

HOW TO USE OUR LESSON PLANS

We've organized our lesson plans by month. However, within each month there are enough projects to sustain weekly group sessions.

We recommend engaging your students in selecting and facilitating projects. You can simply open your computer and scroll through the project instructions as a group, or select the download tool within the project instructions to print a physical copy.

Below is the flow we suggest for every group meeting.

Within each month's plans, you'll find a warm-up activity (CONNECT), a selection of projects (CREATE), and time to SHARE and REFLECT at the end of each session.

CONNECT
CREATE
SHARE
REFLECT
REPEAT

OCTOBER

Objective: Community-building

Creating connection and relieving stress at the start of the school year

CONNECT

Introductions, Inner Peace Corps Pledge & Agreements

At the start of your first meeting:

1. Take time to introduce yourselves.
2. Introduce the purpose of the Inner Peace Corps and ask your group to share why they wanted to join and what they hope to get out of the experience.
3. Read the Pledge (PG 14)—we suggest reading this at the beginning of each session.
4. Create your group agreements (PG 15)

Opening activity

Give Worry A Time Out
(7-10 minutes)

Identify worries and practice deciding what to do with them: share with others, get help, or take a break. This activity could also serve as a check-in for every session.

CREATE

Suggested weekly projects

Emotion Charades
(20-25 minutes)

Identify emotions through a game of charades that involves selecting two prompts: an emotion and an action.

Perfectionists Unite
(20-25 minutes)

Let go of perfection and discover the beauty in messiness.

Create a Story Doodle
(20-25 minutes)

Create characters and make up their stories based on a series of prompts.

Write What's Important to You
(25-30 minutes)

Share your story through 10 things that matter most to you.

SHARE

Opportunity to share creations

Reminder of group agreements, and that sharing is always optional.

REFLECT

A time to share thoughts and ideas

Building leadership skills and confidence begins with sharing reflections and ideas. Questions to ask: What did you think of the project? What did you learn? What changes would you make? How do you think this project could be helpful to others? Who could we, as the Inner Peace Corps, share this project with?

Group Notes & ideas:

(A MANIFESTO, A PLEDGE, A MISSION)

We are the Inner Peace Corps

We are leaders
We spread OKness
We are creative
We are strong
We grow from our feelings
We shine our light
We lift others
When we are OK,
the world is more OK

**Our motto:
CREATE MOR OK**

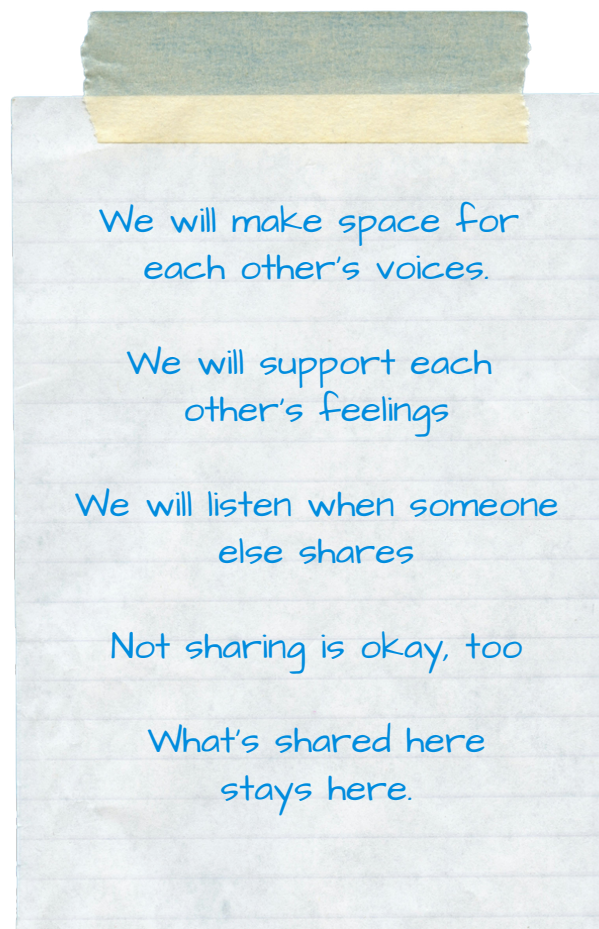


CREATE YOUR GROUP AGREEMENTS

Group Agreements help define how your group wants to show up for themselves and for each other. Here are some questions to guide group in creating of a space where everyone feels safe, supported, and empowered to connect, create, and share:

