



EVERYTHING IS POSSIBLE
Know Your Dreams and Goals

COURSE 1 - REMEMBER AND UNDERSTAND

Units	Learning Objectives	Essential Skills/Concepts
1.1 Dream Big	<ul style="list-style-type: none"> • Begin to understand the meaning of the word “dream.” • Identify how to make a goal. • Learn that goals can be dreams. 	<ul style="list-style-type: none"> • Know the difference between dreams during sleep and wishes we want to achieve • Expressing feelings and thoughts. • Making choices. • Persistence/trying hard.
1.2 Embrace Creativity	<ul style="list-style-type: none"> • Identify what it means to use our imagination. • Understand how to create things. 	<ul style="list-style-type: none"> • Creativity/imagination. • Courage to follow dreams. • Identify dreams/goals. • Verbal, physical, art as creative expressions.
1.3 Think Positive	<ul style="list-style-type: none"> • Identify what it means to think in a “positive” way. • Begin to understand that it is important to believe in ourselves and our dreams. 	<ul style="list-style-type: none"> • Positive thinking. • Belief in self and one’s dreams. • Learn power words. • Recognize differences and similarities.
1.4 Act and Adjust	<ul style="list-style-type: none"> • Discuss the essential elements learned throughout the Everything Is Possible Mindset. • Share how we can use the Everything Is Possible Mindset in our lives. 	<ul style="list-style-type: none"> • “Stop and think” before acting. • Problem solving/adjusting actions. • Helping others. • Working together. • Resilience/overcoming things that are difficult.

MINDSETS/SOCIAL-EMOTIONAL LEARNING ALIGNMENTS

1.1 Dream Big	1.2 Embrace Creativity	1.3 Think Positive	1.4 Act and Adjust
<p>Decision-Making – Students increase their expectations and connect current decisions and actions to future goals and consequences.</p> <p>Hope – Effective visioning and goal setting increase students’ expectations and overall perspective on their lives and future.</p> <p>Self-Awareness – Students build a positive self-image by recognizing their unique abilities that will help them succeed in school and life.</p>	<p>Growth Mindset – Students gain a greater appreciation for their creative capacity and their potential to innovate and grow through life.</p> <p>Resilience – Through creative problem-solving, students build confidence in their ability to overcome challenges and adversity.</p> <p>Cultural Competence – Students build an appreciation for integrating other cultures and perspectives into the creative process.</p>	<p>Self-Management – Students learn to manage their own emotions to drive better relationships and outcomes in their lives.</p> <p>Relationship Skills – Through improved attitudes and perspectives, students become better friends and connect more easily.</p> <p>Hope – Students build their capacity to see opportunities and maintain a positive perspective to improve motivation and performance.</p> <p>Self-Awareness – Students gain a broader perspective on their abilities and attitudes. They also learn to appreciate and connect with the world around them.</p>	<p>Self-Management – Students develop the critical skill of correcting mistakes and adjusting their actions and behaviors to get better results.</p> <p>Growth Mindset – Students learn that failure and risk are essential to success and act as catalysts for personal growth.</p> <p>Resilience – Students gain a greater capacity to overcome challenges and adversity by changing their perspective on risk and failure.</p>



PASSION FIRST
Connect Your Passions, Strengths, and Interests

Units	Learning Objectives	Essential Skills/Concepts
2.1 Focus on Your Strengths	<ul style="list-style-type: none"> Understand the meaning of the word passion. Identify what it means to have strengths. 	<ul style="list-style-type: none"> Learn the concept of passion. Understanding the concept of strengths. Identifying strengths. Self-discovery. Building strengths through practice.
2.2 Explore Your Interests	<ul style="list-style-type: none"> Understand that we do not have to be good at something to be passionate about it. Identify what we are passionate about. 	<ul style="list-style-type: none"> Exploring personal interests. Discovering passions. Relating strengths, passions, and interests. Learning to work together as a team. Creativity.
2.3 Take a Stand	<ul style="list-style-type: none"> Understand that not everyone has the same interests. Accept others who do not have the same interests as we do. 	<ul style="list-style-type: none"> Awareness of self and others. Self-acceptance. Acceptance of differences. Developing one's "voice." Standing up for self and others.
2.4 Be Authentic	<ul style="list-style-type: none"> Share our interests with others. Begin to learn that being "authentic" means to be ourselves. Learn how we can put passion/interests first. 	<ul style="list-style-type: none"> Awareness of self and others. Learn to be yourself. Learn how to consider others. Sharing/active listening. Learning from others. Putting passion into practice. Making a difference through action.

