

|                                                          |                                                       |                                                          |                                                        |                                                        |
|----------------------------------------------------------|-------------------------------------------------------|----------------------------------------------------------|--------------------------------------------------------|--------------------------------------------------------|
| Week 10 Lesson 1                                         | Week 10 Lesson 2                                      | Week 10 Lesson 3                                         | Week 10 Lesson 4                                       | Week 10 Lesson 5                                       |
| <a href="#">Writing a Personal Manifesto</a>             | <a href="#">Relaxation Techniques</a>                 | <a href="#">Preventing and Addressing Bullying</a>       | <a href="#">Boosting Self-Worth</a>                    | <a href="#">Acts of Kindness and Compassion</a>        |
| Week 11 Lesson 1                                         | Week 11 Lesson 2                                      | Week 11 Lesson 3                                         | Week 11 Lesson 4                                       | Week 11 Lesson 5                                       |
| <a href="#">Keeping Organized</a>                        | <a href="#">Standing Up for Yourself Respectfully</a> | <a href="#">Getting Involved in the Community</a>        | <a href="#">Caring for the Environment</a>             | <a href="#">Adopting a Growth-Oriented Mindset</a>     |
| Week 12 Lesson 1                                         | Week 12 Lesson 2                                      | Week 12 Lesson 3                                         | Week 12 Lesson 4                                       | Week 12 Lesson 5                                       |
| <a href="#">Managing Frustration and Anger</a>           | <a href="#">Effective Study Habits</a>                | <a href="#">Participating in Team Sports</a>             | <a href="#">Cultivating Innovation</a>                 | <a href="#">Personal Health and Safety</a>             |
| Week 13 Lesson 1                                         | Week 13 Lesson 2                                      | Week 13 Lesson 3                                         | Week 13 Lesson 4                                       | Week 13 Lesson 5                                       |
| <a href="#">Understanding Global Cultures</a>            | <a href="#">Negotiating Fairly</a>                    | <a href="#">Healty Sleep Practices</a>                   | <a href="#">Finding and Building a Support Network</a> | <a href="#">Exercising Self-Control</a>                |
| Week 14 Lesson 1                                         | Week 14 Lesson 2                                      | Week 14 Lesson 3                                         | Week 14 Lesson 4                                       | Week 14 Lesson 5                                       |
| <a href="#">Media Literacy: Analyzing Advertisements</a> | <a href="#">Using Humor Positively</a>                | <a href="#">Planning and Executing Personal Projects</a> | <a href="#">Collaborating Effectively</a>              | <a href="#">Pursuing Happiness</a>                     |
| Week 15 Lesson 1                                         | Week 15 Lesson 2                                      | Week 15 Lesson 3                                         | Week 15 Lesson 4                                       | Week 15 Lesson 5                                       |
| <a href="#">Volunteering in the Community</a>            | <a href="#">Self-Assessment and Reflection</a>        | <a href="#">Envisioning Your Future</a>                  | <a href="#">Reviewing and Adjusting Goals</a>          | <a href="#">Acknowledging and Celebrating Progress</a> |
| Week 16 Lesson 1                                         | Week 16 Lesson 2                                      | Week 16 Lesson 3                                         | Week 16 Lesson 4                                       | Week 16 Lesson 5                                       |
| <a href="#">Planning Personal Growth Beyond School</a>   | <a href="#">Mental Health Awareness</a>               | <a href="#">Learning Styles and Preferences</a>          | <a href="#">Financial Planning for Youth</a>           | <a href="#">Practicing Effective Communication</a>     |
| Week 17 Lesson 1                                         | Week 17 Lesson 2                                      | Week 17 Lesson 3                                         | Week 17 Lesson 4                                       | Week 17 Lesson 5                                       |
| <a href="#">Handling Peer Relationships Positively</a>   | <a href="#">Building Digital Competence</a>           | <a href="#">Understanding Global Challenges</a>          | <a href="#">Demonstrating Kindness</a>                 | <a href="#">Respecting Personal Boundaries</a>         |
| Week 18 Lesson 1                                         | Week 18 Lesson 2                                      | Week 18 Lesson 3                                         | Week 18 Lesson 4                                       | Week 18 Lesson 5                                       |
| <a href="#">Exploring Professional Aspiration</a>        | <a href="#">Developing Leadership Qualities</a>       | <a href="#">Maintaining a Positive Attitude</a>          | <a href="#">Time Management Skills</a>                 | <a href="#">Summer Learning and Growth Planning</a>    |