

# 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)**  
The decisions we make in the offseason impact our performance next season.

**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.

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