

Grade 9			Grade 10			Grade 11			Grade 12		
Session #	Session Title	Link	Session #	Session Title	Link	Session #	Session Title	Link	Session #	Session Title	Link
1	Building Connections	Session 1	1	Building Connections	Session 1	1	Building Connections	Session 1	1	Building Connections	Session 1
Welcome to Session 1! This is the 1st of 2 sessions about building community. Connecting with peers and building friendships and relationships are important for our sense of belonging and can lay a good foundation for creating a sense of safety and community in our classroom.			Welcome to Session 1! This is the 1st of 2 sessions about building community. The goal is to begin to develop relationships and start creating a sense of safety and community in our classroom.			Welcome to Session 1! This is the 1st of 2 sessions about building community. The goal is to begin to develop relationships and start creating a sense of safety and community in our classroom.			Welcome to Session 1! This is the 1st of 2 sessions about building community. The goal is to begin to develop relationships and start creating a sense of safety and community in our classroom.		
2	Building Community	Session 2	2	Building Community	Session 2	2	Building Community	Session 2	2	Building Community	Session 2
This is the 2nd of 2 sessions about building community through connecting with peers and beginning to build friendships and relationships that are important for our sense of belonging and can lay a good foundation for creating a sense of safety and community in the classroom.			This is the 2nd of 2 sessions about community building. It is focused on getting to know each other better by finding things we have in common. In the virtual version, there is an interactive scavenger hunt.			This is the 2nd of 2 sessions in our community building series. It is focused on discussing, in groups, ways to make school more engaging. In the virtual version, there is an interactive scavenger hunt.			This is the 2nd of 2 sessions in our community building series. In this session, we begin to work together to reflect on our high school experience and ways we might help younger students have a positive experience at our school.		
3	Developing Community Agreements	Session 3	3	Developing Community Agreements	Session 3	3	Developing Community Agreements	Session 3	3	Developing Community Agreements	Session 3
This is the 1st of 2 sessions designed to develop Community Agreements. This process is designed to bring many voices forward to make sure everyone has an opportunity to reflect on and discuss how we want to treat each other. These agreements are designed to help the class to become a safe place where people can be genuine without fear of mistreatment. The agreements are designed to serve as guidelines we can refer to throughout the year.			This is the 1st of 2 sessions focused on developing Community Agreements. This process is designed to bring many voices forward to make sure everyone has an opportunity to reflect on and discuss how we want to treat each other. These agreements are designed to help the class to become a safe place where people can be genuine without fear of mistreatment. The agreements are designed to serve as guidelines we can refer to throughout the year.			This is the 1st of 2 sessions where we work on developing Community Agreements for our classroom. This process is designed to bring many voices forward to make sure everyone has an opportunity to reflect on and discuss how we want to treat each other. These agreements should help our class to become a safe place where people can be genuine without fear of mistreatment. The agreements should serve as guidelines we can refer to throughout the year.			This is the 1st of 2 sessions where we work to develop Community Agreements. This process is designed to bring many voices forward to make sure everyone has an opportunity to reflect on and discuss how we want to treat each other. These agreements should help the class to become a safe place where people can be genuine without fear of mistreatment. The agreements should serve as guidelines we can refer to throughout the year.		
4	Upholding Community Agreements	Session 4	4	Upholding Community Agreements	Session 4	4	Upholding Community Agreements	Session 4	4	Upholding Community Agreements	Session 4
This is the 2nd of 2 sessions designed to develop Community Agreements. This session we choose 3 Agreements and work to come up with shared understandings and norms for how we will collectively hold each other accountable for following the agreements during the year.			This is session 2 of 2 focused on developing Community Agreements. This process is designed to bring many voices forward to make sure everyone has an opportunity to reflect on and discuss how we want to treat each other. This session we choose 3 Agreements and work to come up with shared understandings and norms for how we will collectively hold each other accountable for following the agreements during the year.			This is 2nd of 2 sessions focused on developing Community Agreements. This process is designed to bring many voices forward to make sure everyone has an opportunity to reflect on and discuss how we want to treat each other. In this session, we work to come up with ways we will collectively hold each other accountable for following the agreements.			This is the 2nd of 2 sessions focused on developing Community Agreements. This process is designed to bring many voices forward to make sure everyone has an opportunity to reflect on and discuss how we want to treat each other. In this session, we clarify our Agreements and work to come up with ways we will collectively hold each other accountable for following the agreements.		
