



Pre-Teen | Ages 10-13

Scope and Sequence



Core Curriculum

The SPARK Core Curriculum consists of 12 lessons. It was designed to be taught in a 12-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 1-10 are designed to be taught in sequence, as the content provided builds from one week to the next.

Lessons 11 and 12 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 10. Then, lessons 11 and 12 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 10 of the Core Curriculum. The modules listed below are included in the Pre-Teen Mentoring Programs. Additional Modules may be purchased separately.

Leadership Module

Understanding Your Community
Using Your **SPARK** to Be a Good Role Model
Bullying, Inside-Out

Life Skills Module

Academic Stress to Academic Success

Healthy Relationships Module

Navigating Relationships

Pre-Teen Lessons

If no modules are implemented, lesson 1-12 should be taught chronologically.

1. Connections and Goals
2. Your Experience, Unlocked
3. Decision Making, The Thought Highway
4. Kaleidoscope of Feelings
5. Understanding Your **SPARK**
6. Growing Your Creativity and Potential
7. Self-Confidence
8. Dealing With Stress and Anxiety
9. Communication and Reactions
10. Appreciating the Differences Among Us
11. The Future Is Yours
12. Graduation



Pre-Teen Components & Objectives



Core Curriculum

1

Connections and 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

Your Experience, Unlocked

1. The facilitator and participants will continue to build rapport.
2. The participants will receive 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.

3

Decision Making, The Thought Highway

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 and Thought Highway when making decisions.

4

Kaleidoscope of 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.

5

Understanding Your SPARK

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

6

Growing Your Creativity and Potential

1. The participants will understand fact of **Thought**.
2. The participants will come to realize for themselves that thoughts constantly come and go.
3. The participants will understand that **Thought** is behind all creativity.



7

Self-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 learn that their natural self-confidence 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.

8

Dealing With Stress and Anxiety

1. The participants will be able to define and identify stress and anxiety.
2. The participants will understand what part thinking plays in feeling stressed and anxious.
3. The participants will realize, through awareness, that they can decide how much power to give their stress and anxiety.

9

Communication and Reactions

1. The participants will be able to define and identify different states of mind.
2. The participants will understand state of mind can impact communication and reactions.
3. The participants will see how to use their state of mind and the state of mind of others as a navigation system when communicating and reacting.

10

Appreciating the Differences Among Us

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.

11

The Future Is Yours

1. The participants will review what they have learned in this program.
2. The participants will demonstrate their own use of their **SPARK**.
3. The participants will demonstrate the ability to see their goals and dreams as ever evolving.
4. The participants will see that possibilities and their potential are infinite.

12

Graduation

1. 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.





Healthy Relationships Module



Navigating Relationships

1. The participants will learn the importance of respecting the differences in others when in relationships.
2. The participants will see the correlation between separate realities and relationships.
3. The participants will identify the benefits of communication in times of conflict.

Leadership Module



Understanding Your Community

1. The participants will be able to define what giving is and identify who is in their community.
2. The participants will understand the importance of community members.
3. The participants will realize the impact they can have on their community by using their **SPARK** as a guide.
4. The participants will plan a community project of their own.



Using Your SPARK To Be a Good Role Model

1. The participants will learn what it means to be a positive role model.
2. The participants will realize classmates and peers may look up to them as role models.
3. The participants will see that they are capable of teaching and helping their peers.
4. The participants will realize how they can use their SPARK to help others around them.



Bullying, Inside-Out

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.
4. The participants will demonstrate their understanding by creating an Inside-Out Anti-Bullying Campaign poster.

Life Skills Module



Academic Stress to Academic Success

1. The participants will see how their thoughts can create barriers to academic success.
2. The participants will understand the correlation between academic success and thinking.
3. The participants will understand that their academic potential is infinite.

