



High School Ignite Spark Lesson

*30 min plug-in-play lessons
Activity based & get real conversations
for everyday students*

1. **Controllable** looking at what is within our control, not within our control and how to manage the gap.
2. **My Image** Does my true self align with how I am seen. What do I need to start doing and stop doing to be more of my truer self.
3. **Honoring Others:** review the love languages as it relates to the love of Taco's and identify ways to support and honor those closest to you.
4. **Self-Acceptance** HS. Who am I and what matters most to me. Reflect on daily practices that align with the core of who you are
5. **Stepping UP** HS. What are the goals I want to accomplish this semester and the obstacles I need to overcome to obtain my goals.
6. **STAAR LEARNER** Review the Learning strategies and which 2 can I start doing today to better impact my mental health. Activity: Group Juggle
7. **Fall Forward/Embracing failure.** Reflect on coping strategies that can help move you forward and identify internal language that is holding you back. Activity; Attitude Maze
8. **Guess Who!** This teambuilding get to know you activity supporting the M2M team and /or classroom relationships and the power of making connections.
9. **River of Life.** Proving a sense of purpose. Identify core values. what's the story of your guiding beliefs, building on self-narrative, what drives you?
10. **Finding a Way!** No matter what the obstacle looks like there is always a solution String activity
11. **Get Ahead Stay Ahead** Recognizing the potential obstacles to student success, and identify strategies to overcome obstacles that prevent us from hitting our goals.
12. **Right Light Relationships** : Identify the qualities of healthy vs. unhealthy relationships. To identify steps that can be taken to either strengthen the friendship or pause the relationship that does not align with personal values. .



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13. **Aim for Education:** To understand how a higher level of education allows us to have more options later in life. Reflect on current daily habits and routines that support future goals and areas to change in one's daily routine.
14. **Growth mindset:** Develop Intrinsic motivation that will support ones goals and dreams. How to keep on keeping' on in a positive way!
15. **My Wheel of Life:** Take a few moments and review all areas of one's life. Reflect on moving in the right direction and what are some strategies that can be put in place to help support personal balance.
16. **Overcoming Procrastination:** Taking Control of Your time, Let's get organized through a time management assessment. Review what's on my plate and learn prioritizing strategies to overcome waiting until the last minute.
17. **Self as a scholar/student:** Understand learning styles and how to self-advocate. Strategize how to talk with teachers and adults that will give students the edge and support their learning goals.
18. **Be well:** Gain a deeper understanding of one's personal self-care and strategies to stay balanced with life. Recognizing the importance of asking for help when out of balance.
19. **Intrinsic 'self-talk'/imposter syndrome:** One has more conversations with themselves than anybody else in a day. Am I being true to myself am I aligned with who I want to become.
20. **My players:** how to build a safe support team that aligns with who I am and strategies to strengthen the community around us.
21. **Celebrate Today:** Change our lens change our life and learn how to approach every day with confidence and personal strength. Optimism what shapes who I am , mindset shift