



CURRICULUM OVERVIEW

FOR GRADES 6-8

6th Grade

1. Community Building - Lesson 1
2. Community Building - Lesson 2
3. Intro Personality vs Character with CharacterDare Challenge
4. Introduce the 8 Essentials
5. Kindness - Lesson 1 - Wanted Posters
6. Kindness - Lesson 2 - Compliment Creations
7. Habit Development
8. Kindness - Lesson 3 - Make Kindness Normal
9. Community Building - Lesson 3
10. WOOP Goal Setting Process Introduced and Practiced
11. Growth Mindset - Lesson 1
12. Intro to Mindfulness
13. Community Building - Lesson 4
14. CharacterStrong Video Day
15. Role Models
16. SOFTEN Listening
17. Diversity and Acceptance
18. Community Building - Lesson 5
19. Patience - Lesson 1 - Wanted Poster
20. Patience - Lesson 2 - Application Activity
21. Patience - Lesson 3 - Make Patience Normal
22. Community Building - Lesson 6
23. Introduction to Gratitude - School and Home Application
24. School Service Project - WOOP Goals Revisited
25. Mindfulness - Lesson 2
26. The Law of the Harvest
27. Community Building - Lesson 7
28. School Service Project
29. Growth Mindset - Lesson 2
30. Empathy
31. CharacterStrong Spotlight
32. Introduction of Class Speeches
33. Presentation of Class Speeches
34. Presentation of Class Speeches
35. Closure Activity



7th Grade

1. Community Building - Lesson 1
2. Community Building - Lesson 2
3. Introduce the CharacterDare
4. Personality Challenge
5. Community Building - Lesson 3
6. Respect - Lesson 1 - Wanted Posters
7. Respect - Lesson 2 - Application
8. WOOP Goal Setting Process Lesson
9. Respect - Lesson 3 - Make Respect Normal
10. Community Building - Lesson 4
11. Active Listening Skill - Paraphrasing
12. Growth Mindset Lesson (Brain Neuroscience)
13. School Service Project
14. Community Building - Lesson 5
15. CharacterStrong Video Day
16. Leadership Defined - It's all about relationships
17. Growth Mindset Continued
18. Mindfulness
19. Honesty - Lesson 1 - Wanted Poster
20. Honesty - Lesson 2 - Application
21. Honesty - Lesson 3 - Make Honesty Normal
22. Community Building - Lesson 6 - Compliment Creations
23. CharacterStrong Spotlight
24. Gratitude Experiment
25. Emotional Intelligence
26. Community Building - Lesson 7
27. Asking for Feedback Introduction
28. CharacterStrong Spotlight
29. Empathy Building
30. CharacterStrong Video Day
31. Community Building - Lesson 8
32. Introduction of Class Speeches
33. Presentation of Class Speeches
34. Presentation of Class Speeches
35. Closure Activity



8th Grade

1. Community Building - Lesson 1
2. Community Building - Lesson 2
3. Habit Development & Intro to CharacterDare
4. Grit & The Will (Equations)
5. Commitment - Lesson 1 - Wanted Poster
6. Commitment - Lesson 2
7. WOOP Goal Setting Process
8. Commitment - Lesson 3 - Make Commitment Normal
9. Community Building - Lesson 3
10. Mindfulness Lesson 1
11. The Law of Influence - Lesson 1
12. The Law of Influence - Lesson 2
13. School Service Project
14. Community Building - Lesson 4
15. Growth Mindset - Lesson 1
16. Active Listening Skill - Asking Clarifying Questions
17. Empathy - Lesson 1
18. Community Building - Lesson 5
19. Selflessness - Lesson 1 - Wanted Poster
20. Selflessness - Lesson 2 - Application
21. Selflessness - Lesson 3 - Make Selflessness Normal Activity
22. Community Building - Lesson 6
23. CharacterStrong Spotlight
24. Empathy - Lesson 2
25. CharacterStrong Video Day
26. Community Building - Lesson 7
27. Growth Mindset - Lesson 2
28. Character Reflection
29. CharacterStrong Spotlight
30. Community Building - Lesson 8 - Compliment Creations
31. Most Influential Leader Debate Intro
32. Most Influential Leader Debate Day 1
33. Most Influential Leader Debate Day 2
34. Most Influential Leader Debate Day 3
35. Closure Activity

