Pre-K

Week #	Grow Activity Title
	Kindness Kickoff *(2 weeks)*
Week 1	**2 Steps to Greeting with Kindness** Students will learn and practice how to greet others with Kindness.
Week 2	**Kind Classroom Agreement** Students will create a classroom agreement on how to practice Kindness.
	Respect
Week 1	**Be a Super Helper: Stop, Support, Report!** Students will practice Respect by learning to be a "super helper" and understand how to stop, support, and report bullying behavior.
Week 2	**Eyes are Ready** Students will use their eyes to practice showing Strong Listening and Respect.
Week 3	**Ears are Listening** Students will use their ears to practice Strong Listening and Respect during a movement game.
Week 4	**Heart is Caring** Students will learn how to have a caring heart by showing Respect at school.
	Responsibility
Week 1	**Be Responsible** Students will practice Responsibility by showing what following directions looks like.
Week 2	**What's Hiding?** Students will practice Responsibility by showing what following directions sounds like.
Week 3	**Feel It, Show It** Students will practice Responsibility by showing what following directions feels like.
Week 4	**Stop & Start: Responsible Choices** Students will show Responsibility by following directions the first time.
	Gratitude
Week 1	**Gratitude Roll** Students will identify things they are Grateful for and the emotions they feel about them.
Week 2	**Grateful Hearts** Students will practice Gratitude and identifying the emotion sad.
Week 3	**Gratitude Stretch** Students will identify the emotion scared and explore how being grateful can help them feel safe.
Week 4	**Gratitude Tools** Students will learn about the emotion mad, practice calming strategies, and express Gratitude for what helps them feel better.
	Empathy
Week 1	**Small Problems** Students will work together in group challenges that help them notice what's happening and decide if it is a small problem or not a problem.
Week 2	**Talk It Out** Students will use Strong Listening and their words to respond to small problems. Together, they'll play a whole-group Talk It Out game.
Week 3	**Big Problems** Students will learn to notice what is happening and identify when something is a big problem that needs a grown-up's help.
Week 4	**Trusted Adults** Students will identify trusted adults who can help them solve big problems and practice asking for help.
	Perseverance

Kindergarten

Week #	Grow Activity Title
	Kindness Kickoff *(2 weeks)*
Week 1	**3 Steps to Greeting with Kindness** Students will learn and practice how to greet others with Kindness.
Week 2	**Kind Classroom Agreement** Students will work together to create Kind Classroom Agreements.
	Respect
Week 1	**Be a Super Helper: Stop, Support, Report!** Students will practice Respect by learning to be "super helpers" who can stop, support, and report bullying.
Week 2	**Differences Among Us** Students will use their eyes to practice showing Strong Listening and Respect.
Week 3	**Strong Listening Train** Students will use Strong Listening to follow directions.
Week 4	**Respectful Listening** Students will review and practice Strong Listening to complete an independent project.
	Responsibility
Week 1	**Responsible Choices** Students will learn how to be responsible by following directions.
Week 2	**How Well Can We Listen?** Students will practice Strong Listening to follow directions in a drawing activity.
Week 3	**Guess Who?** Students will practice following directions by asking questions to make sure they understand.
Week 4	**What's the Direction?** Students will practice following classroom directions by listening first and showing what they know.
	Gratitude
Week 1	**Gratitude Surprise** Students will practice showing Gratitude for others.
Week 2	**Moving Emotions** Students will learn about the Emotion Elements and name when they feel happy or sad.
Week 3	**Emotions Roll** Students will learn to name when they feel mad or nervous.
Week 4	**Changing Emotions** Students will learn how to change their emotions with breathing.
	Empathy
Week 1	**Empathy in Action** Students will learn how to show Empathy.
Week 2	**Big or Small Problem?** Students will learn about the Tree of Choices and what makes a big or small problem.
Week 3	**Naming our Emotions** Students will learn to use I-statements to share how they feel.
Week 4	**Talk, Talk, Talk It Out** Students will learn how to talk it out when they have a problem.
	Perseverance

