

Scope + Sequence: Lights, Camera, Action! (ThinkGive® Middle School, grades 7-8)

Students are encouraged to view themselves and others as main characters in their unique stories. Each person has a supporting cast and extras who contribute to their daily experiences. At the same time, we all play supporting roles and extras in the stories of those around us. Taking a step back to recognize that others lead vivid and complex lives fosters deeper connections and inspires us to take meaningful, kind actions.

Lesson name	Lesson Summary	Students will Examine	Take Action "Before our next ThinkGive session on [give date]..."	Themes
* Note: rows in grey are not included in the 12-prompt program				
Introduction	This lesson introduces students to the central program theme: "sonder." The accompanying video explores how everyone exists as the main character of their stories, each with their "supporting cast" and "extras." By the end of the lesson, students will understand that they play different roles in others' lives, all of whom are also experiencing complex and vivid lives of their own.	- The idea that everyone is living a vivid and complex life. - The roles they play in the lives of others. - What opportunities do they have to impact others positively?	<i>Notice the supportive roles that others play in your life and the roles you play for others. Pay attention to what makes the person's supportive role stand out to you and its positive impact.</i>	Self-management: Personal agency Social awareness: Empathy Relationship skills: Interdependence
Celebrate Your Main Character Energy	Students build a Main Character slideshow to appreciate and share the various aspects of their identities. They will add to these slides as they learn more about themselves over the ThinkGive program. By the end of the lesson, students will better understand who they are as the main characters of their lives and what they need to recharge (care for) their main character energy.	- Who they are, and how do they express their hopes and dreams? - How understanding themselves can help them relate to others. - What choices can they make to care for themselves when they need to recharge?	<i>Take a self-care action to recharge. You could even start building a new self-care habit!</i>	Self-awareness: Accurate self-perception Self-management: Self-regulation Responsible decision-making: Advocacy
Share What's Behind Your Mask	In this lesson, students continue to explore their identities by examining the masks they wear. They consider how everyone wears masks to hide their insecurities and emphasize certain aspects of themselves to appear more appealing to others. By revealing the parts of themselves that they usually conceal behind their masks, they can connect with others and feel more genuine.	- How everyone wears masks. - What are the challenges of staying true to oneself? What is the value of authenticity? - Ways to share who they are behind their masks.	<i>Share some part of your inner self that you've kept hidden behind your mask. Sharing our authentic selves not only helps us but also inspires others. Remember the ThinkGive Three: Be True, be Brave, and remember that Small is all—what you share from your inner self can be as small or big as you feel comfortable showing to others.</i>	Self-awareness: Authenticity Social awareness: Examining norms Self-management: Risk-taking
Challenge a Limiting Belief	Limiting beliefs are everywhere—filling our heads and society. In this lesson, students learn about how Katherine Johnson challenged a limiting belief and explore their own limiting beliefs. Finally, they collectively generate a list of limiting beliefs and ways to challenge them.	- What limiting beliefs do they hold? - People who have challenged limiting beliefs. - Ways they can challenge limiting beliefs.	<i>Challenging a limiting belief can be a compassionate act for yourself or someone else. Take a moment to confront a limiting belief that is holding you back.</i>	Self-awareness: Growth mindset Self-management: Persistence Self-management: Personal agency
Celebrate Someone in Your Supporting Cast	Students explore what it means to be supported by others by watching an acceptance speech and identifying the winner's supporting cast. They form small groups, brainstorm a list of their supporting cast members, and then generate ideas for celebrating one of these individuals in True, Small, and Brave ways.	- Who is in their supporting cast? - What are ways to celebrate someone in a meaningful way? - What types of support are true, small, and brave?	<i>Find a True, Small, or Brave way to celebrate someone in your supporting cast, recognizing and showing gratitude for all they do for you.</i>	Social awareness: Gratitude Relationship skills: Relationship-building Relationship skills: Effective communication

