



EPISODE SEVEN – NOELLE TSUNAMI

LEAD WITH LOVE

BELIEVE IN YOU LESSON PLAN





JOURNAL/OPENER (5-10 MINUTES)

- Pose questions and have students write answers privately
 - When things get tough in your life or you are facing hardships, how do you react?
 - Is your reaction making a positive or negative impact on your life?
- Allow opportunities for students to share their responses.

EPISODE SEVEN – NOELLE TSUNAMI

(FILM: 9 MINUTES/16 SECONDS)

- Post video discussion questions
 - What hardships did Noelle face in life and how did those hardships impact her life?
 - Did she make negative or positive impacts on others? Explain.

RISE ABOVE WITH CIVIC RESPONSIBILITY (20-25 MIN.)

- Explain to the students that Noelle didn't allow her hardships to bring her down. She worked hard to rise above and one of the things she did to help her rise above was to take leadership roles in a variety of civic organizations.
- Guide students in thinking about their own hardships they have faced and how they can rise above them by taking leadership roles to others in their community.
- Use the Rise Above with Civic Responsibility template to guide student thinking and ideas.

CLOSING (5 MIN)

- Allow students to display their ideas and share their plan of action with others.



RISE ABOVE WITH CIVIC RESPONSIBILITY

➤ **Think about the needs in your community and make a list.**

➤ **Identify what you know:**

Select one community need:

What is the cause?

Who is helping?

What are some ways you can help?

➤ **What do we need to know about this community need and who is helping? How can we find out?**



DAILY MINI-LESSONS

EPISODE SEVEN – WEEK ONE

LEAD WITH LOVE

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 mantra if they do not have one. After 5 minutes to think about the mantra or creating one, have each student share their personal mantra. Share the examples listed below to help prompt the students.

1. Lead with love.
2. Love unconditionally.
3. Love, care, and compassion.

DAY THREE

WE STAND TOGETHER WEDNESDAY

Create a class motto about Leading with Love. Use the motto all month long as the class aspires to help others.

DAY FOUR

THOUGHTFUL THURSDAY

1. What does this expression mean: “Lead with Love?”
2. What do you do when your plan takes a detour?
3. How important is in-person acts of love and compassion to you?

DAY FIVE

FUN FRIDAY

Google your name. See what you can find about yourself online. What is your online brand?



DAILY MINI-LESSONS

EPISODE SEVEN – WEEK TWO

LEAD WITH LOVE

DAY ONE

MAKE A DIFFERENCE MONDAY

Lead with love. Making a difference and making change can be empowering. What is something you wish to change?

DAY TWO

TAKE TIME FOR YOU TUESDAY

10-minute silent time: Have students use this time to focus on a personal task or catching up on an assignment or focusing on ways to overcome fear.

DAY THREE

WE STAND TOGETHER WEDNESDAY

Have your class work together to write a school social media guide. Social media can be detrimental to students when trying to apply for colleges. Your social media presence makes a difference.

DAY FOUR

THOUGHTFUL THURSDAY

Have compassion for yourself before you have compassions for others. How do you ensure you put yourself first?

DAY FIVE

FUN FRIDAY

Count how many posts you have made on all of your social media outlets in the past week.



DAILY MINI-LESSONS

EPISODE SEVEN – WEEK THREE

LEAD WITH LOVE

DAY ONE

MAKE A DIFFERENCE MONDAY

Questions to ask before you post on social media:

Would you want your parents/grandparents to see your post?

How would you view someone who posted this?

Is there a possibility that you shouldn't be posting this?

Listen to your instincts

DAY TWO

TAKE TIME FOR YOU TUESDAY

What are some questions that you have about the episode? Positivity can guide you and remember to try new things.

DAY THREE

WE STAND TOGETHER WEDNESDAY

Divide students into groups of five and have them write a script for 90 second “commercial” for helping others and mentorship. The commercial is a 90 second video that can be created using a phone or classroom technology.

DAY FOUR

THOUGHTFUL THURSDAY

What is a social media awareness project that your school can implement? How can you, your class, or group start a project that includes many students working together?

DAY FIVE

FUN FRIDAY

Take the first steps. Share ways to change the way people use social media, especially in a negative light.



DAILY MINI-LESSONS

EPISODE SEVEN – WEEK FOUR

LEAD WITH LOVE

DAY ONE

MAKE A DIFFERENCE MONDAY

What is “Inappropriate”?

What should you avoid when posting on social media or in electronic communication?

- Illegal substances/activities (alcohol, drugs, etc.)
- Swearing
- Bashing another team/school/program
- Anything that reflects poorly on you, your team, and your school

DAY TWO

TAKE TIME FOR YOU TUESDAY

Sit and reflect for ten minutes on your social media use. Do you use social media for personal validation? If so, change your way of thinking.

DAY THREE

WE STAND TOGETHER WEDNESDAY

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

DAY FOUR

THOUGHTFUL THURSDAY

How can you can be a source of positive connections and inspiration?

DAY FIVE

FUN FRIDAY

This month, delete one or more of your social media apps and replace it with in-person acts of love and compassion. What change will you make?



DAILY MINI-LESSONS

EPISODE SEVEN – WEEK FIVE

LEAD WITH LOVE

DAY ONE

MAKE A DIFFERENCE MONDAY

The real value in life is derived from unconditional, genuine and compassionate interactions. What can you do to make a difference for someone, today?

DAY TWO

TAKE TIME FOR YOU TUESDAY

10-minute of quiet time: Play a song and encourage students to completely decompress.

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. Love is ...

DAY FIVE

FUN FRIDAY

All school challenge: Positive Posting. Encourage positive social media interactions and only positive and meaningful posts.



SUGGESTED WRITING TOPICS

Use the following topics as writing 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 being the best person they can be.

- **Make every day count.**
- **Change your game from the inside out.**
- **Walk louder than you speak.**
- **Describe your character.**
- **Why is discipline so important?**
- **Why is accountability important?**
- **How can you inspire others?**
- **Communication...how can you improve your communication skills?**
- **What is your favorite song? How does it motivate you?**
- **What would you do if a bully bothered you on your way home?**
- **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.**
- **Make memories, what have you done to help promote your school?**
- **What would you do if you found a magic wand?**
- **If you were principal of this school, what would you do?**
- **If you could break the Guinness Book of 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?**