Grade 1

Week #	Grow Activity Title
	Kindness Kickoff *(2 weeks)*
Week 1	**Portrait Pals** Students will practice Kindness by getting to know each other.
Week 2	**Kind Classroom Agreement** Students will work together to create Kind Classroom Agreements.
	Respect
Week 1	**Be a Super Helper: Stop, Support, Report!** Students will learn 3 steps to respond to bullying.
Week 2	**Wrinkled Heart** Students will learn how their words and actions can make others feel.
Week 3	**Friendship Puzzle** Students will learn the pieces of a friendship and how they fit together.
Week 4	**Friendship Problems** Students will learn how to tell if a problem with a friend is big or small.
	Responsibility
Week 1	**Responsible Bodies** Students will learn ways to practice Responsibility with their bodies.
Week 2	**Finding Focus** Students will learn what it means to focus and practice following directions.
Week 3	**Time to Refocus** Students will learn to use Rainbow Breathing to refocus.
Week 4	**Focus Check** Students will practice finding focus by moving their bodies.
	Gratitude
Week 1	**Gratitude Tree** Students will learn how to practice Gratitude.
Week 2	**Musical Emotions** Students will notice and name when they feel happy or sad.
Week 3	**Power Up Your Calm** Students will notice when they feel mad or nervous and use box breathing to feel calm.
Week 4	**3-2-1 Grounding** Students will notice scared and frustrated feelings and use grounding to feel calm.
	Empathy
Week 1	**How Is My Friend Feeling?** Students will learn 3 ways to show Empathy.
Week 2	**Friendship Emotions BINGO** Students will practice naming their emotions in situations with their friends.
Week 3	**Happy Hello** Students will learn 3 steps to greet a friend.
Week 4	**Me, Stop, You!** Students will learn how to take turns while talking with friends.
	Perseverance

Grade 2

Week #	Grow Activity Title
	Kindness Kickoff *(2 weeks)*
Week 1	**Find a Friend** Students will practice Kindness by getting to know their classmates.
Week 2	**Kind Classroom Agreement** Students will work together to create Kind Classroom Agreements.
	Respect
Week 1	**Be a Super Helper: Stop, Support, Report!** Students will learn 3 steps to respond to bullying.
Week 2	**Respect Rescue** Students will learn how to show Respect to people, places, and things.
Week 3	**Sort the Situation** Students will identify a problem and determine if it is big or small.
Week 4	**Communication Connection** Students will learn to use I-Statements to name their emotions.
	Responsibility
Week 1	**ResponsiBINGO** Students will learn ways to practice Responsibility at school.
Week 2	**Engagement in Action** Students will learn how to practice engagement.
Week 3	**Community Circle Agreements** Students will learn how to participate in a community circle.
Week 4	**Engage in Community Circle** Students will practice participating in a community circle.
	Gratitude
Week 1	**Grateful Collage** Students will learn how to practice Gratitude.
Week 2	**Grateful For Myself** Students will learn to practice self-love.
Week 3	**Split Drawing** Students will learn how to notice body signals and use coloring to help them regulate emotions.
Week 4	**Balloon Breathing** Students will learn to use balloon breathing to regulate emotions.
	Empathy
Week 1	**A Map of Empathy** Students will learn 3 steps to show Empathy.
Week 2	**Just Breathe** Students will learn 2 ways to breathe it out during conflict.
Week 3	**Move It!** Students will learn 2 ways to move their bodies safely during conflict.
Week 4	**Sincere Sorry** Students will learn 3 ways to repair a conflict.
	Perseverance

