

November/Month One (Year 1—*Better Me*): Making Ourselves, School, and World Better

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
Week 1	What new places in the world would you like to travel? What do you want to learn by traveling? (Theme: Making Ourselves, School, and World Better)	What is the biggest problem you are facing right now? How can Constructive Creativity—which involves brainstorming as many ways to solve a problem or get something done as possible—help? (Virtue: Constructive Creativity)	Describe a time you learned to think about a problem in a new way (with Constructive Creativity). Did anyone help you think in a new way? (Skill: Social Problem-Solving)	Can you think of a time you were honest even though it was hard? Have you ever told a harmless lie just to spare someone else's feelings? Just about everyone has. Does that make you dishonest? (Skill: Communication)	Everyone benefits from having a passion in their lives. Think about people you know. What are some of their passions? What are yours? (Theme: Making Ourselves, School, and World Better)
Week 2	When do you feel bored? What are all the ways you have dealt with being bored? What other ideas might work? (Virtue: Constructive Creativity)	Is it helpful to be positive all the time? Why or why not? (Skill: Social Problem-Solving)	If you were to make a playlist with songs that fit your personality and best describe you, what songs would you choose? Why? (Skill: Communication)	What is one good habit you have? How did you develop this habit? (Theme: Making Ourselves, School, and World Better)	What do you worry about? How can you use Constructive Creativity to worry less? What are some different ways to think about what worries you? (Virtue: Constructive Creativity)
Week 3	What makes you mad? How can you get less angry by using Constructive Creativity? (Virtue: Constructive Creativity)	Discuss how to use “pros and cons” for real-life decision-making using hypothetical situations. Ask students to do the same about a decision they are currently making. (Skill: Social Problem-Solving)	If you were given \$1 million, how would you use it to make yourself, school, or world better? (Skill: Social Problem-Solving)	What question(s) do you still have about middle school? What can you do to seek answers to the question(s)? (Skill: Communication)	What is racism to you? What do you think causes racism? How does it affect your life? [This is a tough question, but there are no right/wrong answers!] (Theme: Making Ourselves, School, and World Better)
Week 4	What ideas do you have for an invention? How would your invention improve your life? (Virtue: Constructive Creativity)	If you get into a conflict with a friend, do you usually give in or stand your ground? What other options might you have? (Skill: Social Problem-Solving)	Pick three words that describe you. Discuss the three words with another student in the class and think about your similarities/differences. (Skill: Communication)	If you could only use 10 words to describe what is most important in your life, what would they be? [Consider having all students write their answer to this question and then work in small groups to see if any words on the list were the same] (Skill: Communication)	Who can tell me what violence means? Let's brainstorm as many kinds of violence we can name as possible. [Stress to students that violence is not only physical but can also be done in nonphysical ways. Consider introducing the term “microaggressions.”] What can you do to prevent violence around you? (Theme: Making Ourselves, School, and World Better)