

WhyTry Scope and Sequence:

18-week course, 2x/week

Week 1

Day 1: Relationship Building

- Teacher introduces self
 - i.e. Personal story including pictures, most embarrassing moment, or interests
 - True or False with the group (two truths and a lie)
- Goals and objectives of the class (The following are examples):
 - Help you enjoy school more
 - See everybody improve
 - Get to know each other personally
- Activity: Name Game

Day 2: Relationship Building / Using Music

- Activity: Name that Genre
 - Play several types of music and have the students guess the genre. Give bonus points for the name of the artist and the song.
- The rules of using music
 - We all agree to be respectful and tolerant of other people's tastes
 - We all agree that we're going to enjoy the music and learn from it
- Discussion: How can you actually choose to enjoy something?
- Question: In what ways can we learn from music? (How it makes us feel, how it connects with our emotions, how it affects our behavior, and what the lyrics are saying.)
- Commit to using music frequently in the classroom (and hold to your commitment by playing music frequently to fit the mood of the activity or discussion, and encouraging students to share their own appropriate music with you throughout the semester).
- Student Info Survey (This can also be homework.)
 - If time, teacher can share own examples.
 - If time, students can share with each other.
 - Use this survey to get to know your students better. Incorporate what you learn into your teaching and your one-on-one interactions with individual students.

Week 2

Day 3: Relationship Building / Assessment

- Activity: Values Continuum
- Administer WhyTry Measure-R pre-assessment
 - Explain to students that this is a short survey that helps the teacher understand who they are. They should read the questions and select the choice that best describes them. There are no right or wrong answers.

Day 4: Reality Ride Overview

- Video: Show a rollercoaster video clip.
 - Process: Why do we go on rollercoasters? Have a discussion about rollercoasters and why we ride them.
- Walkthrough of Reality Ride
- Homework: Observe – either in your own life or the lives of those around you – the things that people are doing and the consequences of those choices.
- Activity: True or False

-This could also be a homework assignment.

-Students will write down two truths and a lie about themselves and submit to the teacher, noting which of the three facts is the lie, and the teacher will use them to spotlight students throughout the semester.

Week 3

Day 5: Labels Overview

- True or False spotlight(s)
- Activity: The Can
- Walkthrough of Labels
- Homework: Pay attention to the ways that people label each other. When you hear others giving labels, ask yourself whether they are true or false, positive or negative. Pay attention to the labels that you give others. Are they mostly positive or mostly negative? Notice how people respond when you label them in a positive way.

Day 6: Defense Mechanisms Overview

- True or False spotlight(s)
- Activity: Name Writing Activity
- Walkthrough of Defense Mechanisms
- Homework: Pay attention to how you're responding in pressure situations. Are you maintaining control or allowing others to control you?

Week 4

Day 7: Motivation Formula Overview

- True or False spotlight(s)
- Video: Jason McElwain
- Walkthrough of Motivation Formula
- Story: Obstacles are the Stepping Stones of Success
- Homework: Observe those around you (friends, family members, etc.) to see if you can identify someone that is in The Flood Zone. What can you learn from them?

Day 8: Climbing Out Overview

- True or False spotlight(s)
- Video: Crabs climbing out of a pot
- Walkthrough of Climbing Out
 - Walk through to Point 4. After Point 4, have students complete the sentence, "A true friend is _____" on one side of the board. On the other side of the board, have students complete the sentence, "A false friend is ____." Continue the walkthrough.
- Homework: Pay attention to your own friends. Do they have the qualities of a true friend or a false friend?

Week 5

Day 9: Jumping Hurdles Overview

- True or False spotlight(s)
- Activity: Math Problem
- Walkthrough of Jumping Hurdles
- Video: Michael Jordan on failure

- Homework: Pay attention to how experiencing even small successes can help you stay motivated.

Day 10: Desire, Time, and Effort Overview

- True or False spotlight(s)
- Activity: Complete the Desire, Time, and Effort maze
- Walkthrough of Desire, Time, and Effort
- Homework: Notice what you put most of your time and effort into today.

Week 6

Day 11: Lift the Weight Overview

- True or False spotlight(s)
- Video: Show weightlifter video clip
-Process: Did anybody notice how much weight he lifted? Does anyone know what this official Olympic lift is called? This is one of the most difficult lifts because it involves every muscle in your body. Do you think he was always this strong, or did it take a lot of work to become that way?
- Walkthrough of Lift the Weight
- Homework: Pay attention to the laws and rules that you struggle with the most.

Day 12: Get Plugged In Overview

- True or False spotlight(s)
- Activity: Rabbit, Moose, Walrus
- Walkthrough of Get Plugged In
- Homework: Try to identify one support that you have in each of the five categories of "Get Plugged In."

Week 7

Day 13: The Wall Overview

- True or False spotlight(s)
- Activity: Count the Fs
- Walkthrough of The Wall
- Homework: If you feel like you can't see over the wall, identify what step you are tripping on.

