

WhyTry Scope and Sequence:

36-week course, 1x/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

Week 2

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).
- Homework assignment: Student info survey
 - 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 3

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.

Week 4

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.
- *Alternate activity: Now or Later?*

Week 5

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.
- *Alternate activity: One of a Kind*

Week 6

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?
- *Alternate activity: Creative Pyramid*

Week 7

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?
- *Alternate activity: Synergy*

Week 8

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?
- *Alternate activity: Paper Clip, Eraser, Penny*

Week 9

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.
- *Alternate activity: Number Review*

Week 10

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.
- *Alternate activity: Dream Schedule*

Week 11

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.
- *Alternate activity: Cooperation Arm Wrestle*

Week 12

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.”
- *Alternate activity: Connections Quiz*

Week 13

Day 13: The Wall Overview

- True or False spotlight(s)
- Activity: Count the F's
- Walkthrough of The Wall
- Homework: If you feel like you can't see over the wall, identify what step you are tripping on.
- Homework: Divide the class into 10 partnerships or small groups. Over the next two weeks, each pair or group will be walking the rest of the class through one of the ten metaphors. Create sign-up sheets containing the first five metaphors on Day 14 and the last five metaphors on Day 15. Tell students they can be as creative as they would like in presenting the concept, using appropriate music and video, pictures, posters, current events, etc. to illustrate.
- *Alternate activity: Draw to Win*

Week 14

Day 14: Student Walkthroughs

- *Alternate Activity (if time): Complete a favorite activity from one of the ten units.*

Week 15

Day 15: Student Walkthroughs

- *Alternate Activity (if time): Complete a favorite activity from one of the ten units.*

Week 16

Day 16: Review

- True or False spotlight(s)
- Briefly review all 10 visual metaphors and discuss what they've learned about how they tie directly into life.
- Journal: Elementary Conclusion Activity (This can also be homework.)

Week 17

Day 17: 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 semester.
- Bring treats and do favorite activities from the semester or watch videos from WhyTry's "Video Resources" page.

Week 18

Day 18: Assessment

- True or False spotlight(s): Complete the remainder.
- 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 several weeks. They should read the questions and select the choice that best describes them. There are no right or wrong answers.
- *Alternate Activity (if time): Complete a favorite activity from one of the ten units.*

—END OF SEMESTER 1—

Week 19

Day 19: Relationship Building

- Activity: Values Continuum
- Together as a class, determine what your goals are for the semester.
- Surrendering the One-up activity: “You’re the Boss”
- Surrendering the One-up activity: “Ask Them”

Week 20

Day 20: Introducing Passion Presentations

- Review the Passion, Interest, Purpose portion of the “Motivation Formula” visual.
- Discuss the importance of having a passion in life. Tell students that over the coming weeks, they will each be giving a “passion presentation” to turn outward and share their passion with the class.
- Teacher shares own passion presentation as an example. (This can be a PowerPoint, video, photos, artwork, essay, live demonstration, etc.)
- Explain that throughout the semester, everyone will have the opportunity to present their passion to the group.
- Pass around a sign-up sheet allowing students to pick which day they will present their passion.

Week 21

Day 21: Reality Ride

- Passion Presentation(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 22

Day 22: Reality Ride

- Passion Presentation(s)
- Activity: The Game of Life
-Tie to the “harder but worth it” track of the Reality Ride.
- Journal: Art Activity 2 (This can also be homework.)
- *Alternate activity: Birthday Cards*

Week 23

Day 23: Labels

- Passion Presentation(s)
- Activity: Stereotypes
- Review Labels

- Journal: Secondary Journal 1 (This can also be homework.)
- *Alternate activity: Follow the Leader*

Week 24

Day 24: Defense Mechanisms

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

Week 25

Day 25: Motivation Formula

- Passion Presentation(s)
- Activity: Mind Over Matter
- Review Motivation Formula
- Journal: Secondary Journal 1
- *Alternate activity: Human Tangle*

Week 26

Day 26: Motivation Formula

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

Week 27

Day 27: Climbing Out

- Passion Presentation(s)
- Activity: Sucked In
- Review Climbing Out
- *Alternate activity: True Friend Protector*
- *Alternate activity: Connections*

Week 28

Day 28: Jumping Hurdles

- Passion Presentation(s)
- Activity: 15 Pencils
- Review Jumping Hurdles
- *Alternate activity: Circle Around a Problem*

Week 29

Day 29: Desire, Time, and Effort

- Passion Presentation(s)
- Video: How Bad Do You Want It?
- Activity: Stretch Higher
- Review Desire, Time, and Effort
- *Alternate activity: Pot of Gold*

Week 30

Day 30: Lift the Weight

- Passion Presentation(s)
- Review Lift the Weight
- Activity: Law of the Land
- Journal: Elementary Art 5 (Road Signs) (This can also be homework.)
- *Alternate activity: Group Score Basketball*

Week 31

Day 31: Get Plugged In

- Passion Presentation(s)
- Activity: Mad Gab (This is partly done in class and partly as homework.)
- Review Get Plugged In
- *Alternate activity: Connections Web*

Week 32

Day 32: Get Plugged In

- Passion Presentation(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*

Week 33

Day 33: The Wall

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

Week 34

Day 34: Review

- Passion Presentation(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.

Week 35

Day 35: Celebrate Success

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

Week 36

Day 36: Assessment

- Passion Presentation(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 time. They should read the questions and select the choice that best describes them. There are no right or wrong answers.