

Unit Overview

Students will begin to apply the 100% Accountable Mindset. They will begin to take responsibility for their choices, so they can be more in control of their lives. They will practice overcoming beliefs that hold them back from their dreams. They will learn to focus their energy and make the most of their time, and they will understand learning new skills is a part of growing through life.

100% Accountable Overview

4 Learning Objectives

- Own Your Life
- Overcome Limiting Beliefs
- Focus Your Energy
- Grow Through Life

Lesson 4.1 – 100% Accountable: Own Your Life

At this age, many students need help understanding how to react when they experience negative emotions, such as embarrassment or confusion. The 100% Accountable Mindset teaches us that we are responsible for our own lives, the feelings we have, and the actions we take.

Objectives

- Understand the meaning of the word “accountable”
- Identify ways we can be accountable for our feelings and our thoughts

Lesson 4.2 – 100% Accountable: Overcome Limiting Beliefs

At this age, students enjoy routines and structure and don't often try new things without receiving permission, reassurance, or encouragement. The 100% Accountable Mindset teaches us that we should not let our fears get in the way of trying new things and achieving greatness.

Objectives

- Understand the difference between a good fear and a bad fear
- Be able to explain how fears sometimes keep us from doing great things

Lesson 4.3 – 100% Accountable: Focus Your Energy

At this age, students are enthusiastic and energetic. The 100% Accountable Mindset teaches us that we should focus our energy on the things that bring us happiness and joy, and do these things more often.

Objectives

- Understand the meaning of owning our happiness and not letting anyone steal our happiness
- Identify people, places, or things in our lives that bring us happiness

Lesson 4.4 – 100% Accountable: Grow Through Life

Students will share their Encouragement Posters to encourage others. Throughout this unit, we have discussed how it can sometimes be difficult to understand our feelings and make the best choices to keep ourselves happy. Sharing pictures to encourage one another will help us stay 100% Accountable!

Objectives

- Remember what it means to be accountable for our own lives
- Share Encouragement Posters with classmates through discussion and display