Day 14: Reality Ride

- True or False spotlight(s)
- Activity: Count Your Fingers
- Review Reality Ride
- Journal: Secondary Journal 2 (This can also be homework.)
- *Alternate activity: Keys to Staying on Track*

Week 8

Day 15: Reality Ride

- True or False spotlight(s)
- Activity: The Game of Life
- Journal: Elementary Art Activity 2 (This can also be homework.)
- *Alternate activity: Birthday Cards*

Day 16: Labels

- True or False spotlight(s)
- Activity: Stereotypes
- Review Labels
- Journal: Secondary Journal 1 (This can also be homework.)
- *Alternate activity: Follow the Leader*

Week 9

Day 17: Labels

- True or False spotlight(s)
- Activity: Gender Gap
- Journal: Secondary Music 1 (This can also be homework.)
-Play the music video and discuss.
- *Alternate activity: Be Yourself*

Day 18: Defense Mechanisms

- True or False spotlight(s)
- Activity: Finger Tangle
- Review Defense Mechanisms
- Journal: Elementary Journal 5 (This can also be homework.)
- *Alternate activity: 1 to 100*

Week 10

Day 19: Defense Mechanisms

- True or False spotlight(s)
- Activity: Bad, Better, Best
- Song: Self Control – Think Before I Act
- Elementary Music Response 1 (This can also be homework.)
- *Alternate activity: Creative Pyramid*

Day 20: Motivation Formula

- True or False spotlight(s)
- Activity: Mind Over Matter
- Review Motivation Formula
- Journal: Secondary Journal 1 (This can also be homework.)
- *Alternate activity: Human Tangle*

Week 11

Day 21: Motivation Formula

- True or False spotlight(s)
- Activity: My Fave Fifteen
- Journal: Journal 7 (Music) “Change Up” (This can also be homework.)
- *Alternate activity: Rope Handcuffs*
- *Alternate activity: Balloon Pop*

Day 22: Climbing Out

- True or False spotlight(s)
- Activity: Sucked In
- Review Climbing Out
- Journal: Secondary Journal 1 (This can also be homework.)
- *Alternate activity: True Friend Protector*
- *Alternate activity: Connections*

Week 12

Day 23: Climbing Out

- True or False spotlight(s)
- Activity: Let's Get Together
- Journal: Secondary Journal 4 (This can also be homework.)
- *Alternate activity: Paper Clip, Eraser, Penny*
- *Alternate activity: Electricity*

Day 24: Jumping Hurdles

- True or False spotlight(s)
- Activity: 15 Pencils
- Review Jumping Hurdles
- Journal: Secondary Journal 7 (This can also be homework.)
- *Alternate activity: Circle Around a Problem*

Week 13

Day 25: Jumping Hurdles

- True or False spotlight(s)
- Activity: Number Review
- Journal: Secondary Journal 4 (This can also be homework.)
- *Alternate activity: Crack the Code*

Day 26: Desire, Time, and Effort

- True or False spotlight(s)
- Video: How Bad Do You Want It?
- Activity: Stretch Higher
- Review Desire, Time, and Effort
- Journal: Secondary Journal 1 (This can also be homework.)
- *Alternate activity: Pot of Gold*

Week 14

Day 27: Desire, Time, Effort

- True or False spotlight(s)
- Activity: Dream Schedule
- Journal: Secondary Journal 4 (This can also be homework.)
- *Alternate activity: Monster Walk*

Day 28: Lift the Weight

- True or False spotlight(s)
- Activity: Power Lift
- Review Lift the Weight
- Secondary Journal 4 (This can also be homework.)
- *Alternate activity: Group Score Basketball*

Week 15

Day 29: Lift the Weight

- True or False spotlight(s)
- Activity: Law of the Land
- Journal: Elementary Art 5 (Road Signs) (This can also be homework.)
- *Alternate activity: Story: The Empty Pot*
- *Alternate activity: Win-Win*

Day 30: Get Plugged In

- True or False spotlight(s)
- Activity: Mad Gab (This is partly done in class and partly as homework.)
- Review Get Plugged In
- Journal: Secondary Journal 6 (This can also be homework.)
- *Alternate activity: Connections Web*

Week 16

Day 31: Get Plugged In

- True or False spotlight(s)
- Finish processing Mad Gab
- Video: Rube Goldberg Machine
 - Discuss how all the parts relied on each other for the entire system to be successful.
 - Discuss the importance of having a positive support system to trust and rely on.
- Journal: Elementary Journal 5
 - Complete and discuss as a class.
- *Alternate activity: Community 411*

Day 32: The Wall

- True or False spotlight(s)
- Activity: Shady Shades
- Review The Wall
- Journal: Secondary Journal 1 (This can also be homework.)
- *Alternate activity: Perspective*

Week 17

Day 33: The Wall

- True or False spotlight(s)
- Activity: The Big Picture

- Journal: Secondary Journal 2 (This can also be homework.)
- *Alternate activity: Balloon Launch*

Day 34: Review

- True or False spotlight(s)
- Briefly review all 10 visual metaphors and discuss what they've learned about how they tie directly to life.
- Administer Student Satisfaction Survey.
-Use this to help you improve future WhyTry courses.
- Journal: Elementary Conclusion Activity (This can also be homework.)

Week 18

Day 35: Celebrate Success

- True or False spotlight(s)
- Semester highlights
-If possible, create a photo slideshow or video in advance to help students reflect on accomplishments throughout the year.
- Bring treats and do favorite activities from the semester or watch videos from WhyTry's "Video Resources" page.

Day 36: Assessment

- True or False spotlight(s) – Complete the remainder
- Distribute WhyTry completion certificates. Honor students for individual strengths and improvements you've observed.
- Administer WhyTry Measure-R post-assessment
-Explain to students again that this is a short survey that helps the teacher understand who they are and how their thoughts and opinions might have changed over the last 18 weeks. They should read the questions and select the choice that best describes them. There are no right or wrong answers.