MINDSETS/SOCIAL-EMOTIONAL LEARNING ALIGNMENTS

2.1 Focus on Your Strengths	2.2 Explore Your Interests	2.3 Take a Stand	2.4 Be Authentic
<p>Self-Awareness – Students gain greater knowledge and appreciation for their talents and the value they bring to themselves, their school, and their community.</p> <p>Cultural Competence – Students build a greater appreciation for their capabilities and perspectives and those from people of different backgrounds, abilities, and cultures.</p> <p>Hope – Students gain greater clarity on a positive future that leverages their innate abilities and strengths.</p>	<p>Self-Awareness – Students gain greater knowledge of and appreciation for their interests.</p> <p>Self-Management – Students learn to align their interests and passions to more positive and purposeful actions and outcomes.</p> <p>Hope – Students gain greater clarity on a positive future that leverages their innate interests and desires.</p>	<p>Self-Awareness – Students gain a greater knowledge and appreciation for their values and the impact those values have on their lives, their school, and their community.</p> <p>Cultural Competence – Students gain a greater knowledge and appreciation for all cultures and build empathy to create fairness and equity.</p> <p>Hope – Students envision a positive future that leverages their personal values.</p> <p>Resilience – By connecting more deeply to their core values, students can navigate life's complexities and stay focused on what is important.</p>	<p>Self-Awareness – Students learn how to leverage their strengths, interests, values, and personal desires in their daily lives and for the future.</p> <p>Cultural Competence – Students learn to appreciate the power of unique perspectives and diverse cultures.</p> <p>Hope – Students learn how being true to themselves contributes to positive outcomes.</p>



WE ARE CONNECTED

Embrace Others Regardless of Differences

Units	Learning Objectives	Essential Skills/Concepts
3.1 Embrace Everyone	<ul style="list-style-type: none"> Learn the meaning of the word “connected.” Discover ways we can embrace everyone. 	<ul style="list-style-type: none"> Being connected/connecting to others. Awareness of self in relation to others. Building friendships. Accepting others and their differences.
3.2 Maximize Positive Relationships	<ul style="list-style-type: none"> Understand that because we are connected, we can seek good friendships. Learn how we can approach friends and be a good friend. 	<ul style="list-style-type: none"> Understanding of self and others. Communication skills. Working in a group/teamwork. Understanding the difference between positive and negative. Learning to be kind to form connections. Developing social skills. Understanding social behavior. Asking for help.
3.3 Build Your Dream Team	<ul style="list-style-type: none"> Begin to understand what it means to work together. Learn the idea of a “dream team.” 	<ul style="list-style-type: none"> Learn the meaning of special people who help us (“Dream team”). Learn about group or team unity. Working toward a goal.
3.4 Lead with Value	<ul style="list-style-type: none"> Understand how to be a friend. 	<ul style="list-style-type: none"> Kindness and collaboration. Determining what it means to “be a friend.” Learning about and accepting similarities and differences. Learning about kindness and consideration for others. Learning to help others.

MINDSETS/SOCIAL-EMOTIONAL LEARNING ALIGNMENTS


3.1 Embrace Everyone	3.2 Maximize Positive Relationships	3.3 Build Your Dream Team	3.4 Lead with Value
<p>Social Awareness – Students become more intrinsically motivated to build empowering relationships and understand other cultures and perspectives.</p> <p>Relationship Skills – Students develop strategies for making connections and building meaningful relationships with others.</p> <p>Cultural Competence – Students build an appreciation for all backgrounds, talents, and cultures others bring to collective efforts.</p> <p>Empathy – Students attain broader perspectives on relationships and begin to understand the unique circumstances and abilities of others.</p>	<p>Social Awareness – Students gain a broader understanding of how to have an impact on relationships, and more positive and productive interactions with others.</p> <p>Relationship Skills – Students learn to discern between positive and negative influences and choose positive social and emotional interactions.</p> <p>Empathy – Students attain broader perspectives and begin to understand the unique circumstances and abilities of others.</p> <p>Resilience – Students build greater confidence in their existing support structures and effectively trust and leverage the people around them through challenges.</p>	<p>Social Awareness – Students learn strategies to develop meaningful relationships with others who can assist them at school and in life.</p> <p>Relationship Skills – Students develop strategies to foster empowering relationships that help them succeed.</p> <p>Cultural Competence – Students understand the need to connect meaningfully with other cultures and perspectives to accomplish significant goals.</p> <p>Resilience – Students build greater confidence in their existing support structures and effectively leverage the people around them through challenges.</p>	<p>Empathy – Students strengthen their understanding of the unique circumstances and abilities of others.</p> <p>Cultural Competence – Students build skills to reach out and connect with people from different cultures and backgrounds.</p> <p>Resilience – Students build greater confidence in their existing support structures and effectively trust and leverage the people around them through challenges.</p>