Grade 3

Week #	Grow Activity Title
	Kindness Kickoff *(2 weeks)*
Week 1	**Circles of Kindness** Students will learn about PurposeFull People, and practice Kindness by getting to know each other.
Week 2	**Kind Classroom Agreement** Students will collaborate to create a Kind Classroom Agreement.
	Respect
Week 1	**Be an Upstander!** Students will learn what an upstander does and how to stop, support, and report.
Week 2	**Recipe for Respect** Students will learn what Respect is and what each of them needs to feel respected.
Week 3	**Guess and Check** Students will practice perspective-taking by learning someone else's point of view.
Week 4	**See The Good** Students will practice Respect by identifying the good in others.
	Responsibility
Week 1	**Own It!** Students will understand how to show Responsibility by taking ownership.
Week 2	**3-2-1 Action** Students will identify ways they can show Responsibility and the impact of those actions.
Week 3	**Let's Flex!** Students will understand how to use flexible thinking.
Week 4	**Obstacle Flex** Students will practice flexible thinking to overcome obstacles.
	Gratitude
Week 1	**Gratitude Scavenger Hunt** Students will create a poster of Gratitude using I-Statements to express what they are thankful for and how it makes them feel.
Week 2	**Notice and Name Emotions** Students will practice noticing and naming emotions using our Emotion Elements.
Week 3	**What's In My Control?** Students will understand how they have control over big emotions and can advocate for help.
Week 4	**Moving the Scale to Gratitude** Students will find reasons for Gratitude in disappointing situations.
	Empathy
Week 1	**Lights, Camera, Empathy!** Students will learn 3 ways to practice Empathy.
Week 2	**A Little Perspective** Students will practice listening to each other's perspectives.
Week 3	**Read the Cues** Students will practice recognizing cues to understand other people's feelings.
Week 4	**The Tree of Choices** Students will learn strategies to solve conflicts and understand others' perspectives.
	Perseverance

Grade 4

Week #	Grow Activity Title
	Kindness Kickoff *(2 weeks)*
Week 1	**Community Connections!** Students will practice Kindness by noticing what they have in common.
Week 2	**Kind Classroom Agreement** Students will collaborate to create Kind Classroom Agreements.
	Respect
Week 1	**Upstanders in Action** Students will learn 3 ways to respond to bullying behavior.
Week 2	**The Power in Our Differences** Students will learn to show Respect and find value in their differences.
Week 3	**The Tree of Choices** Students will learn how to identify a problem and name our emotions.
Week 4	**Cool the Conflict** Students will learn how to use breathing to feel calm when experiencing conflict.
	Responsibility
Week 1	**Responsibility Rating** Students will learn what Responsibility is and practice organizing their time, tasks, and things.
Week 2	**Telling Time** Students will practice time-management skills to stay organized.
Week 3	**All of the Things!** Students will learn why organization is important and choose strategies to stay organized.
Week 4	**Big Goals, Small Steps** Students will learn how to organize tasks to achieve their goals.
	Gratitude
Week 1	**Gratitude for You and Me** Students will express their Gratitude by showing appreciation to their classmates and themselves.
Week 2	**Talking to Ourselves** Students will learn the difference between positive and negative self-talk.
Week 3	**Mirror, Mirror, Flip!** Students will practice changing negative self-talk into positive self-talk.
Week 4	**Posting Positivity** Students will share Gratitude and positive self-talk with others in the school community.
	Empathy
Week 1	**Fingerprints of Empathy** Students will learn about and plan 3 ways to practice meaningful Empathy.
Week 2	**Reset Response** Students will learn 2 ways to reset their emotions before responding to conflict.
Week 3	**I-Statements** Students will learn how to use I-Statements to communicate how they feel and what they need.
Week 4	**Resolving Conflicts In Action** Students will review all parts of the Tree of Choices.
	Perseverance

