



EPISODE ONE – KEVIN LAUE

STEP UP. IF NOT YOU, WHO?

BELIEVE IN YOU LESSON PLAN





JOURNAL/OPENER (5-10 MINUTES)

- Pose the questions and have students write answers privately:
 - Why is it important to believe in yourself?
 - Why is it important to have others believe in yourself?
- Have volunteers share answers and have a brief class discussion

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(FILM: 8 MINUTES/30 SECONDS; TOTAL WITH QUESTIONS 15 MINUTES)

- Play episode one.

3. GALLERY WALK (20–25 MIN)

- Print the Gallery Walk and place papers on walls around the room (or you can have students stay in their desks and they can pass papers from group to group.)
- Place students in groups of four.
 - Have them number one–10 on the same sheet of paper as their journal/opener. Have students skip lines between numbers.
 - Instruct students that they will be answering questions posed at the different locations and writing answers on their paper. They will spend 1.5 minutes at each location and will travel together with their group. (If students are staying at desks then after 1.5 minutes they are to rotate papers per your direction)
 - Once students have completed rotation they can return to seats (10 locations).
- Show PDF on screen and choose a few students to share answers.

CLOSING: TICKET OUT THE DOOR (5 MIN)

- On a small sheet of paper have students write their names and respond to the following quote:
 - “We need to be part of something bigger than ourselves. We need to step up and lead.” - Kevin Atlas Laue
 - Teacher can call on students to share if desired, but not necessary.
 - Collect papers as students walk out the door. Review papers to check for understanding.



DAILY MINI-LESSONS

EPISODE ONE – WEEK ONE

STEP UP: IF NOT YOU, WHO?

DAY ONE

MAKE A DIFFERENCE MONDAY

Discuss or journal: What was most interesting about this episode to you?

DAY TWO

TAKE TIME FOR YOU TUESDAY

Mindful Mantras. Have each student create a daily affirmation.

After 5 minutes to think about the affirmation or mantra, have each student share.

It only takes one or two courageous voices to ignite this conversation.

DAY THREE

WE STAND TOGETHER WEDNESDAY

Create a class motto about unity and facing adversity together.

Use the example of Step Up: If not you, who?

DAY FOUR

THOUGHTFUL THURSDAY

Discuss or journal: Who is someone that believes in you?

Why do you think they believe in you?

DAY FIVE

FUN FRIDAY

Create a class road map of fun ideas and activities you would like to see your school support to help all students overcome adversity.



DAILY MINI-LESSONS

EPISODE ONE – WEEK TWO

STEP UP: IF NOT YOU, WHO?

DAY ONE

MAKE A DIFFERENCE MONDAY

What challenges has Kevin faced in his life? How did those experiences affect him?

DAY TWO

TAKE TIME FOR YOU TUESDAY

Ten minute silent time. Have students use this time to focus on a personal task or catching up on an assignment.

DAY THREE

WE STAND TOGETHER WEDNESDAY

What's my name game? Have each student come up with a positive adjective to use before their partner's name. Creative Craig, Kindness Karen, etc.

DAY FOUR

THOUGHTFUL THURSDAY

Provide each student a notecard. Ask them to write a thoughtful message for someone who has helped them within the last month. It can be a student, faculty, or staff.

DAY FIVE

FUN FRIDAY

Create your personal leadership slogan or motto and share with the class. Use the idea that you are running for student council, a club president, or a team captain position.



DAILY MINI-LESSONS

EPISODE ONE – WEEK THREE

STEP UP: IF NOT YOU, WHO?

DAY ONE

MAKE A DIFFERENCE MONDAY

Class discussion: If you had a magic wand, what would you change in the world?

DAY TWO

TAKE TIME FOR YOU TUESDAY

What are some questions that you have about the episode? How can you, personally, make changes to ensure you Step Up?

DAY THREE

WE STAND TOGETHER WEDNESDAY

Divide students into groups of five and have them write a script for a 90-second “commercial” for standing together as one class, one school. The commercial is a 90-second video that can be created using a phone or classroom technology.