 **100% ACCOUNTABLE**
Be Responsible for Decisions and Choices and Take Control of Your Life

Units	Learning Objectives	Essential Skills/Concepts
4.1 Own Your Life	<ul style="list-style-type: none"> Learn the meaning of the word “accountable.” Learn ways we can be accountable for our feelings and thoughts. 	<ul style="list-style-type: none"> Explore feelings/emotions. Self-reflection and emotional management. Being accountable/taking responsibility for words and actions. Taking control of choices. Learning the consequences of our actions (cause and effect). Listening skills.
4.2 Overcoming Limiting Beliefs	<ul style="list-style-type: none"> Learn the difference between a safe risk and a dangerous risk. Learn to take safe risks to overcome our fears. 	<ul style="list-style-type: none"> Belief in self/self-confidence. Identifying and overcoming fears. Risk taking/trying new things. Learning about safe and dangerous risks. Learning to ask for adult support or help.
4.3 Focus Your Energy	<ul style="list-style-type: none"> Learn the meaning of owning our happiness. Identify people, places, or things that bring us happiness. 	<ul style="list-style-type: none"> Happiness as a positive emotion. Decision-making/making choices. Identifying our own and other’s emotions. Awareness of self and others. Working with others to overcome things that are difficult.
4.4 Grow Through Life	<ul style="list-style-type: none"> Learn what it means to be accountable for our behavior and actions. Share encouragement with classmates through discussion and display. 	<ul style="list-style-type: none"> Learn to think about our actions and behavior. Developing new skills, knowledge, and experiences. Becoming more self-aware. Self-confidence. Self-control. Encouraging self and others. Persistence/trying to do our best.

MINDSETS/SOCIAL-EMOTIONAL LEARNING ALIGNMENTS

4.1 Own Your Life	4.2 Overcoming Limiting Beliefs	4.3 Focus Your Energy	4.4 Grow Through Life
<p>Self-Management – Students understand how their thoughts and actions affect short-term and long-term outcomes in their lives.</p> <p>Decision-Making – Students develop a new perspective on their daily choices and become more intrinsically motivated to make better, more intentional decisions.</p> <p>Resilience – Students develop a greater sense of ownership and a new ability to self-advocate and change outcomes in their lives.</p> <p>Growth Mindset – Students develop an expanding capacity to look inside for motivation and solutions, which leads to greater capacities for themselves.</p>	<p>Self-Awareness – Students develop the capacity to understand their own self-talk and its impact on their thoughts and actions.</p> <p>Self-Management – Students understand how negative thought patterns drive actions and behaviors.</p> <p>Resilience – Students develop a greater sense of ownership and a new ability to self-advocate and change outcomes in their lives.</p>	<p>Self-Management – Students learn to prioritize activities and organize their days to create better outcomes.</p> <p>Decision-Making – Students gain a new perspective on their daily priorities and connect their activities with their goals and consequences in the future.</p> <p>Resilience – Students build greater confidence in their existing support structures and effectively trust and leverage the people around them through challenges.</p>	<p>Self-Management – Students build an understanding of the growth mindset and the process of developing their talents and interests to drive success in school and life.</p> <p>Decision-Making – Students learn how decisions affect their personal development and capacity to achieve their goals in life.</p> <p>Growth Mindset – Students develop an expanding capacity to look inside for motivation and solutions.</p>

 **ATTITUDE OF GRATITUDE**
Recognize All the Good in Your Life, and View the World with Optimism

Units	Learning Objectives	Essential Skills/Concepts
5.1 Treasure Yourself	<ul style="list-style-type: none"> Understand the meaning of the word “gratitude” and what it means to be grateful. Learn what treasuring ourselves means. Learn how to share our treasures or ourselves with others. 	<ul style="list-style-type: none"> Gratitude/being grateful/ thankfulness. Having a good attitude/being positive. Treasuring/loving oneself. Self-awareness. Learn the meaning of negative versus positive. Identifying feelings and attitudes based on facial expressions.
5.2 Be More Grateful	<ul style="list-style-type: none"> Understand how “gratitude” brings happiness to self and others. Identify something to be grateful for in ourselves, and in others. 	<ul style="list-style-type: none"> Learn how to be grateful. Awareness of self and others. Finding things to be grateful for. Relate gratitude/saying “thank you” to happiness of self and others.
5.3 Thank It Forward	<ul style="list-style-type: none"> Identify people in our lives whom we should thank more often. Begin to understand how expressing gratitude makes the receiver and the giver feel good. 	<ul style="list-style-type: none"> Thankfulness/gratitude for others. Awareness of other cultures, languages, and greetings. Awareness of self and others. Importance of expressing thanks/gratitude to and for others. Showing caring and kindness.
5.4 Elevate Your Perspective	<ul style="list-style-type: none"> Learn that we can change a negative to a positive. Identify one or more people in our school community to thank. Learn to use an Attitude of Gratitude Mindset in our lives. 	<ul style="list-style-type: none"> Having control over one’s own feelings and thoughts. Self-control/managing emotions. Learning about one’s own feelings/perspectives. Identifying people for whom we are grateful. Expressing gratitude. Showing appreciation of self and others.