5	Normalizing 9th Grade Worries (Belonging)	Session 5	5	Understanding Mental Health	Session 5	5	Clarifying Values to Increase Engagement	Session 5	5	Defining Leadership	Session 5
This is the 1st of 2 sessions that utilize videos that bring student voices forward with the goal of helping quell worries our students might have at the beginning of middle school. This session focuses on Belonging.			This is the 1st of 2 sessions about mental health and well-being. An important message of these sessions is that good mental health is more than the absence of mental illness. Well-being is possible even when struggling with mental health challenges. Working to boost our own and others' well-being improves our lives even in the midst of mental health struggles and makes us less likely to suffer mental illness in the future.			This is the 1st of 2 sessions related to values. In this session we will explore how actions can reflect values. This session opens up the conversation about our To Do List and our "To Be List." Importantly, this session introduces the To Be List process - a way to put our values (and the session content) into action. After this session, nearly all sessions will include the To Be List process. Remember: These challenges are invitations, not demands! The power is in the conversation.			This session is designed to set the stage for the theme of this year: "Leadership." In this session, we begin to explore how we can all be positive leaders by influencing others.		
6	Understanding Values	Session 6	6	Understanding Well-Being	Session 6	6	Practicing Values to Increase Engagement	Session 6	6	Connecting Values & Leadership	Session 6
This is the 1st of 3 sessions related to values. Thinking about and identifying personal values we feel are important can help us make good decisions and can guide our actions in positive directions. This session opens up the conversation about our To Do List and our "To Be List." Importantly, this session introduces the To Be List process - a way to put our values (and the session content) into action. After this session, nearly all sessions will include the To Be List process. Remember: These challenges are invitations, not demands! The power is in the conversation.			This is the 2nd of 2 sessions about mental health and well-being. Well-being is important even when we struggle with mental health challenges and increasing our well-being helps us thrive. In this session, we focus on understanding the different elements of well-being.			This is the 2nd of 2 sessions focused on thinking about our values. In this session we share ideas with each other about how to put values into practice. It is the first time that we will experience the full To Be List process: 1st, reflect on the previous To Be List challenge, and 2nd, introduce the new challenge (both parts include some discussion). Remember: To Be List challenges are invitations, not demands! The power is in the conversation.			This is the 1st of 2 sessions related to values. In this session, we begin to explore our own and each others' important values. Importantly, this session introduces the To Be List process - a way to put our values (and the session content) into action. After this session, nearly all sessions will include the To Be List process. Remember: These challenges are invitations, not demands! The power is in the conversation.		
7	Clarifying Values	Session 7	7	Connecting Values & Well-Being	Session 7	7	Understanding Well-Being	Session 7	7	Practicing Values as Leaders	Session 7
This is the 2nd of 3 sessions exploring values. In this session we will think about various personal values we might hold and how hard or easy they are to put into action. It is the first time that we will experience the full To Be List process: 1st, reflect on the previous To Be List challenge, and 2nd, introduce the new challenge (both parts include some discussion). Remember: To Be List challenges are invitations, not demands! The power is in the conversation.			This is the 1st of 3 sessions related to values. This session opens up the conversation about our To Do List and our "To Be List." Importantly, this session introduces the To Be List process - a way to put our values (and the session content) into action. After this session, nearly all sessions will include the To Be List process. Remember: These challenges are invitations, not demands! The power is in the conversation.			This is the 1st of 2 sessions about mental health and well-being. The goal of these sessions is to for us to learn about mental health, normalize talking about the topic, and gain a greater understanding that we can work to improve well-being for ourselves and others.			This is the 2nd of 2 sessions talking about values and how we can understand and use our influence as older students. In this session, we explore together ways to put values into concrete actions that could make a difference in our school.		
8	Practicing Values	Session 8	8	Clarifying Values & Well-Being	Session 8	8	Examining Mental Health Myths	Session 8	8	Connecting Purpose to Academics	Session 8
This is the 3rd of 3 sessions related to clarifying our personal values. This session brings the 3 sessions together with a focus on each of us developing a clear set of 3 values that we will work to put into practice.			This is the 2nd in a series of 3 sessions about "To Be Lists." The concept was introduced last session. This session focuses on attaching the elements of well-being to our lists. As a reminder, the 3 elements of well-being are Mental, Social, and Emotional. Student feedback suggested we don't over-define these elements.			This is the 2nd of 2 sessions about mental health and well-being. In this session, we examine common myths about happiness that can negatively impact our mental health. Discussing and critiquing these myths helps us manage during times we are unhappy and stay focused on ways to improve our well-being.			This is the 1st of 2 sessions on "purpose." A sense of purpose is especially valuable for older adolescents. In this session, we start to work on defining a sense of purpose for ourselves.		