Grade 5

Week #	Grow Activity Title
	Kindness Kickoff *(2 weeks)*
Week 1	**Getting to Know You** Students will practice Kindness while getting to know their classmates.
Week 2	**Kind Classroom Agreement** Students will collaborate to create Kind Classroom Agreements.
	Respect
Week 1	**Be an Upstander!** Students will learn the impact of upstander behavior and identify ways to stop, support and report.
Week 2	**Ranking Respect** Students will practice leadership by noticing what helps others feel respected.
Week 3	**Actions Speak** Students will learn how leaders show Respect by matching their actions to their words.
Week 4	**Leading with Respect Online** Students will practice being respectful leaders online.
	Responsibility
Week 1	**Responsible Life** Students will understand what Responsibility looks like in their lives.
Week 2	**Goal-Setting** Students will create goals that are specific, realistic, and within their control.
Week 3	**Organize for Success** Students will learn how to organize their tasks, time, and things to meet their goals.
Week 4	**Plan to be PurposeFull** Students will learn to track their Responsibility goals.
	Gratitude
Week 1	**Unexpected Gratitude** Students will learn to practice Gratitude in all areas of their lives.
Week 2	**Gratitude Dice** Students will practice Gratitude as a way to manage stressful situations.
Week 3	**Stress Signals** Students will recognize how their bodies and emotions respond to stress.
Week 4	**Grounded and Ready!** Students will create a personal grounding plan to use when they feel stressed.
	Empathy
Week 1	**Leading at Home and School** Students will learn how to respond with Empathy.
Week 2	**Leadership Line Up** Students will build awareness around their strengths and areas of growth.
Week 3	**Leading with the Tree of Choices** Students will practice making leadership decisions using the Tree of Choices.
Week 4	**Make Kindness Normal** Students will learn ways to practice meaningful Kindness.
	Perseverance

Pre-K

Week #	Grow Activity Title
Week 1	**Balancing Act** Students will practice Perseverance by trying again when they are stuck.
Week 2	**Mistakes Help Us Learn** Students will learn what to do when they make mistakes.
Week 3	**Rainbow Hop** Students will practice following directions to overcome obstacles.
Week 4	**Magic Movements** Students will practice following directions to show Perseverance.
Honesty	
Week 1	**Honest Hearts** Students will learn what it means to be Honest.
Week 2	**Feelings Detectives** Students will practice noticing where emotions show up in their bodies
Week 3	**Inside and Outside Names** Students will learn to name when they feel mad or sad.
Week 4	**Big Feelings, Safe Choices** Students will notice big feelings in their bodies and practice safe ways to feel better.
Cooperation	
Week 1	**Classroom Cooperation Circle** Students will learn what Cooperation is and practice it together.
Week 2	**Twinkle, Twinkle, Taking Turns** Students will learn how to take turns when working together.
Week 3	**Ask and Help** Students will practice helping others and asking for help when they need it.
Week 4	**Under the Sea - Together!** Students will learn how to work together to finish a challenge.
Courage	
Week 1	**Badge of Courage** Students will learn what it means to show Courage.
Week 2	**Calm and Courageous** Students will learn to use butterfly breathing to feel calm.
Week 3	**Courageous New Friends** Students will practice Courage to learn how to meet a new friend.
Week 4	**Courage In Our Community** Students will understand how community helpers show Courage.
Creativity	
Week 1	**Letter Creations** Students will learn how to use their imagination to create something new.
Week 2	**Animal Thoughts** Students will practice using their imagination to name feelings.
Week 3	**Feeling Moves** Students will use movement to help their body feel safe when they have big feelings.
Week 4	**Pet Problem Solvers** Students will learn to use Creativity to solve problems.

Kindergarten

Week #	Grow Activity Title
Week 1	**What is Perseverance?** Students will show Perseverance by trying again when something feels hard.
Week 2	**Ida's Quest** Students will practice Perseverance by following directions to help Ida find her lost items.
Week 3	**Activity Relay** Students will practice following directions and taking turns.
Week 4	**Musical Chairs** Students will practice following 3 step directions while playing musical chairs.
Honesty	
Week 1	**Honesty Review** Students will understand the difference between honest and dishonest.
Week 2	**Move the Sillies Away** Students will notice how their bodies feel when silly or excited and use movement to feel calm.
Week 3	**What Changed?** Students will practice being focused.
Week 4	**Emotions Bingo** Students will review the emotions they have learned.
Cooperation	
Week 1	**Tallest Tower** Students will practice working together to reach a shared goal.
Week 2	**Don't Touch the Ground** Students will practice focusing to help them cooperate.
Week 3	**Silly Super Heroes** Students will use Strong Listening to work with others.
Week 4	**Sol's Hideaway** Students will use Strong Listening to work together to create something new.
Courage	
Week 1	**Courage Up** Students will learn to use brave thoughts as a way to practice Courage.
Week 2	**Courage to Calm** Students will practice following directions to calm their body when they feel scared or nervous.
Week 3	**Strong Voice** Students will follow directions as they learn how to use their strong voice to ask for help.
Week 4	**Courage to Make Friends** Students will practice using Courage to invite others to play and make friends.
Creativity	
Week 1	**What Could it Be?** Students will practice Creativity by creating something new.
Week 2	**Feeling Fix** Students will practice naming their feelings to solve a problem.
Week 3	**Emotion Motion** Students will learn to move their bodies to help change emotions.
Week 4	**Calm Body** Students will practice breathing it out to feel calm and solve problems.

