



THRIVELY - HEART Certificate Fourth Year Playlists

Purpose: Help high school students cultivate their passion and purpose so that they can reach their full potential and positive well-being in less than 20 minutes a day!

There are 5 badges students work toward in Year Four for the HEART Certificate. Students can complete 4 badges and most of the requirements for the “Social Reasoning” Badge.

[4th Year Badges Checklist](#) [4th Year Badges and Playlists](#)



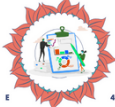


The recommended starting pace is to do one assignment a school day or 1.5 hours a week. Students may work on a different badge each day of the week or concentrate on the playlists of one badge at a time or any other variation of one assignment a school day average. The complete playlist spends 54 plus hours minimum. Investing more time on the projects, fulfilling the goals, doing writing assignments, discussions on the “Preparing for Life in Society” playlist and for reflection responses on the “Joy and Fulfillment Guide” playlist is encouraged.

Note: Although there are 55 items on this list you will only need to complete 51 items because only one of the 4 “Habits of Mind” goals is required and the “Social Studies Courses Goal” requires at least two years of social studies courses. The Financial Literacy playlist introduces two “Sparks”. These take you to a website to experience a simulation.

Suggestions: It would be good to get started on the Passion into Action Project early in the year. Students should work on their Social Reasoning Badge while doing the Passion into Action Project. This project should take weeks (not days) and it challenges the student to demonstrate their knowledge, skills, attitudes, strengths, values, and interests in a real-world application.





Year Four Badges and Playlists

Day #	Badge Themes and Objectives	Playlists	Time per Assignment	# Assignments/ Total Time
1 H	<p>Habits of Mind Badge 4</p> <p>Deepen your understanding of each of the Habits of Mind and activate these powerful habits for success!</p>	 <p>HABITS OF MIND 4 Playlist</p> <p>Habits of Mind 4</p>	<p>10 minutes</p> <p>(plus one yearly goal w/ highlights)</p>	<p>15</p> <p>3</p> <p>3 Hours Plus</p>
2 E	<p>Emotion, Intellect, and Will Badge 4</p> <p>(Life Goals Guide) What are our life's structure and goals? How are we going to find internal peace? What are our priorities? This guide can help bring awareness to these finer aspects of thought.</p> <p>Learn how to develop a spending plan, borrow, and save money responsibly.</p> <p>Set up a proposal for a passion project you can pursue. Begin by developing a pre-proposal, and identifying stakeholders and potential funding sources. Develop a real proposal and actually try to make the project a reality.</p>	 <p>JOY AND FULFILLMENT GUIDE Playlist</p> <p>Joy and Fulfillment Guide</p>  <p>FINANCIAL LITERACY Playlist</p> <p>Financial Literacy</p>  <p>PASSION INTO ACTION Playlist</p> <p>Passion into Action Project</p>	<p>20 minutes</p> <p>10-15 minutes Plus 2 Sparks</p> <p>60 - 120 minutes</p>	<p>36</p> <p>29</p> <p>2</p> <p>15</p> <p>33 Hours Plus</p>
3 A	<p>Social Reasoning Badge</p> <p>Think like an historian, look at diverse viewpoints, analyze social issues, explore ethics, and practice crucial decision making.</p>	 <p>Complete Goal Highlights for the Social Reasoning Badge</p>	<p>20 + minutes for each Goal Highlights</p>	<p>3</p> <p>1 Hour Plus</p>



Year Four Badges and Playlists (Continued)

Day #	Badge Themes and Objectives	Playlists	Time per Assignment	# Assignments / Total Time
4 R	<p>Recognizing Strength 4 Badge</p> <p>Increase agency and efficacy by gaining a fuller understanding of yourselves, building valuable life skills, and prepare for your future.</p>	 <p>Strength-Based Journey 4</p>	10 minutes Plus 10 - 20 minute course lessons	9 21 7 Hours Plus
5 T	<p>Preparing for Life in Society Badge (Discovering the Real Me)</p> <p>The past few years have already been marked by a growing independence as you matured and became more responsible. This process will continue even further. As it does, life goals are important.</p>	 <p>Preparing for Life in Society</p>	15 - 20 minutes (optional discussion)	32 10 Hours Plus

Badge Playlist Links

H4. HABITS OF MIND 4 BADGE

This badge also requires a goal for the year with three highlights.

Habits of Mind 4 Playlist	Duration
Managing Impulsivity	45 Minutes
Finding Humor	45 Minutes
Thinking Interdependently	45 Minutes
Remaining Open to Continuous Learning	45 Minutes



E4 EMOTION, INTELLECT, AND WILL 4 BADGE

Playlist	Lesson or Course	Duration
Joy and Fulfillment Guide	Cornerstone of World Peace	45 Minutes
	Interdependence	45 Minutes
	Mutual Prosperity	45 Minutes
	Universally Shared Values	45 Minutes
	True Freedom	45 Minutes
	Natural Highs	45 Minutes
	Interconnections	45 Minutes
	Well-Being and Fulfillment in Life	45 Minutes
	Principles of True Love	45 Minutes
	Causes of Conflict	45 Minutes
	Joy Through Resemblance	45 Minutes
	Three Levels of Joy	45 Minutes
	Financial Literacy	How Much is Your Time Worth?
Reading Your Pay Stub		30 Minutes
Preparing a Spending Plan		60 Minutes
SPENT (Spark)		20 Minutes
Checking Accounts		30 Minutes
Credit Cards		45 Minutes
Financial Aid 101		20 Minutes
Student Loans		45 Minutes
The Basics of Taxes		45 Minutes
Understanding Taxes (Spark)	30 Minutes	
Passion into Action Project	Passion into Action Project	30 Hours



A1. SOCIAL REASONING BADGE

This badge also requires 2 social studies courses and a goal with highlights..During the Passion into Action Project, goal highlights should include how the following.tasks were accomplished.

Social Reasoning Goal Highlights
Think like a Historian
Look at Diverse Viewpoints, Analyze Social Issues
Explore Ethics, Crucial Decision Making

R4. RECOGNIZING STRENGTHS 4 BADGE

Strength-Based Journey 4 Playlist	Duration
Critical Thinking and Me	30 Minutes
Turn Your Passion Into a Business	30 Minutes
Grit, 10,000 Hours and Greatness	30 Minutes
Compassion & Social Justice	15 Minutes
Understanding Design Thinking: High School Course	5 Hours
The High School Resume Course	1 Hour



T4. PREPARING FOR LIFE IN SOCIETY BADGE

Preparing for Life in Society Playlist	Duration
Our Emotional Life	45 Minutes
Me and My Shadow	45 Minutes
The Thief and the Mask	45 Minutes
Searching for Meaning	45 Minutes
Happiness	45 Minutes
Choose Your Destiny	45 Minutes
Commitment and Loyalty	45 Minutes
Groups and Belonging	45 Minutes
A Motto for Life	45 Minutes
Altruistic Love	45 Minutes
Marriage and Divorce	45 Minutes
The Individual, Family, and Society	45 Minutes
Under Fire	45 Minutes
I Can Make a Difference	45 Minutes
Making a Difference through Service	45 Minutes
A Life Worth Living	45 Minutes