9	Normalizing 9th Grade Worries (Test Taking)	Session 9	9	Practicing Values & Well-Being	Session 9	9	Understanding Ourselves	Session 9	9	Connecting Purpose to Society	Session 9
This is the 2nd of 2 sessions that utilize videos that bring student voices forward with the goal of helping quell worries our students might have about taking tests at the beginning of middle school. This session is focused on taking tests.			This is the 3rd of 3 sessions related to "To Be Lists." In this session, we will continue to work on connecting our personal well-being ideas to our To Be lists and how we can get better at putting them into action.			This is the 1st of 4 sessions on Exploring & Sharing Stories that create a foundation for a block of sessions where we all work in teams to identify, analyze and create solutions for barriers to creating more belonging in our school. In this session, we begin this process by looking at ourselves and reflecting and sharing how we see ourselves and how others see us.			This is the 2nd of 2 sessions on "purpose." In this session, we work to identify a sense of purpose that combines what we are good at and like to do with something that is needed in our community or world.		
10	Coping with Stress	Session 10	10	Setting Well-Being Goals	Session 10	10	Hearing Others' Stories	Session 10	10	Using My Influence for Personal Pursuits	Session 10
This session is focused on stress. High school students often report stress as one of their main challenges. In this session we learn some basic ways to think about, approach and manage stress.			In this session, we continue to focus on putting our To Be lists into action by framing them into goals. We will work to make accomplishing those goals more likely by thinking of barriers we will encounter and ways we might overcome them.			This is the 2nd of 4 sessions on Exploring & Sharing Stories that create a foundation for a block of sessions where we all work in teams to identify, analyze and create solutions for barriers to creating more belonging in our school. In this session, we turn to thinking about others and work to try to understand their stories.			This is the 1st of 2 sessions focused on our dreams for ourselves. In this session, we reflect on our dreams and explore ways they may connect to our sense of purpose.		
11	Practicing Perspective-Taking	Session 11	11	Building Well-Being Habits	Session 11	11	Connecting Through Story	Session 11	11	Using My Influence for Selfless Pursuits	Session 11

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12	Understanding Social Support	Session 12	12	Identifying Obstacles to Well-Being	Session 12	12	Reflecting on Our Stories	Session 12	12	Developing Well-Being Habits	Session 12
	This session introduces the topic of perspective-taking, which is important for building relationships, resolving conflicts, and putting empathy into action. A perspective-taking challenge we explore in this session is understanding the experience of people whose lives and backgrounds may differ from our own.			In this session, we will continue discussing how to turn items on our To Be Lists into actions. One way that's proven to help us accomplish goals is through working to create goal-related habits. Today we work on a proven strategy called Habit Stacking where we connect the habit we want to make to the one we already have to provide a good cue for us to engage in the new habit.			This is the 3rd of 4 sessions on Exploring & Sharing Stories that create a foundation for a block of sessions where we all work in teams to identify, analyze and create solutions for barriers to creating more belonging in our school. In this session, we bridge exploring ourselves and others by sharing important things about ourselves with each other.			This is the 2nd of 2 sessions focused on our dreams. In this session, we move from exploring our dreams for ourselves and employ perspective-taking skills to think about what we'd like to do to help others.	
	This is the 1st of 3 sessions focused on social support. A powerful way we can all cope with challenges in life is through getting support from others. However, social support can backfire if we only focus on the person's problems and difficult emotions. This session we reflect on and learn about ways to ensure that the support we provide to others is truly helpful.			This session focuses on well-being by raising awareness of messages we get from social media and society that can get in the way of our well-being, and practicing ways to counter them.			This is the 4th of 4 sessions on Exploring & Sharing Stories that create a foundation for a block of sessions where we all work in teams to identify, analyze and create solutions for barriers to creating more belonging in our school. In this session, we take stock and reflect together on what we've learned over the last several sessions.			This is the 1st of 2 sessions on habits. In this session, we start with thinking about small manageable changes we want to make in our lives and how to make those into habits.	