Grade 1

Week #	Grow Activity Title
Week 1	**Positive Perseverance!** Students will define Perseverance and practice using positive self-talk (growth mindset) to persevere.
Week 2	**Memory Madness** Students will practice focusing and play a memory game.
Week 3	**Focus to Persevere** Students will practice focusing with their eyes, ears, and brain.
Week 4	**Mindful Mistakes?** Students will practice focusing when they feel frustrated.
Honesty	
Week 1	**Stop or Go** Students will learn to show Honesty in what they say and what they do.
Week 2	**Honest-I** Students will practice using I-Statements to be Honest about their feelings.
Week 3	**Going on a Brooks Hunt** Students will learn when and how to ask a trusted adult for help with big emotions.
Week 4	**Happy Words Filter** Students will learn when to share their thoughts with others and when to keep them to themselves.
Cooperation	
Week 1	**2 is Better Than 1** Students will practice Cooperation by working together to reach a shared goal.
Week 2	**Sneak a Peek** Students will cooperate by listening and sharing ideas to help their team.
Week 3	**Solving Small Problems** Students will learn how to compromise to solve a small problem.
Week 4	**Saying Sorry** Students will learn how to say sorry to fix a friendship problem.
Courage	
Week 1	**Zones of Courage** Students will learn when something feels comfortable or takes Courage.
Week 2	**Focus Scavenger Hunt** Students will learn how Strong Listening helps them focus.
Week 3	**Ida Twist** Students will practice focusing by playing a listening game.
Week 4	**Focus Challenge** Students will review focusing strategies.
Creativity	
Week 1	**Creative Shapes** Students will practice using their imagination to create something new.
Week 2	**Move It! Move It!** Students will learn 2 ways to move their bodies when they feel silly or excited.
Week 3	**Let's Be Friends** Students will notice when they feel lonely or playful and practice making friends.
Week 4	**Emotion Runway** Students will review all the emotions they have learned.

Grade 2

Week #	Grow Activity Title
Week 1	**Practicing Perseverance** Students will learn ways to practice Perseverance.
Week 2	**Inventor's Tank** Students will learn how to notice problems and take action to help.
Week 3	**Ready, Set, Focus!** Students will learn how to focus so they can stay engaged.
Week 4	**Structure of Perseverance** Students will learn to follow directions to stay engaged.
Honesty	
Week 1	**Honest Answers** Students will learn to practice Honesty in what they say and do.
Week 2	**Self-Talk Superpowers** Students will practice positive self-talk to help regulate emotions.
Week 3	**Tap to Calm** Students will learn to use tapping as a way to regulate big emotions.
Week 4	**Talking to Trusted Adults** Students will learn when and how to ask a trusted adult for help with big emotions.
Cooperation	
Week 1	**Collaborative Drawing** Students will practice working together to reach a shared goal.
Week 2	**Chain of Strength** Students will learn to identify their strengths.
Week 3	**Compromise Island** Students will learn to compromise as a way to resolve conflict.
Week 4	**Compromise Island Part 2** Students will practice using the Tree of Choices to resolve conflict.
Courage	
Week 1	**Gallery of Courage** Students will learn to use visualization to practice Courage.
Week 2	**Curious Questions** Students will learn how to ask questions to stay engaged.
Week 3	**Engaged Listeners** Students will learn to use Strong Listening to stay engaged.
Week 4	**Engaging with Powerline** Students will notice 1 way our class can grow in engagement.
Creativity	
Week 1	**Think Outside the Box** Students will practice using their imagination to create something new.
Week 2	**Creative Calm** Students will practice using movement to help their bodies and brains feel calm.
Week 3	**Labyrinths & Long Exhales** Students will practice using breathing to feel calm.
Week 4	**Ready to Regulate** Students will review strategies to help them regulate their emotions.

