



EPISODE NINE – FINALE

CHOOSE STRENGTH, PRESERVE

BELIEVE IN YOU LESSON PLAN

HERFF  JONES.



JOURNAL/OPENER (5-10 MINUTES)

- Have students think about all the areas discussed in prior lessons.
- Allow students to write a sentence about what stood out to them the most and have them share in pairs or small groups. Students should have the opportunity to share aloud with the class.

EPISODE NINE – FINALE

(FILM: 10 MINUTES/11 SECONDS)

- Post video discussion questions
 - Remind students that the overall focus on Believe In You videos and lessons is adversity; to stand up and face challenges that helps us find our calling and success; helps us determine what steps are needed to achieve our goals; and to influence you to be a part of something bigger than yourself.
- Ask the following discussion questions:
 - What video/lesson do you most often demonstrate in your life
 - What do you stand for as an individual and what do we stand for as a school?

“CIRCLE OF STRENGTH AND PERSEVERANCE” MURAL (20-30 MINS.)

- Using large, circles cut out of colored paper or poster board, each student will use one to express or represent personal thoughts and ideas of what character trait from the videos/lessons that they stand for, admire, or believe in. Students may choose a written reflection, visual image, or combine the two. The mural should be displayed in the school with the heading “Circle of Strength and Perseverance”. Once completed and displayed it will be filled with color, personal thoughts and reflections. Use the following prompts that may be helpful for students to develop their thoughts and ideas.



“CIRCLE OF STRENGTH AND PERSEVERANCE” MURAL

- Which is the most important quality you look for in a friend and why?
- Which is the most important quality or strength you bring to your friendships or relationships?
- Which character trait (from videos/lessons) do you most often demonstrate (or try to demonstrate) in your life?
- Think about and brainstorm important qualities and character traits that are important to you (Example: gratitude, courage, kindness, excellence)
- How do these qualities and characteristics help to make our school or community a better place?
- Share your thoughts about why it's important to stand for something.
- Think about which character trait you admire most in others and explain why.

CLOSING (5 MIN)

- Allow students to share their thoughts and reflections from the circle they created.
- Remind students that the purpose for the display is to continuously remind us all to choose strength, persevere, stand up and face challenges and to always remember the steps needed to achieve our goals, as well as to always be a part of something bigger than ourselves.



DAILY MINI-LESSONS

EPISODE NINE – WEEK ONE

CHOOSE STRENGTH, PRESERVE

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. Make every day count.
2. I have the power to change.
3. Persevere with passion.

DAY THREE

WE STAND TOGETHER WEDNESDAY

Create a class motto about Choose Strength and Persevere. Use the motto all month long as the class aspires to help others.

DAY FOUR

THOUGHTFUL THURSDAY

1. What does this expression mean: “Choose Strength and Persevere?” 2. How do you ensure you are making a positive impact in your society?

DAY FIVE

FUN FRIDAY

What is one activity that you enjoy that has a positive impact on your life? Share your experiences with your class.



DAILY MINI-LESSONS

EPISODE NINE – WEEK TWO

CHOOSE STRENGTH, PRESERVE

DAY ONE

MAKE A DIFFERENCE MONDAY

Believe in YOU. Make a list of words as a class and then challenge everyone to use them throughout the week when speaking with teachers, friends, and classmates. Help others create strength and a sense of belief.

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

Take a moment to think about someone who has extreme strength. Be prepared to discuss about someone in your life who demonstrates perseverance.

DAY FOUR

THOUGHTFUL THURSDAY

Have each student create a slogan or statement about Strength and Perseverance. Use these slogans or statements to share with students daily. Encourage your school to make these announcements over the PA system.

DAY FIVE

FUN FRIDAY

Choose Strength and Persevere. Have a planking or wall squat contest in class. Have students encourage each other to make it a full two minutes.



DAILY MINI-LESSONS

EPISODE NINE – WEEK THREE

CHOOSE STRENGTH, PRESERVE

DAY ONE

MAKE A DIFFERENCE MONDAY

How has Kevin Atlas been influential in making a difference? How can you use your life to make a difference?

DAY TWO

TAKE TIME FOR YOU TUESDAY

What are some questions that you have about the episode?

DAY THREE

WE STAND TOGETHER WEDNESDAY

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

DAY FOUR

THOUGHTFUL THURSDAY

Think of a movie or television show that has a character or characters that persevere through tough times. Write all of the different movies or television shows on the whiteboard. Remember your show or character for discussion next week.

DAY FIVE

FUN FRIDAY

Never, never, never give up. - Winston Churchill

What is your favorite quote on strength and perseverance?



DAILY MINI-LESSONS

EPISODE NINE – WEEK FOUR

CHOOSE STRENGTH, PRESERVE

DAY ONE

MAKE A DIFFERENCE MONDAY

Define the words listed below in the context of success, strength, and perseverance.

- Persistence
- Determination
- Steadfastness
- Constancy
- Tenacity
- Purpose

DAY TWO

TAKE TIME FOR YOU TUESDAY

Identify three things that you are grateful for each day. Stop and reflect on those things and how different things could be in your life.

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

Follow-up from last week. Discuss the movie or television show and characters that you identified last week. Share why you chose the show and how it reminds you of strength.

DAY FIVE

FUN FRIDAY

Identify your favorite athlete, singer, or actor/actress who has shown strength in their pursuit of excellence.



DAILY MINI-LESSONS

EPISODE NINE – WEEK FIVE

CHOOSE STRENGTH, PRESERVE

DAY ONE

MAKE A DIFFERENCE MONDAY

Never Give Up. What can you do when you see someone that is struggling in the classroom or their personal life? What and who are some resources that you can share with a person that may be struggling? What opportunities are available for help at your school?

DAY TWO

TAKE TIME FOR YOU TUESDAY

Ten minutes 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. Strength and perseverance help me...

DAY FIVE

FUN FRIDAY

As the BIU season comes to a close, please send any ideas for future episodes or lessons to biu@herffjones.com



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?**