



CRASHING INTO POTENTIAL

Wellbeing

Lesson 1: Goal Setting – Your Roadmap (Week 1&2)

- Introduce goal setting as a personal roadmap
- Students identify and set their own goals
- Reflect on past achievements and goal impact

Lesson 2: Making Choices – Seeking Feedback and Knowing the Right Choices (Week 3&4)

- Emphasize making informed, positive choices
- Discuss how choices shape outcomes and learning
- Practice decision-making with real scenarios

Lesson 3: Growth Mindset – Developing a Growth Mindset Despite Roadblocks (Week 5&6)

- Differentiate fixed vs. growth mindset
- Teach reframing challenges as opportunities
- Reflect on personal mindset and obstacles

Lesson 4: Perseverance – Welcoming Challenges with Perseverance (Week 7&8)

- Define perseverance and its importance
- Analyze real-life perseverance examples
- Apply perseverance strategies personally

Lesson 5: Celebrating Your Journey – Recognizing Progress and Growth (Week 9&10)

- Highlight celebrating progress and growth
- Reflect on personal journey and growth
- Share achievements and lessons learned