Grade 3

Week #	Grow Activity Title
Week 1	**Grouping Challenge** Students will persevere and think flexibly while working on a challenging task.
Week 2	**Reach the TOP** Students will learn about TOP goals and create a goal for themselves.
Week 3	**Overcoming Obstacles** Students will create an "If-Then..." plan to overcome their goal obstacles.
Week 4	**Toss Across** Students will make a plan to help them stay on track to meet their goals.
Honesty	
Week 1	**Truth Under The Surface** Students will practice Honesty by uncovering the emotions hidden beneath the surface.
Week 2	**Boom, Clap, Speak Up!** Students will learn to use their Strong Voice to say what they need.
Week 3	**Speak Up in Friendships** Students will practice using their Strong Voice to set boundaries in friendships.
Week 4	**Making Waves By Asking for Help** Students will practice asking for help when we feel strong emotions.
Cooperation	
Week 1	**The Storybook Challenge** Students will learn how to cooperate to reach a shared goal.
Week 2	**Hot Seat** Students will learn how different experiences can lead to different perspectives.
Week 3	**Idea Mash-Up** Students will practice using different perspectives to improve ideas together.
Week 4	**Emotions and Teamwork** Students will learn how feelings change our perspective and practice cooperation.
Courage	
Week 1	**Courage Comic Strip** Students will practice showing Courage in challenging situations.
Week 2	**Thought Edit** Students will practice changing their thoughts to have more Courage.
Week 3	**In or Out?** Students will identify what is in their control to help them handle change.
Week 4	**Courage Goal** Students will create an I-Then plan for a time when they need more Courage.
Creativity	
Week 1	**Creative Reset** Students will practice Creativity to help our brain reset when we feel tense.
Week 2	**Emotions Take Flight** Students will practice using Creativity and a strong voice to share their emotions and needs.
Week 3	**Brain Distractions** Students will use brain distractions to help with strong emotions and share how they feel.
Week 4	**Wild Moves, Calm You** Students will practice creative movements to help with strong emotions.

Grade 4

Week #	Grow Activity Title
Week 1	**Perseverance Mindset** Students will achieve a goal by creating and applying If-Then plans.
Week 2	**Level Up: Obstacle Edition** Students will learn the If-Then strategy for facing obstacles and practice with a game.
Week 3	**Top Priority** Students will practice organizing tasks by learning to prioritize.
Week 4	**Perseverance Challenge** Students will practice Perseverance by using an If-Then Plan and trying again.
Honesty	
Week 1	**Act it Out with Honesty** Students will learn how to respond to situations with Honesty.
Week 2	**The Honesty Scale** Students will determine how to respond to various situations with positive self-talk and Honesty.
Week 3	**Reframe Our Pictures** Students will learn how thoughts can be reframed.
Week 4	**Positively Encouraging** Students will practice positive self-talk by creating posters that encourage others.
Cooperation	
Week 1	**Cooperation Cup Challenge** Students will learn to work together to reach a shared goal.
Week 2	**Cooperate or Capsize** Students will learn to compromise as a way to practice Cooperation.
Week 3	**Repair & Restart** Students will learn 3 steps to repair a relationship after a conflict.
Week 4	**Conflict Catchers** Students will review how to use the Tree of Choices to resolve conflicts.
Courage	
Week 1	**Dear Goal Getter Me** Students will learn to practice Courage by taking small steps.
Week 2	**Connection Challenge** Students will organize their time to create space for relationships.
Week 3	**Time = Values** Students will learn to create a clear checklist to stay organized.
Week 4	**Let's Get Organized** Students will create a clear checklist to help organize something in their lives.
Creativity	
Week 1	**Creativity Collage** Students will practice Creativity by making a collage poster.
Week 2	**Positive Self-Talk Project** Students will use Creativity to create a positive self-talk project.
Week 3	**Creative Solutions** Students will practice Creative problem-solving.
Week 4	**Timelines** Students will practice Creativity to make goals for their future selves.

