



I AM Noticed Core Curriculum Grade Level Adaptations for Secondary

Resources referenced within adaptations. Please see worksheets below.

Curricular Focus: Introduction & Discovery

Lesson 1.1: Letter to Self

Description of Lesson Adaptation: In addition to this lesson, have a class discussion around this question: Who do you spend the most time with? See who they mention, talk about it. Did anyone mention themselves? If so, GREAT. If not, use that as a way to share the importance of positive self talk and the importance of self reflection. Remind the students to talk kindly to themselves, because they are listening.

Facts to support the importance of positive self talk and self reflection: Scientists state that we get around 70,000 thoughts in our minds every day. 70% of these thoughts can naturally be negative. This fact reinforces the importance of how important it is to practice positive thinking.

Curricular Focus: Introduction & Discovery

Lesson 1.2: I AM Noticed Cycle Worksheet

Description of Lesson Adaptation: Share “[Hannah’s Cycle Video](#)” as an added resource to this lesson.

Curricular Focus: Introduction & Discovery

Lesson 1.3: Talking About Confidence

Description of Lesson Adaptation: Have the students create a T-Chart. Side 1: List people who show characteristics of confidence. Side 2: List those characteristics.

Discuss results from T-Chart. Briefly introduce the concepts of self-destructive “I am not enough”, arrogance “I am not enough”, and confidence “I am enough”. (see graphic on core curriculum for reference).



Curricular Focus: Want-To

Lesson 2.1: Have-to vs. Get-to

Description of Lesson Adaptation: Incorporate goal setting with this lesson. You may wish to use daily goal setting such as a rainbow tracker or graphs to give students visual representation.

Curricular Focus: Want-To

Lesson 2.2: Purpose & Gratitude

Description of Lesson Adaptation: Once the students have worked independently, encourage them to turn and talk. Encourage students to practice active listening.

Example: Partner up: Ask your partner “What is something you want to do and why?” This can be anything important to you. It doesn’t have to be school related. Switch

Curricular Focus: Want-To

Lesson 2.3: Want-To Leads To Confidence

Description of Lesson Adaptation: In addition to core lesson 2.3, challenge the students to live out this lesson in real life and observe real life examples of how confidence (or lack thereof) impacts the people around us.

Example: Who is the first person who talked to you today? What was your response? How do you think that is perceived? Did you observe... eye contact, smiles, high fives, thumbs up, conversation, etc.?



Curricular Focus: Positive I AMs

Lesson 3.1: I AM Power List

Description of Lesson Adaptation: Using the I AM Word Bank, take time to go over definitions of words to help students have a deeper understanding all while expanding their vocabulary. As time allows, have students share their power lists with other students so they can find commonalities.

Curricular Focus: Positive I AMs

Lesson 3.2: I AM Blocks

Description of Lesson Adaptation: Have the students create their I AM Block using PowerPoint or a similar technology. In addition to the adjective they choose, the students can decorate their slide as they wish using graphics and colors that represent them. Slides can be combined to make a slide show for your class or slides can be individually printed and displayed. This might be so much fun you can create I AM slides for fellow students or staff members in the building.

Curricular Focus: Positive I AMs

Lesson 3.3: I AM Word Selfies

Description of Lesson Adaptation: Discuss receiving... If the students want to receive a word that's Noticed about them, they can simply say "thank you", "thank you for being kind", "thank you for your kindness/Noticing". If they don't want to receive a word that's Noticed about them, they can say "thank you for your kindness, but can you come up with a different word", or "no thank you".

You might also consider having the students create a word selfie for you first to model the activity.



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Curricular Focus: Positive I AMs

Lesson 4.1: 1 Minute Mirror Challenge

Description of Lesson Adaptation: Consider the following conversations around this lesson: How many times do you look at yourself everyday? When and how?

Give examples. Think about your snapchat or selfies. Encourage them not to try to “fix” anything you see. Discuss human nature. Building the muscle of confidence. Changing the channel-swiping!

If time allows, have students self-reflection in their journal or on paper.

Curricular Focus: Positive I AMs

Lesson 4.2: Noticing Goodness Worksheet

Description of Lesson Adaptation: There is no adaptation for this lesson, please reference the core curriculum for this lesson.

Curricular Focus: Positive I AMs

Lesson 4.3: Noticed Notes

Description of Lesson Adaptation: Choose a minimum 2 adults in the building to Notice. After the students have written their notes students are taken to the office to put the notes in the appropriate mailbox. This can be ANY staff member in the building.



Curricular Focus: Receiving Goodness

Lesson 5.1: The Importance of Receiving

Description of Lesson Adaptation: Encourage students to think of examples that took place in your class.

Curricular Focus: Receiving Goodness

Lesson 5.2: Role Playing Receiving

Description of Lesson Adaptation: There is no adaptation for this lesson, please reference the core curriculum for this lesson.

Curricular Focus: Receiving Goodness

Lesson 5.3: Role Models For Receiving

Supplies needed for adaptation: Role Models for Receiving worksheet

Description of Lesson Adaptation: Use the *Role Models for Receiving worksheet*. Have the students complete their drawing for the person you think does a great job at receiving goodness and then list words around the person that describe how this person stands out to you as a role model for receiving goodness.



Curricular Focus: Rippling Goodness

Lesson 6.1: You Are The Rock In Your Ripple Worksheet

Description of Lesson Adaptation: Add numbers within the worksheet to help make this worksheet more concrete for students. Have them also write in the corner of the worksheet the average number of people they think they impact on a daily basis.

Please share the following concepts as a part of this lesson:

The number is probably bigger than they realize and together it can be even bigger. Add up everyone's estimation to see how big our ripple of impact is as a class. The numbers help the class visualize and see the impact we are making collectively.

Curricular Focus: Rippling Goodness

Lesson 6.2: Creating Ripples

Description of Lesson Adaptation: There is no adaptation for this lesson, please reference the core curriculum for this lesson.

Curricular Focus: Rippling Goodness

Lesson 6.3: You Matter Worksheet

Description of Lesson Adaptation: This is a great time to circle back and revisit the topic of confidence. Discuss how confidence impacts who we are and how we show up. Confidence is like a muscle. The more we practice the better we get at it.



Curricular Focus: Application/Confidence

Lesson 7.1: A New Letter To Self

Description of Lesson Adaptation: If time allows, discuss as a class the growth students have seen in themselves. Talking about your goodness in a humble way is a great way to practice confidence.

Curricular Focus: Application/Confidence

Lesson 7.2: How Are You Practicing Confidence

Description of Lesson Adaptation: After the students have reflected individually, have them partner up for pair share. Come back and discuss as a class.

Curricular Application/Confidence

Lesson 7.3: We Are Poster

Description of Lesson Adaptation: While making the poster discuss examples in our history when they've seen people come together to create a positive impact. Examples may include sports teams, music videos, school projects, etc.



Role Model for Receiving

