

Pond Road Middle School

CharacterStrong Advisory Lessons

Week of October 14, 2019

<p>5th Grade</p>	<p>https://drive.google.com/file/d/1PEg0avzf2z0lYHYJZgVd3oORMlOVtnK8/view?usp=sharing</p>
<p>6th Grade Lesson 7: Mindfulness - Reason and Wise Mind</p>	<p>Students will reflect on their own character and identify ways they could improve it. Students will understand what Reason and Wise Mind are. Students will understand the 3 States of Mind.</p>
<p>7th Grade Lesson 7: Mindfulness - Creativity</p>	<p>Students will reflect on their own character and identify ways they could improve it. Students will understand how to quiet their mind and be present in an action. Students will learn how to practice a mindfulness strategy.</p>
<p>8th Grade Lesson 7: Mindfulness in Motion</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 through movement. Students will understand why mindfulness is important in preparation.</p>