

# Elementary (3-5) Course 1 Overview

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## **Course Overview**

This course is an age-appropriate overview of the 7 Mindsets for intermediate students. The course is primarily instructor-led but requires extensive student participation. Additionally, some student-led components are included. The course uses developmentally-appropriate games, activities, and videos to create an understanding of the four learning objectives contained in each Mindset.

## **1. Everything is Possible Unit Overview**

Students will learn the Everything is Possible Mindset. The unit will orient us toward understanding that we are all capable of dreaming bigger than we ever thought possible. We will learn to take small steps everyday on the road to our dreams, embrace our creativity and imagination, look on the bright side of things, and turn mistakes or setbacks into opportunities.

### **Lesson 1.1 – Everything is Possible: Introduction and Dream Big**

- Understand that a dream is a strongly desired goal or purpose
- Begin to understand that the first step in achieving our dreams is visualizing and identifying them

### **Lesson 1.2 – Everything is Possible: Embrace Creativity**

- Begin to understand that if we want things to change we must do things we've never done before
- Understand that the definition of creativity means having the ability to make new things or think of new ideas

### **Lesson 1.3 – Everything is Possible: Think Positive**

- Begin to understand that those with brighter outlooks are generally happier and accomplish more in life
- Learn how to turn negative thoughts into positive thoughts

### **Lesson 1.4 – Everything is Possible: Act and Adjust**

- Begin to understand how we can adjust our plan of action if an obstacle arises as opposed to giving up on a dream
- Learn how to talk through setbacks in order to learn from them

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*“Your students will rise or fall to the level of expectations you set for them.”*

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## **2. Passion First Unit Overview**

Students will learn the Passion First Mindset. The unit will expose us to the understanding that we are all individuals with our own unique passions and talents. In this unit we will learn to spend time doing the things that we truly enjoy, to align our core values to our interests, and to be true to ourselves by aligning our passions with what matters most to us.

### **Lesson 2.1 – Passion First: Introduction and Focus on Strengths**

- Identify a passion and a strength that each of us possess
- Begin to explain how our passions and strengths help us achieve our dreams
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### **Lesson 2.2 – Passion First: Explore your Interests**

- Understand that an interest is not only something we enjoy, but it is something we want to keep learning about
- Brainstorm ways that we can continue to learn about the things that we are authentically interested in

### **Lesson 2.3 – Passion First: Take a Stand**

- Understand what our core value is and how it relates to our passions
- Begin to understand that we are strongest and most successful when we are acting from our values

### **Lesson 2.4 – Passion First: Be Authentic**

- Learn that being authentic means staying true to who we are and what we believe
- Begin to understand that being authentic to who we are is the best way to do extraordinary things in life

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### **3. We Are Connected Unit Overview**

Students will learn the We are Connected Mindset. This unit will encourage us to seek out and maximize positive relationships with people that can help us achieve our dreams. We will explore the idea of surrounding ourselves with people that build us up and inspire us to live our best life, and we will learn to actively seek ways to offer kindness in order to strengthen these relationships.

#### **Lesson 3.1 – We are Connected: Introduction and Embrace Everyone**

- Learn that every person that comes into our lives can either help us, hurt us, or have no impact at all
- Begin to understand that individuals who live great lives embrace everyone and look for ways to serve them in return

#### **Lesson 3.2 – We are Connected: Maximize Positive Relationships**

- Learn that maximizing positive relationships means to spend more time with the people who empower us
- Begin to identify the people in our lives who empower us and help us reach our fullest potential

#### **Lesson 3.3 – We are Connected: Build Your Dream Team**

- Identify the characteristics of people on a dream team and how they can help us live our best life
- Identify the people on our own personal dream team

#### **Lesson 3.4 – We are Connected: Lead with Value**

- Brainstorm and start to identify ways that we can show kindness to those around us
- Begin to understand that when we show kindness, we do it without expecting anything in return

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### **4. 100% Accountable Unit Overview**

Students will learn the 100% Accountable Mindset. This unit will help us understand that we are responsible for our own success and happiness. We learn that we all have unique and wonderful ideas and to never let excuses or negative thoughts get in the way of new opportunities. This mindset teaches us that we must focus our energy on achieving our goals and that our lives are a journey paved with setbacks and celebrations that we learn from all along the way.