Grade 5

Week #	Grow Activity Title
Week 1	**Switch a Thought, Plan Ahead** Students will learn how Perseverance helps them keep going.
Week 2	**Obstacles Ahead** Students will learn how to overcome obstacles to reach their goals.
Week 3	**Circle of Control** Students will learn how to identify what is in their control and what is outside of their control to overcome obstacles.
Week 4	**Life Happens** Students will practice Perseverance when obstacles and opportunities show up.
Honesty	
Week 1	**Preventing Stress Honestly** Students will practice being Honest as a way to reduce stress.
Week 2	**Stress Controller** Students will practice identifying what they can control and what they can't to help reduce stress.
Week 3	**Conflict Stress** Students will understand how to manage stress during conflict.
Week 4	**Lighten Up!** Students will explore how to decrease the weight of stress.
Cooperation	
Week 1	**Cooperation Detectives** Students will practice leadership and Cooperation by working together toward a shared goal.
Week 2	**Leadership Project, Part 1** Students will practice working together to create something new.
Week 3	**Leadership Project: Part 2** Students will practice planning ahead for conflict by creating agreements.
Week 4	**Leadership Project: Part 3** Students will practice leadership and Cooperation by facilitating recess activities.
Courage	
Week 1	**Courage Timeline** Students will learn to show Courage over time as they work toward goals.
Week 2	**Who Do I Want to Be?** Students will learn how to use their strengths, interests, and growth areas to plan goals.
Week 3	**Taking the Next Steps** Students will practice planning for the future by breaking long-term goals into steps.
Week 4	**What's The Plan?** Students will learn how to break big future goals into smaller steps.
Creativity	
Week 1	**Creative Stress-Relief** Students will learn how to use Creativity to reduce stress.
Week 2	**Move to Calm** Students will practice 3 ways to move their bodies to feel calmer.
Week 3	**Brain Distractions** Students will learn 3 brain distractions to calm their thoughts.
Week 4	**Stress Strategy Game** Students will review stress management strategies.

Pre-K

Week #	Grow Activity Title
	Kindness Kickoff *(2 weeks)*
Week 1	**If You're Kind and You Know It** Students will put Kindness into action through a song.
Week 2	**Choose Kindness** Students will practice ways to choose Kindness this summer.

Kindergarten

Week #	Grow Activity Title
	Kindness Kickoff *(2 weeks)*
Week 1	**Crowns of Kindness** Students will review ways to be kind and celebrate how they showed Kindness this year.
Week 2	**Kindness Chaos** Students will find ways to practice Kindness by helping others this summer.

Grade 1

Week #	Grow Activity Title
	Kindness Kickoff *(2 weeks)*
Week 1	**Kindness and Character Parade** Students will reflect on ways they have shown character this year.
Week 2	**A Cool, Kind Summer** Students will learn ways to put Kindness into action this summer.

Grade 2

Week #	Grow Activity Title
	Kindness Kickoff *(2 weeks)*
Week 1	**PurposeFull BINGO** Students will reflect on the character traits they have learned about this year.
Week 2	**Summer Kindness Quest** Students will reflect on ways to practice Kindness.

Grade 3

Week #	Grow Activity Title
	Kindness Kickoff *(2 weeks)*
Week 1	**Character Catch Phrase** Students will review the 10 character traits they have learned this year.
Week 2	**The Kindest Ending** Students will practice Kindness by sharing appreciation.

Grade 4

Week #	Grow Activity Title
	Kindness Kickoff *(2 weeks)*
Week 1	**Kindness Taps** Students will review 10 character traits and notice those traits in their classmates.
Week 2	**Words Matter** Students will reflect on what they have learned about character.

Grade 5

Week #	Grow Activity Title
	Kindness Kickoff *(2 weeks)*
Week 1	**PurposeFull Yearbook** Students will recognize ways they have grown their character this year.
Week 2	**Leave a Legacy** Students will practice Kindness by learning how to leave a legacy.