Dates	Mindset & Lesson	7 Mindsets Competency Alignment	IB Learner Profile	Extensions	Wellness (Base) Alignment
Mindset 1: Everything is Possible (Sep 7 - Oct 9)					
9/7-9/11	Intro Lesson	Cutural Competence Decision Making Growth Mindset Hope Relationship Skills Resilience Self-Awareness Self-Management	Risk Taker Knowledgeable	Daily Morning Announcements, Everything is Possible Dress Up Week, Schoolwide Dreams Wall, Family Night, Additional items in the ResourceHub	Elementary – Who Am I?, Responsibility, Setting Goals, Growth Mindset, Refocus Secondary – Vision of Self, Character Traits, Future Goals, Refocus
9/14-9/18	Lesson 1.1 Dream Big				
9/21-9/25	Lesson 1.2 Embrace Creativity				
9/28-10/2	Lesson 1.3 Think Positive				
10/5-10/9	Lesson 1.4 Act & Adjust				
Mindset 2: Passion First (Oct 19 - Nov 3)					
10/19-10/23	Lesson 2.1 Focus on Strengths	Cutural Competence Hope Relationship Skills Resilience Self-Awareness Self-Management	Inquirer	Daily Morning Announcements, Everything is Possible Dress Up Week, Schoolwide Passion Wall, Family Night, Giving back to causes that students are passionate about-volunteerism, community service; Additional items in the ResourceHub	Elementary – Making Friends, Empathy, Respect, Growth Mindset, Resilience Secondary – Motivation, Future Goals, Resilience, Self-Esteem
10/26-10/30	Lesson 2.2 Explore your Interests				
11/2-11/6	Lesson 2.3 Take a Stand				
11/9-11/13	Lesson 2.4 Be Authentic				
Mindset 3: We Are Connected (Nov 16 – Dec 18)					
11/16-11/20	Lesson 3.1 Embrace Everyone	Social Awareness Relationship Skills Cultural Competence Empathy Resilience	Communicator Open Minded	Daily Morning Announcements, We Are Connected Picnic, Family Night, Dream Builders Bulletin Board, Kindness Pail, Conversation Cards. Additional items in the ResourceHub	Elementary – Making Friends, Healthy Relationships, Healthy Communication, Families, Diversity Secondary – Healthy Communication, Healthy Relationships, Restorative Practices, Cultural Implications Within Family & Learned
11/30-12/4	Lesson 3.2 Maximize Positive Relationships				
12/7-12/11	Lesson 3.3 Build Your Dream Team				
12/14-12/18	Lesson 3.4 Lead with Value				
Mindset 4: 100% Accountable (Jan 4 – Feb 5)					
1/4-1/8	Lesson 4.1 Own Your Life	Self-Management Decision Making Resilience Growth Mindset	Balanced	Daily Morning Announcements, Wall of Yet, Growth Posters, Crumpled Paper Lesson, Calm Down Jars, Worry Box, Additional items in the ResourceHub	Elementary – Self-Regulation, Emotions, Peer Pressure, Keeping Calm, Coping Strategies Secondary – Coping Strategies, Impulsive Decision Making, Learned Helplessness, Life Changes and Adjustments
1/11-1/15	Lesson 4.2 Overcome Limiting Beliefs				
1/25-1/29	Lesson 4.3 Focus Your Energy				
2/1-2/5	Lesson 4.4 Grow Through Life				
Mindset 5: Attitude of Gratitude (Feb 22 – Mar 19)					
2/22-2/26	Lesson 5.1 Treasure Yourself	Empathy Cultural Competence Hope Relationship Skills Resilience Self-Awareness Self-Management	Communicator Reflective	Daily Morning Announcements, Gratitude Tree, Gratitude Scavenger Hunt, Gratitude Rocks, Additional items in the ResourceHub	Elementary – Gratitude, Resilience, Respect, Diversity, Mindfulness Secondary – Mindfulness, Resilience, Self-Esteem, Irrational Thinking
3/1-3/5	Lesson 5.2 Be More Grateful				
3/8-3/12	Lesson 5.3 Thank it Forward				
3/15-3/19	Lesson 5.4 Elevate your Perspective				
Mindset 6: Live to Give (Mar 29 – Apr 23)					
3/29-4/2	Lesson 6.1 Stretch Yourself	Empathy Growth Mindset Hope Relationship Skills Self-Awareness Social Awareness	Caring	Daily Morning Announcements, Community Service Project, Donation Drive, Paper Chain of Kindness, Additional items in the ResourceHub	Elementary – Empathy, Making Friends, Healthy Relationships, Responsibility Secondary – Healthy Relationships, Restorative Practices, Refocus, Motivation
4/5-4/9	Lesson 6.2 Make a Difference				
4/12-4/16	Lesson 6.3 Receive Gracefully				
4/19-4/23	Lesson 6.4 Create a Legacy				
Mindset 7: The Time is Now (May 3 – Jun 18)					
5/3-5/7	Lesson 7.1 Embrace Every Moment	Self-Management Social Awareness Decision Making Resilience Growth Mindset Relationship Skills	Reflective	Daily Morning Announcements, Mindsets Assembly, Letter to My Future Self, , Additional items in the ResourceHub	Elementary – Setting Goals, Resilience, Growth Mindset Secondary – All or Nothing Thinking, Learned Helplessness, Motivation, Putting it All Together
5/24-5/28	Lesson 7.2 Get in the Zone				
6/1-6/4	Lesson 7.3 Let Yourself be Vulnerable				
6/7-6/11	Lesson 7.4 Act with Purpose				
6/14-6/18	Conclusion				

