

SIXTH GRADE

VIDEO SERIES PROGRESSION BY MONTH

1 **GROWTH MINDSET**
If you don't believe it's possible, it's not.

6 **MENTAL HEALTH MATTERS**
It's ok to ask for help.

2 **GOALS**
With no clear vision, you're bound to make bad decisions.

7 **UNSTOPPABLE**
Being unstoppable is a choice available to all.

3 **TAKING CONTROL**
Nobody is responsible for reaching your goals but YOU.

8 **THE OFFSEASON**
The decisions we make in the offseason impact our performance next season.

4 **HOLIDAY WISHES**
Perspective is everything when it comes to having a happy holiday!

5 **MOODS**
You have more control than you give yourself credit for.

**There are 3 videos
with discussion
guides per month**

SEVENTH GRADE

VIDEO SERIES PROGRESSION BY MONTH

1 **GROWTH MINDSET LV.2**
If you don't believe it's possible, it's not.

6 **MENTAL HEALTH MATTERS LV. 2**
The more we know, the less scary, and the more we can help.

2 **GAMIFIED (Goal Setting)**
Life is more exciting with goals.

7 **MIND YOUR MANNERS**
Hellos, pleases, and thank yous matter.

3 **CONNECTED (Relationships)**
Relationships impact performance.

8 **REARVIEW MIRROR (Reflection)**
Having an improved view helps us in our journey ahead.

4 **HOLIDAY WISHES LV.2**
Gratitude + Planning = A Great Break!

5 **BUILT FOR IT (Resilience)**
Life can be tough, but we're built for it.

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EIGHTH GRADE

VIDEO SERIES PROGRESSION BY MONTH

1 HIGH SCHOOL MINDSET
What if we started getting ready now?

6 MENTAL HEALTH MATTERS LV. 3
Action is the only way to help ourselves and others.

2 BALANCING ACT
How to keep up with it all in a busy year.

7 THIS IS ME (Identity)
A series about affiliation and alienation.

3 CRUSHED (Relationships)
An un-weird approach to middle school dating.

8 MIDDLE SCHOOL RECAP
Taking what we learned with us.

4 MINDFUL (Mindfulness)
How to process stress and check in with ourselves.

5 THE REAL WORLD
Setting ourselves up for what comes after high school.

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