13	Developing Supportive Friendships	Session 13	13	Staying True to Our Goals	Session 13	13	Assessing Individual Barriers to Belonging	Session 13	13	Practicing Well-Being Habits	Session 13
	This is the 2nd of 3 sessions focused on social support. A powerful way we can all cope with challenges in life is through getting support from others. In this session we focus on ways to ask others for, and overcome barriers to seeking, social support.			In this session we continue to focus on our well-being. The goal is to discuss solutions for how to handle common obstacles that are within our control which get in the way of our goals.			This is the 1st of 3 sessions on identifying Barriers to Belonging. The goal is to reflect on commonly heard advice about things that might help us increase our sense of belonging in high school and how well they do or don't apply to students.			This is the 2nd of 2 sessions on habits. The goal is to continue building habits and practices that increase well-being.	
14	Practicing Social Support	Session 14	14	Understanding Stress	Session 14	14	Assessing School Barriers to Belonging	Session 14	14	Developing Leadership Habits	Session 14
	This is the 3rd of 3 sessions focused on social support. A powerful way we can all cope with challenges in life is through getting support from others. We are often better at giving advice to others than to ourselves. This session we harness that through identifying things we could use support for in different times in our lives and giving good advice and support to ourselves.			This is the 1st of 2 sessions on Stress Coping. The goal is to discuss what we can control versus what we cannot control during stressful times (and what it means to manage that stress).			This is the 2nd of 3 sessions on identifying Barriers to Belonging. The goal is to begin identifying school-wide barriers to belonging. We will have the opportunity to share some meaningful and challenging feedback today. Try to remember the Community Agreements if there are feelings of frustration, taking something personally, or not understanding a different perspective.			In this session, we focus on how we spend our time and ways we can make time for doing the things we value.	
15	Strengthening Empathy with Perspective-Taking	Session 15	15	Coping with Stress	Session 15	15	Clarifying School Barriers to Belonging	Session 15	15	Practicing Leadership Habits	Session 15
	This session we revisit perspective-taking. This session we explore our own and others' opinions to broaden our understanding of ways we are both alike and different.			This is the 2nd of 2 sessions on Stress Coping. The goal is to understand the difference between solving versus coping with stressors (and to discuss well-being practices that can help).			This is the 3rd of 3 sessions on identifying Barriers to Belonging. The goal is to normalize asking for support by reflecting on other student's stories.			This session is focused on identifying things we can improve in our school and actions we can take to make them better.	
16	Connecting Values & Friendship	Session 16	16	Promoting Well-Being: Brainstorming	Session 16	16	Addressing Barriers to Belonging: Brainstorming	Session 16	16	Understanding Effective Empathy	Session 16
	This is the 1st of 3 sessions on values. In this session we explore our values through reflecting on influential people in our lives and the values they demonstrate.			This is the 1st of 5 sessions where we will work together in the same group to come up with a plan to promote well-being among students at our school. In this session, we form our groups, pick a specific type of well-being we want to focus on, and come up with an initial plan for how we will share our message with our peers.			This is the 1st of 5 sessions where we will work together in the same group to explore and come up with solutions to barriers students face to having a sense of belonging at our school. In this session we get into our groups, choose an aspect of Belonging we want to address, and draft our plan.			This is the 1st of 3 sessions on Empathy and Perspective-Taking. We learn about the formula for "Effective Empathy" - what it takes to ensure empathy leads to positive action - and reflect on why each ingredient matters.	
17	Giving Support to Friends	Session 17	17	Promoting Well-Being: Planning	Session 17	17	Addressing Barriers to Belonging: Planning	Session 17	17	Expanding Our Circle of Empathy	Session 17
	This is the 2nd of 3 sessions on values. In this session, we work to combine our personal values with what we have learned about social support to think further about ways we can support each other.			This is the 2nd of 5 sessions where we will work together in the same group to come up with a plan to promote well-being among students at our school. In this session, we work in our groups to come up with a draft of the product we will produce and share with our peers.			This is the 2nd of 5 sessions where we will work together in the same group to explore and come up with solutions to barriers students face to having a sense of belonging at our school. In this session, we continue to work on our plan to increase belonging at our school - we will critique and improve it.			This is the 2nd of 3 Perspective-Taking sessions. In this session, we focus on "perspective-getting" - a phrase that highlights that effective perspective-taking is an active process that often involves asking questions rather than assuming we know what others are experiencing.	
