



Child Scope and Sequence



Core Curriculum

The SPARK Core Curriculum consists of 11 lessons. It was designed to be taught in a 11-week period, with at least one week between each of the lessons. The period between the lessons provides valuable time for the facilitator and the participants to gain life experience while using the new skills and knowledge learned in the classes. This also provides everyone opportunities to come back and process individual experiences together prior to moving ahead.

Lessons 1-9 are designed to be taught in sequence, as the content provided builds from one week to the next. Lessons 10 and 11 are designed to be the last two lessons taught as they are a review and culmination of the entire SPARK program. Therefore, if topic-specific modules are implemented, the chosen module/s would be inserted after lesson 9. Then, lessons 10 and 11 would follow the chosen module/s, as a summary of the entire program.

Modules

Modules are optional, topic specific lessons that are separated into groups (modules) and should be chosen based on the specific needs of the participants. The lessons within each module should be taught in order and after lesson 9 of the Core Curriculum. The module listed below is included in the Child Mentoring Program. Additional Modules may be purchased separately.

Leadership Module

Giving Back to Your Community

SPARK-ing Ideas Against Bullying

Child Lessons

If no modules are implemented, lesson 1-11 should be taught chronologically.

1. Connecting Our Goals
2. A Curious Experience
3. Understanding Your Feelings
4. Discovering Your SPARK
5. Decision Making, A Chain Reaction
6. Your Creative Potential
7. Uncovering Your Confidence
8. Navigating Your Frustration and Stress
9. What You See Is Different Than Me
10. Unmasking Your Potential
11. Graduation



Child Components & Objectives



Core Curriculum

1

Connecting Our Goals

1. The participants will get to know their facilitators, mentors and fellow classmates.
2. The participants will receive an overview and understanding of the program.
3. The participants will identify personal short-term and long-term goals.

2

A Curious Experience

1. The facilitator and participants will continue to build rapport.
2. The participants will understand how the Nature of **Thought** works.
3. The participants will gain an overview of how **Thought** creates their feelings.

3

Understanding Your Feelings

1. The participants will recognize that **Thought** creates feeling.
2. The participants will learn how their feelings can intensify and weaken.
3. The participants will learn that thoughts and feelings don't have to impact their potential.

4

Discovering Your SPARK

1. The participants will learn that their gut instinct, common sense, intuition and wisdom come from their **SPARK**.
2. The participants will understand that their **SPARK** is their own guidance system.
3. The participants will realize that their **SPARK** is always available and can't be broken.

5

Decision Making, A Chain Reaction

1. The participants will have a clear understanding of the Thought Chain.
2. The participants will understand how the Thought Chain relates to decision making.
3. The participants will identify how to apply the Thought Chain when making decisions.

6

Your Creative Potential

1. The participants will understand the role that **Thought** plays in creativity.
2. The participants will see for themselves that **Thought** constantly comes and goes offering new ideas.
3. The participants will understand that **Thought** and their **SPARK** is behind all creativity.



7

Uncovering Your Confidence

1. The participants will learn to recognize that self-confidence is a natural state created from the **SPARK** inside us all
2. The participants will understand that self-confidence is a natural quality that can sometimes be covered up by their thinking.
3. The participants will understand that the less people evaluate themselves, the more their **SPARK** naturally shines through.
4. The participants will discover who they naturally are inside.

8

Navigating Frustration and Stress

1. The participants will be able to recognize when they are feeling frustrated or stressed.
2. The participants will realize that it is not necessary to get rid of their feelings.
3. The participants will understand how to navigate through frustration and stress.
4. The participants will see how situations can look different without frustration and stress.

9

What You See Is Different Than Me

1. The participants will understand that everyone has different views and preferences.
2. The participants will understand that all views and preferences come from individual thinking and that we are always living in our own separate realities.
3. The participants will understand that other people's views and preferences are neither right nor wrong—they are just different.

10

Unmasking Your Potential

1. The participants will see that their thoughts do not always reflect their abilities.
2. The participants will see that they create their own limits.
3. The participants will see that possibilities and their own potential are infinite.

11

Graduation

1. The participants will review the program materials. The participants will complete a Post-Program Survey.
2. The participants receive completion certificates and individual awards
3. Teachers, staff and parents will participate in the graduation refreshments and reflections.

Leadership Module



Giving Back to Your Community

1. The participants will define what giving is and identify who is giving in their community.
2. The participants will learn how to give back.
3. The participants will see how their **SPARK** is the foundation of giving.
4. The participants will realize that giving can come from nothing.



SPARK-ing Ideas Against Bullying

1. The participants will be able to identify the reasons why people bully others.
2. The participants will realize that it is impossible to harm someone's **SPARK**.
3. The participants will see that even if they are feeling hurt, they are not damaged.