MINDSETS/SOCIAL-EMOTIONAL LEARNING ALIGNMENTS

5.1 Treasure Yourself	5.2 Be More Grateful	5.3 Thank It Forward	5.4 Elevate Your Perspective
<p>Self-Awareness – Students develop a deeper understanding of their positive qualities and how they affect their attitudes and perspectives.</p> <p>Resilience – Students create a more positive self-image and a greater belief in their capacity to succeed and be happy.</p> <p>Hope – Students become more aware of their strengths and assets and how to use them to build a bright future.</p>	<p>Social Awareness – Students gain a greater understanding of the positive influences and support structures in their lives and the lives of others from different cultures, backgrounds, and experiences.</p> <p>Relationship Skills – Students become more mindful of others and learn strategies to execute positive social exchanges and develop deeper positive relationships.</p> <p>Resilience – Students gain confidence in the support structures around them by building a more positive view of others.</p>	<p>Social Awareness – Students develop the capacity to recognize and reinforce the positive impact of others on their lives.</p> <p>Relationship Skills – Students become more aware of the influence of others and develop strategies to build relationships.</p> <p>Resilience – Students become more mindful of others and develop deeper positive relationships in varied situations.</p> <p>Empathy – Students become more aware of their impact on others and their ability to have a positive impact.</p>	<p>Resilience – Students learn to find good in situations and maintain positive attitudes and perspectives through adversity.</p> <p>Growth Mindset – Students understand the critical lessons and growth opportunities that failure and adversity present.</p> <p>Cultural Competence – Students become open-minded about other cultures, developing the ability to build new connections and embrace differences.</p>



LIVE TO GIVE

Be Empathetic and Serve Others to Live a Better and Happier Life

Units	Learning Objectives	Essential Skills/Concepts
6.1 Stretch Yourself	<ul style="list-style-type: none"> Learn what it means to “stretch ourselves.” Understand that one of the best ways to create happiness is to give to others. Identify ways to give to others. 	<ul style="list-style-type: none"> Understanding that we can have a positive impact on others. Understand the concept of “stretching ourselves.” Learning how to share with others. Practicing self-regulation, kindness, verbal participation, and independence. Overcoming fears/doubts. Using gifts to help others.
6.2 Make a Difference	<ul style="list-style-type: none"> Learn how to make a difference for someone. Identify ways that we can give to others in our friendships. 	<ul style="list-style-type: none"> Making a difference through giving and being kind. Being friendly. Bringing others happiness. Consideration and compassion for others. Learning ways to greet people. Kindness and its impact on our own lives.
6.3 Receive Gracefully	<ul style="list-style-type: none"> Learn what it means to receive gracefully. Identify ways we can give of ourselves and others and receive gracefully. 	<ul style="list-style-type: none"> Living to give. Appreciation/gratitude. Receiving with gratitude and grace. Giving and receiving compliments. Making a difference by giving to others. Recognizing the role of kindness/friendship in critical times.
6.4 Create a Legacy	<ul style="list-style-type: none"> Begin to learn what it means to do something good like helping others so that people will have good thoughts about us. Identify all the different ways we can Live to Give. 	<ul style="list-style-type: none"> Relate leaving a legacy to kindness and giving. Understanding the role of kindness and its impact on our own and others’ lives. Making a difference in the world through kindness and positive actions