18	Staying True to Your Values	Session 18	18	Promoting Well-Being: Developing	Session 18	18	Addressing Barriers to Belonging: Presenting	Session 18	18	Practicing Perspective-Taking	Session 18
	This is the 3rd of 3 sessions on values. In this session we reflect on ways we may often fail to put our values into action to help us identify ways to focus on living our values more strongly.			This is the 3rd of 5 sessions where we will work together in the same group to come up with a plan to promote well-being among students at our school. In this session we share our ideas with other groups, get feedback and improve our products.			This is the 3rd of 5 sessions where we will work together in the same group to explore and come up with solutions to barriers students face to having a sense of belonging at our school. In this session, we share our plans with other groups and give each other feedback.			This is the 3rd of 3 Perspective-Taking sessions. The goal is to practice understanding new perspectives by listening with curiosity to other people's experiences.	
19	Belonging in Action: Planning	Session 19	19	Promoting Well-Being: Executing	Session 19	19	Addressing Barriers to Belonging: Executing	Session 19	19	Leaving A Legacy: Brainstorming	Session 19
	This is the 1st of 3 sessions where we will work together in the same group to come up with ideas for our fellow students on how to put into practice our personal To Be words we have worked on identifying in previous sessions this year. In this session we form our groups, choose a To Be list word, define it and explain why it's important.			This is the 4th of 5 sessions where we will work together in the same group to come up with a plan to promote well-being among students at our school. In this session we present our final products to the rest of the class and take action to get them out to our peers.			This is the 4th of 5 sessions where we will work together in the same group to explore and come up with solutions to barriers students face to having a sense of belonging at our school. In this session, we work on revising and finalizing our plans.			This is the 1st of 6 sessions we will spend working with the same group. Our goal will be to choose, analyze, and create a constructive response to a problem we have identified in the communities we are a part of. In this session, we will choose our problem to focus on, identify the audience we want to reach out to, and brainstorm ideas for our constructive response.	
20	Belonging in Action: Developing	Session 20	20	Promoting Well-Being: Evaluating	Session 20	20	Addressing Barriers to Belonging: Evaluating	Session 20	20	Leaving A Legacy: Planning	Session 20
	This is the 2nd of 3 sessions where we will work together in the same group to come up with ideas for our fellow students on how to put into practice personal To Be words we have worked on identifying in previous sessions this year. In this session, we will come up with examples in our groups of ways To Be our chosen words and turn those into challenges to encourage other students.			This is the 5th of 5 sessions where we will work together in the same group to come up with a plan to promote well-being among students at our school. In this session, we all work to examine our products and identify what we think was most effective and what we might have done better. Finally, we celebrate our successes.			This is the 5th of 5 sessions where we will work together in the same group to explore and come up with solutions to barriers students face to having a sense of belonging at our school. In this session, we present our final plans to each other, finalize any last-minute changes and make a solid plan for getting our work out to our peers.			This is the 2nd of 6 sessions we will spend working with the same group. Our goal will be to choose, analyze, and create a constructive response to a problem we have identified. In this session, we will work in our groups to come up with a plan for our projects.	
21	Belonging in Action: Executing	Session 21	21	Creating Well-Being Habits	Session 21	21	Developing Habits for Belonging	Session 21	21	Leaving A Legacy: Developing	Session 21
	This is the 3rd of 3 sessions where we will work together in the same group to come up with ideas for our fellow students on how to put into practice our personal To Be words we have worked on identifying in previous sessions this year. In this session, we all get to present our work over the last two sessions to the class.			In this session, we reflect on To Be words we've worked on this year and come up with doable actions we can take to move us towards becoming more like those words.			In this session, we focus on a 4 stage model of skill development. We reflect on To Be words that are important to us and work to connect them with the skill development progression.			This is the 3rd of 6 sessions we will spend working with the same group. Our goal will be to choose, analyze, and create a constructive response to a problem we have identified. In this session, we will get to work on creating a draft of our project.	
22	Developing Goals	Session 22	22	Improving Well-Being Habits	Session 22	22	Improving Habits for Belonging	Session 22	22	Leaving A Legacy: Presenting	Session 22
	In this session, we utilize reflecting on our pasts to help us form goals for our futures.			In this session, we work on coming up with ways to help ourselves be more like the To Be words we chose last session.			In this session, we focus on identifying things we want to try to do less often in order to make room for things we have decided are more important. We all choose something to stop doing that we commonly do and something to add to our daily routines that we think is more important.			This is the 4th of 6 sessions we will spend working with the same group. Our goal will be to choose, analyze, and create a constructive response to a problem we have identified. In this session, we will get feedback on our ideas and use them to create a final product.	
23	Reflecting on the Year	Session 23	23	Reflecting on the Year	Session 23	23	Reflecting on the Year	Session 23	23	Leaving A Legacy: Executing	Session 23

