

Pond Road Middle School

CharacterStrong Advisory Lessons

Week of October 07, 2019

<p>5th Grade</p>	<p>https://drive.google.com/file/d/1PEg0avzf2z0LYHYJZgVd3oORMlOVtnK8/view?usp=sharing</p>
<p>6th Grade Lesson 6: Mindfulness - Emotion Mind</p>	<p>Students will reflect on their own character and identify ways they could improve it. Students will understand what mindfulness is. Students will understand the first state of mind, the Emotion Mind.</p>
<p>7th Grade Lesson 6: Mindfulness - Strategies & Exercises</p>	<p>Students will reflect on their own character and identify ways they could improve it. Students will understand what mindfulness is. Students will understand the first state of mind, the Emotion Mind.</p>
<p>8th Grade Lesson 6: Observing vs. Describing</p>	<p>Students will reflect on their own character and identify ways they could improve it. Students will learn one strategy to help them focus on mindfulness. Students will understand the difference between observing and describing.</p>