

SIXTH GRADE

One year, start to finish. Two single videos open the year, then a new three-week series every month.



LEGEND



Single video



Three-week series — 3 videos + teacher takeover lesson

START OF YEAR

1	WHAT IS IN CONTROL FOR STUDENTS Orientation. What In Control is, and how students use it to become their best selves.	SINGLE VIDEO
2	6TH GRADE CLASSROOM CULTURE KICKOFF Sets the tone for how the room works before the first series begins.	SINGLE VIDEO
3	GROWTH MINDSET If you don't believe it's possible, it's not.	THREE-WEEK SERIES
4	GOALS With no clear vision, you're bound to make bad decisions.	THREE-WEEK SERIES
5	TAKING CONTROL Nobody is responsible for reaching your goals but YOU.	THREE-WEEK SERIES
6	HOLIDAY WISHES Perspective is everything when it comes to having a happy holiday.	THREE-WEEK SERIES
7	MOODS You have more control than you give yourself credit for.	THREE-WEEK SERIES
8	MENTAL HEALTH MATTERS It's ok to ask for help.	THREE-WEEK SERIES
9	UNSTOPPABLE Being unstoppable is a choice available to all.	THREE-WEEK SERIES
10	DIGITAL CITIZENSHIP Learning how to be the real you, online and in real life.	THREE-WEEK SERIES
11	THE REPLAY Thinking back, so we can move ahead.	THREE-WEEK SERIES

END OF YEAR

SEVENTH GRADE

A single video opens the year, then a new three-week series every month.

LEGEND



Single video



Three-week series — 3 videos + teacher takeover lesson

START OF YEAR

1

CLASSROOM CULTURE KICKOFF

Sets the tone for how the room works before the first series begins.

SINGLE VIDEO

2

GROWTH MINDSET LV. 2

If you don't believe it's possible, it's not.

THREE-WEEK SERIES

3

GAMIFIED (Goal Setting)

Life is more exciting with goals.

THREE-WEEK SERIES

4

CONNECTED (Relationships)

Relationships impact performance.

THREE-WEEK SERIES

5

HOLIDAY WISHES LV. 2

Gratitude + planning = a great break.

THREE-WEEK SERIES

6

BUILT FOR IT (Resilience)

Life can be tough, but we're built for it.

THREE-WEEK SERIES

7

BRAINS VS. BOTS (AI Education)

Navigating the beginning of the AI generation.

THREE-WEEK SERIES

8

MENTAL HEALTH MATTERS LV. 2

The more we know, the less scary, and the more we can help.

THREE-WEEK SERIES

9

MIND YOUR MANNERS

Hellos, pleases, and thank yous matter.

THREE-WEEK SERIES

10

REARVIEW MIRROR (Reflection)

Having an improved view helps us in our journey ahead.

THREE-WEEK SERIES

END OF YEAR

EIGHTH GRADE



A single video opens the year, then a new three-week series every month, ending with what students carry into high school.

LEGEND



Single video



Three-week series — 3 videos + teacher takeover lesson

START OF YEAR

1

CLASSROOM CULTURE KICKOFF

Sets the tone for how the room works before the first series begins.

SINGLE VIDEO

2

HIGH SCHOOL MINDSET

What if we started getting ready now?

THREE-WEEK SERIES

3

BALANCING ACT

How to keep up with it all in a busy year.

THREE-WEEK SERIES

4

THE AI ADVANTAGE

Leveraging AI without losing yourself.

THREE-WEEK SERIES

5

CRUSHED (Relationships)

An un-weird approach to middle school dating.

THREE-WEEK SERIES

6

MINDFUL (Mindfulness)

How to process stress and check in with ourselves.

THREE-WEEK SERIES

7

THE REAL WORLD

Setting ourselves up for what comes after high school.

THREE-WEEK SERIES

8

MENTAL HEALTH MATTERS LV. 3

Action is the only way to help ourselves and others.

THREE-WEEK SERIES

9

THIS IS ME (Identity)

A series about affiliation and alienation.

THREE-WEEK SERIES

10

MIDDLE SCHOOL RECAP

Taking what we learned with us.

THREE-WEEK SERIES

END OF YEAR