

## Unit Overview

Students will begin to apply The Time Is Now Mindset. Students will analyze the world around them and find the beauty in everyday moments. They will be challenged to think hard about a decision before making a choice. Students will identify different things that make them feel vulnerable and work on allowing those feelings to push them to try new things and practice bravery. Finally, they will start to think through their choices to make sure they are taking purposeful steps toward their dreams.

## The Time Is Now Overview

### 4 Learning Objectives

- Embrace Every Moment
- Get in the Zone
- Let Yourself Be Vulnerable
- Act with Purpose

## Lesson 7.1 – The Time Is Now: Embrace Every Moment

Students at this age are very social and enjoy playing and being around others. The Time Is Now Mindset reminds us that the world’s happiest people allow themselves to be happy and play more often. In this lesson, we will learn how to embrace every moment and turn it into a positive experience.

### Objectives

- Identify what it means to be happy
- Begin to understand the meaning of the concept “the time is now”
- Discuss what it means to embrace every moment

## Lesson 7.2 – The Time Is Now: Get in the Zone

The Time Is Now teaches us to “get in the zone” and take small steps toward reaching our goals. Students at this age are learning skills to cope with different feelings. During this lesson, we will learn about strategies to use when we need to get in the zone.

### Objectives

- Identify strategies we can use to “get in the zone”
- Discuss ways we can act appropriately in different situations
- Explain why it is important to think before we act

*“For our students to get what they have never had, we must ask them to do things they have never done.”*

### **Lesson 7.3 – The Time Is Now: Let Yourself Be Vulnerable**

Most students at this age like to repeat experiences and often have difficulty seeing more than one way. Through the process of challenging ourselves, taking risks, and trying new things, students can learn and grow.

#### **Objectives**

- Begin to understand how taking a safe risk or a challenge allows us to grow and learn
- Discuss what being vulnerable means and how it can help us
- Identify a safe risk that each student would like to take

### **Lesson 7.4 – The Time Is Now: Act with Purpose**

Most students at this age are very interested in learning and doing, but sometimes they take on projects that are too big for them, or they get discouraged by setbacks. The Time Is Now Mindset teaches us to “act with purpose” and take small steps toward reaching our goals.

#### **Objectives**

- Identify a goal we are working toward
- Identify steps we can take toward achieving our goal