- How do we want our space to feel?
- What helps us feel safe and comfortable creating and sharing?
- How can we make sure everyone feels included and respected?
- What does trust look like in this group?
- How do we support each other when things feel challenging?

Once you've collected ideas from your group, have each member sign their name, then hang the agreements in your space where you can refer to them as needed.



PROJECT SUPPLY LIST

#	PROJECT	SUPPLIES
		*In most cases, assume the supplies listed are for each student, i.e. "a journal" means a journal for each student
1	<u>Give Worry a Time Out</u>	1. Stones (if you don't have stones, you can use paper) 2. Markers or paint pens for writing on stones 3. A <u>bag</u> or box for each student that's large enough to hold a dozen or so stones (if your group will be meeting multiple times) 4. Markers or fabric pens for decorating the bags or boxes
2	<u>Build Your Own Art Studio</u>	1. A chair 2. A stool, bucket, box, or stack of about ten books 3. A medium to large basket, plastic bin, box, or other container for holding your art materials 4. A jar, glass, or empty can for your pens, pencils, scissors, and other tools 5. Favorite objects, photos, and other items for decorating your art studio
3	<u>Capture the Feeling</u>	1. A <u>journal</u> or paper 2. Pencils, colored pencils, and markers 3. (optional) Paint and/or collaging materials 4. Three or more objects to use for the warm-up worry brainstorm (see step 1): rubberband, ball of string, balloon, tape, glue, or other objects of your own choosing
4	<u>Change Your Story</u>	1. Paper (consider using small 2 x 3" papers so students can add their artwork to their <u>OK Kits</u> as a reminder of their changed stories) 2. Writing/drawing materials (pens, pencils, markers) 3. (Optional) collaging materials
5	<u>Perfectionists Unite!</u>	1. Heavy paper or cardboard 2. Magazine & newspaper clippings, pipe cleaner, string, fabric, wrappers, foil, sticks, stones — whatever you can find to make your art truly hideous 3. (optional) Clay 4. (optional) Paints and foam brushes or paint brushes 5. A pen for proudly signing your imperfect masterpiece
6	<u>Take Your Brain on Vacation</u>	1. A <u>journal</u> or paper 2. A large piece of paper (at least 8 ½ x 11) 3. Writing/drawing materials (pens, pencils, markers)
7	<u>Make Your Own OK Kit</u>	1. A <u>journal</u> or paper 2. A small container like an old candy tin (we use <u>these</u>) 3. Materials for decorating, like: papers and magazines for collaging, decorating tapes, stickers, fabrics (old socks are great for adding a little cozy carpeting inside your box) 4. Glue stick or <u>Mod Podge</u> (glue that you can also brush on top of paper and pictures to create a smooth, protective finish) 5. (If using Mod Podge) A foam brush or paintbrush 6. Writing materials (pens/pencils/markers) 7. Long strips of paper 8. String 9. (optional) <u>Paint pens</u>



LeAnne Forsberg
School Counselor



The students absolutely loved it. The idea that they were "wellness leaders" gave them an increased sense of self-worth and belonging to the community. They loved leading a project in the younger classrooms, and my students with heightened anxiety shared that they were feeling a lot better and had tools to regulate themselves.

Listening to students share their vulnerabilities with each other and offering advice about how to cope with adversity was so uplifting.

One student wants to start a stuffed animal lending project to help students who are struggling on a given day! They are also interested in having more of a presence at assemblies and acting as mentors to new Inner Peace Corps groups, as well as being tour guides for new students.

