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|  | Grade 6 | Grade 7 |
| Week 1 | Welcome to MS | Start the day on a positive note |
| Week 2 | Recognizing emotions & stress | Reduce anxiety using visualization & grounding techniques |
| Week 3 | Growth mindset & grit | Work on being your best now-wellbeing-balloon breathing |
| Week 4 | Big and little problems | Boundaries-set boundaries and saying no |
| Week 5 | Dealing with anxiety at school | Growth mindset  (power of yet & power posing) |
| Week 6 | Wellness strategies | Grit, growth mindset and failure |
| Week 7 | Social media, gossip, and rumors | Mindfulness |
| Week 8 | Career ready skills & practice | Positive affirmations self |
| Week 9 | Character strengths | Affirming others |