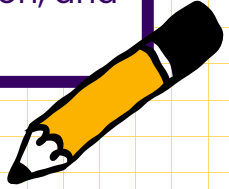




Overview

The weekly class is structured into three main parts: **Mindset**, **Skillset**, and **Toolset**. Mindset starts with a motivational video, discussion, and icebreaker—think Eric Thomas or Tony Robbins for kids. In the Skillset section, a video clip frames the day's focus, leading to a game-based activity and discussion. Toolset features a relevant clip about a student who embodies what we've learned, real-world application, and plan for next week.



Weekly Format



Mindset (10–15 minutes)

- Opening Motivation: Energizes students with a motivational video to spark ambitions, self-belief, and excitement for the upcoming class.
- Discussion: Encourages students to discuss their impressions of the video and share personal experiences.
- Icebreaker: This is a fun activity designed to make everyone comfortable and foster a sense of community.



Skillset (35–40 minutes)

- Video Clip: Introduces the session's theme and prepares students for the main activity.
- Key Game-based Activity: Engages students in a fun, interactive game that develops specific DREAM Milestone outcomes.
- Discussion: Facilitates a reflective conversation about the game and learning outcomes.



Toolset (15 minutes)

- Video Clip: Features a clip of a child demonstrating the skills and values discussed.
- Closing Reflections: Provides a moment for reflection on real-world applications and a look forward to the next class.



*Recordings for missed sessions are available online.