MINDSETS/SOCIAL-EMOTIONAL LEARNING ALIGNMENTS

6.1 Stretch Yourself	6.2 Make a Difference	6.3 Receive Gracefully	6.4 Create a Legacy
<p>Self-Awareness – Students utilize a better understanding of themselves and how their lives impact others, their community, and the world.</p> <p>Growth Mindset – Students learn that developing their interests and talents will positively impact their lives and the world around them.</p> <p>Hope – Students expand their perspectives on the future and identify significant possible outcomes for their lives.</p>	<p>Self-Awareness – Students gain understanding and practice the importance of serving others and being a positive influence.</p> <p>Cultural Competence – Students build a broader global perspective and seek an impact that creates fairness and equality for all.</p> <p>Empathy – Students build perspective on the needs of others and identify the positive impact they can have on people’s lives through service.</p>	<p>Social Awareness – Students connect with people from other cultures and backgrounds and learn to receive compliments and recognition from others in a positive, constructive way.</p> <p>Relationship Skills – Students learn specific strategies to positively and purposefully relate to others.</p> <p>Empathy – Students learn to be sensitive to the vulnerabilities of others during critical interactions.</p>	<p>Self-Awareness – Students utilize a better understanding of themselves to identify the impact and influence they want their lives to have.</p> <p>Growth Mindset – Students learn that developing their interests and talents will positively impact their lives and the world around them.</p> <p>Cultural Competence – Students build a fair-minded perspective and work towards problem-solving solutions that benefit everyone.</p> <p>Hope – Students expand their perspectives on the future and identify significant outcomes for their lives.</p>



THE TIME IS NOW
Act Now to Create a Better Future

Units	Learning Objectives	Essential Skills/Concepts
7.1 Embrace Every Moment	<ul style="list-style-type: none"> • Begin to understand that we can focus on what makes us happy. • Identify things that make us happy . 	<ul style="list-style-type: none"> • Living in the present with joy. • Identifying sources of happiness. • Focusing on positivity. • Mindfulness. • Appreciating every moment and not worrying about what comes next. • Making choices. • Self-regulation.
7.2 Get in the Zone	<ul style="list-style-type: none"> • Learn that “get in the zone” means to relax, block out distractions, and focus. • Learn strategies we can use to “get in the zone” and focus our energy. • Learn and practice mindfulness through deep breathing . 	<ul style="list-style-type: none"> • Using our bodies and minds to focus attention and energy. • Deep breathing techniques for relaxation. • Stress and worry management. • Use deep breathing to overcome negative feelings. • Happiness and creating positive attitudes. • Self-regulation/self-control. • Managing emotions (sadness and happiness.)
7.3 Let Yourself Be Vulnerable	<ul style="list-style-type: none"> • Learn what it means to share your feeling when you need help. • Begin to understand how making mistakes allows us to grow and learn. • Identify examples of self-talk or affirmations that can be used when we want to try new things. 	<ul style="list-style-type: none"> • Being okay with making mistakes. • Learning and growing from mistakes. • Self-acceptance/self-confidence. • Risk-taking and trying new things. • Positive self-affirmations/self-talk and encouragement.
7.4 Act with Purpose	<ul style="list-style-type: none"> • Understand what it means to act with purpose. • Identify how encouragement helps us act with purpose. • Identify examples of encouraging words and statements. 	<ul style="list-style-type: none"> • Keeping on task/being focused. • Learn how to focus and act with purpose. • Focusing on the positive. • Encouraging ourselves and others during challenging situations (pep-talks, cheerleading). • Helping and caring for others.

MINDSETS/SOCIAL-EMOTIONAL LEARNING ALIGNMENTS

7.1 Embrace Every Moment	7.2 Get in the Zone	7.3 Let Yourself Be Vulnerable	7.4 Act with Purpose
<p>Self-Management – Students learn to become more thoughtful and present, bringing their full capacity to their decisions and actions.</p> <p>Social Awareness – Students develop strategies to become more engaged in the present moment and to act more thoughtfully and constructively.</p> <p>Decision-Making – Students become more present and learn new approaches to decision-making.</p>	<p>Self-Management – Students learn how their state of mind affects their actions and decisions.</p> <p>Social Awareness – Students understand social norms and the impact of their perspectives and emotions on interactions with others.</p> <p>Decision-Making – Students learn how their feelings, thoughts, and emotions affect their decisions.</p>	<p>Self-Awareness – Students build their capacity to share themselves authentically with comfort and confidence.</p> <p>Relationship Skills – Students learn to be more open, sincere, and authentic with others.</p> <p>Resilience – Students develop a healthy perspective on risk-taking by realizing the necessity of taking chances and learning through failure.</p>	<p>Self-Management – Students learn the effects of their actions and develop the capacity to prioritize and focus on meaningful, productive activities.</p> <p>Decision-Making – Students learn to make purposeful decisions and prioritize actions that benefit themselves and others.</p> <p>Growth Mindset – Students seek opportunities to develop their capabilities and work constructively toward their goals.</p>