

Thriving 2021-2022



LCAP GOALS

Goal 1: *Ensure excellence in teaching and learning so each student is prepared to succeed in college and career.*

Goal 2: *Create a safe and healthy learning environment for each student by building a culture of equity and a positive climate that promotes excellence throughout the district.*

Goal 3: *Foster and honor parent/guardian and community engagement to support excellence in each student's success.*

Goal 4: *Develop coherent and transparent systems for operational excellence to support each student's success.*

What's Included in the Program?

Every child will discover they have a genius and deserve to thrive with Thrively's immersive CASEL aligned interactive and age-appropriate lessons.

Three Units include 15- to 30-minute lessons. Reflection is a critical component of the Thrively Signature Experience.

Unit 1: Self-Awareness, Strengths, Interests & Goals
(25 Lessons)

Unit 2: Self-Management & Self-Esteem
(13 Lessons)

Unit 3: Managing Conflict
(11 Lessons)

Powered by  **Thrively**

Unit 1: Strengths, Interests and Goals

Students learn how to develop a growth mindset and apply it to their social and academic lives.

Objectives	Themes	Thrively Lessons
- Discover your strengths and interests - Identify Core Personal Values - Analyze the connection between values and decisions	Strengths Interests Identity	1 - Understanding Thrively 2 - Discover Your Strength 3 - Visualize Your Strength 4 - Becoming Independent 5 - My SuperPower
- Recognize how your brain is changing - Identify challenges many students face starting school - Identify people you can go to for help with these challenges	Resilience Starting Right Helping Others Growth Mindset	1 - Embrace Your Weirdo 2 - You are Beautiful 3 - No Excuses 4 - Thinking Flexibly 5 - Growth Mindset
- Identify how making mistakes can help you get smarter - Identify how making mistakes when trying something challenging can be positive	Growth Mindset Academic Success	1 - Stress Management 2 - Half Full? 3 - Flexible Thinking 4 - Continuous Learner 5 - Ideas are Messy
- Practice getting along with others who are different than you - Identify techniques you can try after you fail or make a mistake	Relationships Resilience Stress Management	1 - More Than One Way 2 - Communication 3 - Differences & Labels 4 - The Pause 5 - Self Talk
- Practice breaking down big goals into small, simple steps - Create a "Current Me" and "Future Me" drawing - Practice creating SMART Goals	Goal Setting Decision Making Planning Ahead	1 - Setting Goals 2 - Note Taking 3 - Just Do It 4 - Vision Board 5 - Crush Your Goals

Unit 2: Self-Management and Self-Esteem

Students learn how to use their values to help them make good decisions and build strong friendships.

Objectives	Themes	Lessons
- Identify features of positive relationships - Learn how connecting with people who share common interests can help you make friends - Explore how personal values help people get along - Identify values that contribute to a positive online world	<i>Helping Others</i> <i>Friendships</i> <i>Values</i> <i>Digital Citizenship</i>	1 - Friendship Rights 2 - Reflection 3 - Be a Good Friend 4 - Restore Yourself 5 - Digital Citizenship (Course)
- Identify different ways to make friends - Identify strategies to strengthen friendships - Identify features of positive relationships	<i>Friendships</i> <i>Strong Relationships</i> <i>Helping Others</i>	1 - Relationship Skills 2 - "I" Statements 3 - Resolving Conflict 4 - A True Apology 5 - Empathy
Describe how using good strategies, getting help from others, and working hard can help you do better in school	<i>Growth Mindset</i> <i>Academic Success</i>	1 - Getting Organized 2 - Managing Priorities 3 - Staying Organized

Unit 3: Managing Conflict

Students learn how to identify, avoid, and resolve serious conflicts and help prevent bullying and harassment.

Objectives	Themes	Lessons
- Recognize that other people may have different perspectives - Analyze how identifying others' perspectives can help prevent conflicts - Recognize the potential consequences of making assumptions	<i>Conflict Perspective Taking</i>	1 - Great Friends 2 - Inconsistent 3 - Social Media 4 - Decision Making
- Analyze the issues that come from jumping to conclusions - Recognize the difference between minor and serious conflicts - Identify ways to avoid serious conflicts - Identify ways to help friends avoid serious conflicts	<i>Conflicts Decision Making Perspective Taking</i>	1 - Anxiety 2 - Apology 3 - Healthy Conflict
- Identify roadblocks that can make resolving serious conflicts difficult - Explore strategies for overcoming roadblocks - Explore what it means to take responsibility for something - Explore ways to express gratitude	<i>Conflicts Decision Making Planning Ahead Gratitude</i>	1 - Passive Aggressive 2 - Planning 3 - Difference Making 4 - Improve Gratitude

Thrively Support Resources

https://docs.google.com/presentation/d/1gObIXMkJhgHr_6z-UnqW_TZ2J2Q2DpmM1bVOTFV20/edit#slide=id.g8d9edb17ac_0_227