DAY FOUR

THOUGHTFUL THURSDAY

Stand up and say one positive thing about someone in the class, something about the school or a positive aspect of the community.

DAY FIVE

FUN FRIDAY

Create a Slogan/Mnemonic reflecting the power of unity.



DAILY MINI-LESSONS

EPISODE ONE – WEEK FOUR

STEP UP: IF NOT YOU, WHO?

DAY ONE

MAKE A DIFFERENCE MONDAY

Give students the word cues of leader, influencer, difference-maker. Give them 3 minutes to write down who comes to mind when considering these words. Ask all the students to stand if they wrote at least 5...10...15.... names. Ask them to share a few people and why they chose them.

DAY TWO

TAKE TIME FOR YOU TUESDAY

Take 10 minutes to complete SMART Goals. What are your goals for the next year?

DAY THREE

WE STAND TOGETHER WEDNESDAY

Film the 90-second commercial from the previous week. Allow students to edit, put music to the video and be prepared to show the video the following week.

DAY FOUR

THOUGHTFUL THURSDAY

Class Discussion: Be Kind to Human Kind. What changes can you make to ensure your school and community are better places for others?

DAY FIVE

FUN FRIDAY

Paper Airplane Game – Everyone makes a paper airplane and writes their name and two questions to ask someone else. On cue, everyone throws their airplane around the room, picks up others' airplanes and keeps throwing them. The leader says stop after one or two minutes. Everyone must have one paper airplane. They must find the owner of the airplane they have and answer the questions on the airplane. Each person then introduces the owner of the airplane they have to the group.



DAILY MINI-LESSONS

EPISODE ONE – WEEK FIVE

STEP UP: IF NOT YOU, WHO?

DAY ONE

MAKE A DIFFERENCE MONDAY

Discuss your plan to ensure that no one is sitting alone at lunch. Everyone deserves someone.

Take time to implement the lunch bunch.

DAY TWO

TAKE TIME FOR YOU TUESDAY

Mindful breathing provides students with a skill that they can use forever. Complete a 10-minute breathing exercise. Guide students in taking three slow deep breaths in and out, using their diaphragm. You may count “1, 2, 3” for each breath in and “1, 2, 3” for each breath out. Encourage students to focus on breathing and clearing their mind. Can you feel the air moving in through your nose and out through your mouth? Can you feel it filling your lungs and abdomen? Can you hear your breath?

DAY THREE

WE STAND TOGETHER WEDNESDAY

Show the 90-second video from previous week’s activity

DAY FOUR

THOUGHTFUL THURSDAY

Journal prompt: Take ten minutes to write the answer to the question: Why do people deserve kindness?

DAY FIVE

FUN FRIDAY

Play a classic game of musical chairs or hot potato. Everyone in the class must participate.



SUGGESTED WRITING TOPICS

Use the following topics as prompts for weekly writing opportunities. Students should complete a one-page journal entry based on the topics below. At the end of the academic year, the students' journals should provide reflection and motivation to continue developing the very best version of themselves.

- **How can we make every day count?**
- **How can you change your game from the inside out?**
- **Describe your character. Why is discipline so important?**
- **Why is accountability important?**
- **How can you inspire others?**
- **How can you improve your communication skills?**
- **What is your favorite song? How does it motivate you?**
- **What would you do if you witnessed an student being bullied?**
- **What would you do if you did very poorly on a test?**
- **How can you help others in your community?**
- **Chase the goal, chase your dreams. What does this mean to you?**
- **How would you respond if you were being bullied?**
- **What would you do if you found a magic wand?**
- **If you were principal of this school, what is the most important thing you would do?**
- **If you could break the Guinness Book of World Records, what would it be for?**
- **What would you do if you just won the lottery?**
- **If you could go back in time and change one thing in your life, what would you change?**
- **What do you consider your greatest accomplishment to date and why?**