Grade 7/8 Circle of courage

**Day 1:**

1. What is the circle of courage.
2. Powerpoint presentation
3. Assessment

**Day 2:**

1. Present results from the survey with the students. Have a visual for them with the lowest student in each quadrant represented, the highest student in each quadrant represented and then the classroom average. Put these numbers on a chart to be left as a visual for the classroom and teachers.
2. Continue with the visual activity explaining to the kids’ things that empty people’s quadrants and things that fill people’s quadrants up.
3. Show a video for each quadrant. The students will be expected to complete an assignment indicating which quadrant the video depicts. How can that quadrant be enhanced or how does that video fill someone else’s quadrant. (See next page for worksheet)

Video # 1 – Soul Pancake and the ball pit - <http://www.youtube.com/watch?v=HfHV4-N2LxQ>

Video # 2 – Derek Redmond athlete - <http://www.youtube.com/watch?v=t2G8KVzTwfw>

Video #3 – Bullying video - <http://www.youtube.com/watch?v=jRiAchoVm9E>

Video #4 – learning to ride bike video

**Alternative Activity for ELA**

1. Pick a quadrant you feel you need to improve.
2. Define what that quadrant means.
3. What can you do to fill that quadrant?
4. What can others do to help you fill your quadrant?

**Day 3:**

1. Introduce fixed mindset and growth mindset. Explain how this can relate to the circle of courage. For example if we never persevere at a task are we ever going to be able to fill our quadrant of mastery?
2. Lego activity. Give the students 20 pieces of Lego. Ask them to create something with their pieces of Lego. (This will encourage creativity and imagination which is all part of mastery.) Give the students a few minutes to work on their creations. If students have not inquired as to whether or not they can join another person encourage them to know join up with another person. Is this easier? If time could have the students form bigger groups reflect on if the project gets easier. How did you have to pull on the different quadrants in the circle?

* Independence - having to work by yourself. Have the liberty to create whatever you wanted with that Lego.
* Mastery – you needed to problem solve, did you feel good once you felt you created something?
* Generosity – did you share pieces with others, did you help others out?
* Belonging – did you invite someone to join you; did you have to work as a team? Did you feel you were a team? Did you feel valued and an active part of that group?

**Circle of Courage Video Viewing Activity**

**Video 1:**

1. What is the name of the video?
2. What quadrant does this video represent? Why do you feel that way?
3. How could the individual in this video enhance their quadrant?
4. How could others help to enhance this quadrant?

**Video 2:**

1. What is the name of the video?
2. What quadrant does this video represent? Why do you feel that way?
3. How could the individual in this video enhance their quadrant?
4. How could others help to enhance this quadrant?

**Video 3:**

1. What is the name of the video?
2. What quadrant does this video represent? Why do you feel that way?
3. How could the individual in this video enhance their quadrant?
4. How could others help to enhance this quadrant?

**Video 4:**

1. What is the name of the video?
2. What quadrant does this video represent? Why do you feel that way?
3. How could the individual in this video enhance their quadrant?
4. How could others help to enhance this quadrant?