OBJECTIVE: To help students see how far they have come this year and envision what is next.

Outcomes: Students will...

- Reflect on what they have learned through the Core Lesson discussions throughout the year.
- Make and share personal commitments for their own next steps.