

Week 1 Lesson 1	Week 1 Lesson 2	Week 1 Lesson 3	Week 1 Lesson 4	Week 1 Lesson 5
5th grade - Introduction to Our Journey	5th grade - Getting to Know Each Other	5th grade - Defining Positive Culture	5th grade - Goal Setting and Vision Creating	5th grade - Establishing Class Norms
6th grade - Positive Relationships with Peers and Adults	6th grade - How Motivated Are You?	6th grade - Developing Academic Discipline	6th grade - How Can You Share Your Gifts in Powerful Ways?	6th grade - Engaging with Your School and Community
Week 2 Lesson 1	Week 2 Lesson 2	Week 2 Lesson 3	Week 2 Lesson 4	Week 2 Lesson 5
5th grade - Core Values Present in Our Character	5th grade - How Do You Communicate Respect?	Responsibility Today Matters Tomorrow	What Makes Communication Effective?	Great Listening: What Does It Look Like?
6th grade - Being an Agent for Change and a Peacemaker	6th grade - Helping Friendships Shift and Evolve Positively	5th grade and 6th 2nd semester are the same for the rest of the lessons		
Week 3 Lesson 1	Week 3 Lesson 2	Week 3 Lesson 3	Week 3 Lesson 4	Week 3 Lesson 5
Success with Life Skills	Thumbs-Up to a Positive Work Ethic	Caring + Empathy = Respect	Impact of Making Good Decisions	You, Emotions and Stress: Who's Handling Who?
Week 4 Lesson 1	Week 4 Lesson 2	Week 4 Lesson 3	Week 4 Lesson 4	Week 4 Lesson 5
Practicing Whole-Body Listening	Creating a Personal Growth Portfolio	Teamwork and Collaboration	Relfecting on Personal Growth	Presenting Personal Growth Achievements
Week 5 Lesson 1	Week 5 Lesson 2	Week 5 Lesson 3	Week 5 Lesson 4	Week 5 Lesson 5
Exploring Personal Talents and Interests	Integrity: Doing the Right Thing	Communicating with Clarity and Confidence	Setting SMART Goals	Reflecting on Daily Experiences
Week 6 Lesson 1	Week 6 Lesson 2	Week 6 Lesson 3	Week 6 Lesson 4	Week 6 Lesson 5
Problem-Solving Strategies	Navigating Peer Influence	Developing Mental Toughness	Embracing Cultural Differences	Listening with Empathy
Week 7 Lesson 1	Week 7 Lesson 2	Week 7 Lesson 3	Week 7 Lesson 4	Week 7 Lesson 5
Prioritizing Tasks Effectively	Understanding and Managing Emotions	Fostering Trust in Relationships	Becoming a Role Model	Resolving Conflicts Peacefully
Week 8 Lesson 1	Week 8 Lesson 2	Week 8 Lesson 3	Week 8 Lesson 4	Week 8 Lesson 5
Analyzing Situations Critically	Introduction to Budgeting	Creating a Balanced Lifestyle	Exploring Future Career Paths	Staying Safe Online
Week 9 Lesson 1	Week 9 Lesson 2	Week 9 Lesson 3	Week 9 Lesson 4	Week 9 Lesson 5
Digital Etiquette and Empathy	Planning for Academic Success	Expressing Yourself Publicly	Coping with Stress and Anxiety	Practicing Gratitude Daily