



PROFESSIONAL DEVELOPMENT CONTENT PREVIEW

Adapting Strive Modules for Your Program

As noted above, not every program is structured in five-day, one-hour increments and the Strive Middle School curriculum was specifically designed to support all programs in creating a robust, customized programming schedule. Below are a few ways you can adjust Strive modules to meet your program's needs:

Class times that are less than one hour

Each daily lesson is made up of many sections which can be divided over several days. This does require advanced planning to ensure content will flow smoothly. Some helpful tips for restructuring lesson plans into shorter increments:

- Keep core content in the order in which it's presented, because topics do build on each other. For example, you may have an introduction to a topic, a brainstorm to extend learning, and an activity to reinforce and put it into practice. These elements should stay in this order, but you can spread it over several days.
- Some content, like short games and appreciations, is not dependent on the order it's presented and can be moved around to ensure the lesson plan best fits your schedule.
- Some content can be stretched to help you fill time - for example, many games can be played for multiple rounds or varied by offering students leadership roles to lead a round or create a unique variation. Also many art-based activities can be extended by providing richer materials to provide greater opportunity for creativity and creation of more detailed projects.
- Strive Center (details in Chapter Three) and journal topics are another way to add more material to a lesson that's been spread over two days. Giving students the opportunity to reflect on content and their own experiences "trying it on" via writing activities can be a meaningful addition. If you see the opportunity to integrate creative writing as you extend Strive modules, consider giving students their own composition books to formalize and preserve your writing activities.
- Retain a mindfulness practice each day if you divide lessons over multiple periods. Every module contains examples of five-minute mindfulness practices and you can utilize shorter practices to maintain that consistency every day.

Class times that are greater than one hour

Most Strive lessons can easily be extended without a lot of additional planning effort. Look for activities and games that can benefit from multiple rounds (as mentioned above), give students additional time to work on art projects or for classroom discussions using Total Participation Techniques, or insert journaling time or Strive Center activities.