#### **Lesson 4.1 – 100% Accountable: Introduction and Own Your Life**

- Explain what characteristics we have that make us unique
- Begin to describe an idea we have or something we believe in that makes us unique

#### **Lesson 4.2 – 100% Accountable: Overcome Limiting Beliefs**

- Identify a limiting belief we may have and how it is keeping us from reaching our goals
- Begin to understand that reprogramming our thinking from “I Can’t” to “I Can” will allow us to try new things and reach new/more goals

#### **Lesson 4.3 – 100% Accountable: Focus Your Energy**

- Begin to understand how distractions in our life may not allow us to focus on our dreams and goals
- Begin to understand why it is important to structure our time and energy in order to focus on the steps to reach our dream

#### **Lesson 4.4 – 100% Accountable: Grow Through Life**

- Identify ways we have grown through life and continue to grow by improving and learning new things
- Begin to understand that all experiences give us new knowledge, skills, and perspective

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### **5. Attitude of Gratitude Unit Overview**

Students will learn the Attitude of Gratitude Mindset. This unit helps us seek the positives from every experience, and be thankful for all we have. Through the Attitude of Gratitude Mindset, we are taught that we can use either the positives or negatives in our lives as a foundation on which to build. Choose the positives, and we are on our way toward extraordinary success; choose the negatives, and we will likely begin a downward spiral. By focusing on the things we have, there is no time to be distracted by what we don't have.

#### **Lesson 5.1 – Attitude of Gratitude: Introduction and Treasure Yourself**

- Identify things that we can do or that we have inside us that we are grateful for
- Begin to understand that in order to be successful we need to be grateful for ourselves

#### **Lesson 5.2 – Attitude of Gratitude: Be More Grateful**

- Recognize that if we focus our attention on the positive things in life, these things will multiply. If we focus our attention on jealousy, anger, or resentment, we will experience more negative circumstances in life.
- Identify a person(s) that you would like to express gratitude towards

#### **Lesson 5.3 – Attitude of Gratitude: Thank it Forward**

- Begin to understand how to initiate the cycle of gratitude
- Describe a variety of ways to show gratitude

#### **Lesson 5.4 – Attitude of Gratitude: Elevate your Perspective**

- Begin to understand what it means to elevate our perspective and find the positives in negative situations
- Learn how to approach new or challenging situations with a positive attitude

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### **6. Live to Give Unit Overview**

Students will learn the Live to Give Mindset. The unit will orient us toward inspiring and serving others while maximizing our potential. Live to Give teaches us that abundance in our lives is a cycle, and to get love, respect, and financial security, we must learn to give those things. This Mindset also teaches that the greatest gift we can ever give is to find and leverage our unique genius to maximize our positive impact on the world, knowing that good things will be returned to us in kind.

#### **Lesson 6.1 – Live to Give: Introduction and Stretch Yourself**

- Begin to understand that being our best self every day will allow us to live our best life
- Identify ways to stretch ourselves to spread kindness

#### **Lesson 6.2 – Live to Give: Make a Difference**

- Begin to understand what it means to make a difference in someone's life
- Brainstorm ways to make a difference at home, at school, and in the community

#### **Lesson 6.3 – Live to Give: Receive Gracefully**

- Learn the meaning of the word “gracefully” and how to receive a gesture in this manner
- Practice not feeling uncomfortable or underserving when receiving a compliment, gift, or gesture of kindness

#### **Lesson 6.4 – Live to Give: Leave a Legacy**

- Understand the meaning of the word “legacy”
- Begin to understand how the Mindsets Live to Give and Passion First are related

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### **7. The Time is Now Unit Overview**

Students will learn The Time is Now Mindset. The unit will teach us to find and embrace circumstances that create positive emotions. The Time is Now is about being brave, trying new things and to stay focused on the path to achieving your dreams because every step you take should be purposeful and align with your goals and beliefs.

#### **Lesson 7.1 – The Time is Now: Introduction and Embrace Every Moment**

- Begin to understand the meaning of embracing every moment in life
- Identify circumstances that bring us joy, love, and gratitude

#### **Lesson 7.2 – The Time is Now: Get in the Zone**

- Understand that it is vital to think about our actions or our words before we act
- Understand that when we think about our actions before we act on them, we create more positive outcomes

#### **Lesson 7.3 – The Time is Now: Let Yourself be Vulnerable**

- Practice showing emotions and allowing ourselves to be vulnerable
- Begin to understand how some of our greatest moments in life come from allowing ourselves to be vulnerable

#### **Lesson 7.4 – The Time is Now: Act on Purpose**

- Understand that acting on purpose means not reacting without thinking through the repercussions
- Begin to understand that every action we take directly relates to the goals and dreams that we have for ourselves