Mindsets Matter: Strengthening SEL Connections between Home and School
October 2026

Passion First

Throughout the month of October, we will explore the Passion First Mindset. Passion First is all about developing a sense of purpose. It challenges us to discover what excites us, recognize what matters to us, and turn our passions and strengths into something meaningful.

Students will explore four components of Passion First: Focus on Strengths, Explore Your Interests, Take a Stand, and Be Authentic. Together, these components encourage students to better understand who they are, what they value, and how they can use their unique strengths and interests to make a positive difference.

Research shows that children with a sense of purpose tend to get better grades, experience less stress, and work harder to overcome challenges. When students are encouraged to consider the connections between their individual strengths, interests, and values, they become better equipped to navigate challenges, make meaningful choices, and build authentic, purposeful lives.

7 Mindsets at Home

Families play an important role in helping children discover what they enjoy and what gives them a sense of purpose. Caregivers can support the development of Passion First by talking with children about their strengths, interests, values, and things that bring them joy.

When parents and guardians engage in these types of conversations, children are reminded there is no single path to finding their passion and that their unique interests and strengths are worth exploring.

Set aside a few minutes each week to have conversations centered around passion and purpose. Consider some of thes questions below and see where the conversations takes you:

- What is something you really enjoy doing?
- What is something you think you are good at?
- What do you want to learn more about?
- What is something you care about? Why?
- How could you use your strengths to help someone else?

Bullying Prevention

October, Bullying Prevention Month, is a time to raise awareness about bullying and remind students that everyone deserves to feel safe, respected, and like they belong.

Bullying prevention starts with promoting respectful communication, healthy relationships, and an appreciation for diversity.

Families should talk openly with children about kindness, inclusion, and what to do if they see or experience bullying. Encourage your child to speak up, notify a trusted adult, and look for ways to help others feel welcomed and supported.

Video Hub

Click each grade band to watch videos of students sharing what Passion First means to them: K-2, 3-5, 6-8, 9-12.

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