



Young Child Scope and Sequence



Core Curriculum

The SPARK Core Curriculum consists of 10 lessons. It was designed to be taught in a 10-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. Lesson 10 is designed to be the last lesson taught as it is 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, lesson 10 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

Being a Good Neighbor

Young Child Lessons

If no modules are implemented, lesson 1-10 should be taught chronologically.

1. Making Connections
2. Feeling All the Feels
3. My Feelings Come From Me, Yippee!
4. Your SPARK is a Treasure
5. Making Choices Perfect For You
6. Unlimited Creativity
7. Kindly Feeling Frustration
8. Seeing the Same Things Differently
9. Friendship and Connections
10. Graduation





Young Child Components & Objectives



Core Curriculum

1

Making Connections

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 be introduced and understand the concept of goals.
4. The participants will identify goals for the year.

2

Feeling All the Feels

1. The facilitator and participants will continue to build rapport.
2. The participants will understand and be able to identify different feelings.
3. The participants will learn how their feelings can intensify and weaken.
4. The participants will learn how feelings come and go.

3

My Feelings Come From Me, Yippee!

1. The facilitator and participants will continue to build rapport.
2. The participants will gain an overview of how **Thought** creates their experiences.
3. The participants will be introduced to the meaning of **SPARK** as it relates to this program.

4

Your SPARK is a Treasure

1. The participants will understand that we are all born with a **SPARK** (treasure).
2. The participants will understand their **SPARK** (treasure) is where good feelings, including confidence and common sense comes from.
3. The participants will understand that even when they feel bad, their **SPARK** (treasure) is still there waiting to be remembered and to help them.
4. The participants will learn that listening to their **SPARK** (treasure) is the meaning of confidence or bravery.
5. The participants will realize their **SPARK** is always available and can't be broken or lost.

5

Making Choices Perfect for You

1. The participants will have a clear understanding of what choices are and why understanding them is important.
2. The participants will recognize their feelings and identify how their **SPARK**/Treasure helps them when making choices.
3. The participants will identify how to apply the Thought Chain when making choices.
4. The participants will understand that they make their own choices and cannot control other people's choices.



6

Unlimited Creativity

1. The participants will understand that they are all amazing creators (everyone is creative).
2. The participants will understand ideas (thoughts) come from their **SPARK**/Treasure.
3. The participants will see for themselves that they have access to endless new ideas.
4. The participants will realize that if it appears, they don't have new ideas, it's just because they are feeling a "block" and blocks go away by themselves.

7

Kindly Feeling Frustration

1. The participants will be able to recognize when they are feeling frustrated.
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.
4. The participants will see how situations can look different without frustration.

8

Seeing the Same Things Differently

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

9

Friendship and Connection

1. The participants will understand that friendship and connection happen naturally when they feel their **SPARK**/treasure.
2. The participants will understand that when people are not nice (and even engage in bullying), it's because they are not feeling their **SPARK**/treasure.
3. The participants will gain tools to navigate the situation when faced with bullying behavior.
4. The participants will see how we are all connected.

10

Graduation

1. The participants will complete a Post-Program Survey.
2. The participants will receive certificate of completion and individual awards.
3. The Participants will share what they have learned.
4. Teachers, staff and parents will participate in the graduation refreshments and reflections.

Leadership Module



Being a Good Neighbor

1. The participants will understand the meaning and value of community.
2. The participants will understand that from time to time, we all need help.
3. The participants will recognize that giving back and helping others comes from their **SPARK**.
4. The participants will discover how they can give back to others.