Learn About Someone in Your Supporting Cast	Students interview a peer and then respectfully introduce them to the group. This exercise promotes active listening to learn about and understand someone. After the lesson, students take action to learn about someone in their supporting cast so that they can better connect with their vivid and complex lives and stories.	- How to use active listening to empathize with others. - Learning about someone offers a glimpse into their vivid and complex life. - What is the value of broadening our perspectives?	<i>Use your new interviewing skills to learn more about someone in your supporting cast. This will help you better understand their vivid and complex life.</i>	Relationship skills: Effective communication Relationship skills: Relationship-building Responsible decision-making: Curiosity
Be a Friend	This lesson focuses on friendship and what it means to be a friend. Students generate three qualities of a friend and then watch a video about how friendship can inspire people to do great things. Finally, they reflect on how friendships can change and remain the same over time.	- What does friendship mean to them? - What are the different ways to support a friend? - How do friendships evolve and change over time?	<i>Find an opportunity to be a great supporting cast member for a friend.</i>	Social awareness: Empathy Relationship skills: Relationship-building Relationship skills: Interdependence
Challenge a Stereotype	This lesson explores the idea that everyone has biases and makes assumptions. Students discuss the concept of stereotypes and why they exist. The lesson begins with a story and leads into a scenario exercise, prompting students to think critically about challenging stereotypes in various situations.	- How our natural tendency is to make assumptions. - What harm can stereotypes cause and reinforce? - How can empathy be used to challenge stereotypes?	<i>Challenge a stereotype. Your action might be internal (working to break a stereotype you hold) or external, by speaking up to bring awareness to and challenge a stereotype in your community.</i>	Self-awareness: Examining biases Social awareness: Examining norms Responsible decision-making: Advocacy
Give Your Time	In this lesson, students start by experiencing what a minute feels like, gaining insight into the impact of dedicating just a minute of their time to others. They then reflect on their daily schedules to identify opportunities to engage in kind actions for someone else.	- How can the perception of time vary—whether slow or fast? - How can giving their time be a gift? - What pockets of time can they identify to take action and make a positive impact on others?	<i>Taking the time to support others who are navigating their own vivid and complex lives is one of the kindest actions you can offer. Set aside some time to intentionally dedicate to someone in need of your support.</i>	Social awareness: Empathy Relationship skills: Interdependence Self-management: Personal agency
Meet an Extra	In this lesson, students explore the importance of stepping outside their comfort zones to connect with new people, drawing inspiration from Brandon Stanton's "Humans of New York" project. By engaging with strangers, they discover how these interactions can foster meaningful connections and offer fresh perspectives. Students practice interviewing someone they don't know, reflecting on the challenges and benefits of building new relationships. They also develop strategies to overcome hesitations and handle potential rejection with resilience.	- The positive impact of connecting with people outside their usual circle. - How can forming new connections help them experience and understand the concept of sonder? - How can new encounters deepen their understanding of human relationships and the value of diverse perspectives?	<i>Step into your courage zone to connect with an extra. This person could become a member of your supporting cast!</i>	Relationship skills: Effective communication Self-management: Risk-taking Responsible decision-making: Curiosity
Share a Belief	This lesson invites students to reflect on their core beliefs and values. They watch a video about students pursuing passion projects rooted in their beliefs. Afterward, students identify the values and beliefs that influence their decisions. Encourage them to think about issues that matter to them and their communities, considering how their beliefs can drive meaningful action and impact.	- The origins of their values and beliefs. - How understanding their beliefs influences their decisions and actions. - How actions, rather than words, often communicate beliefs.	<i>Now that you have created an I Believe Statement, put your belief into action. What small action can you take that aligns with and promotes your belief?</i>	Self-awareness: Confidence Self-management: Personal agency Responsible decision-making: Critical thinking

Act as an Ally	Students explore the concept of allyship and its various forms, from standing up for others to actively listening and learning. They consider the challenges and opportunities that come with acting as an ally, reflect on how they can integrate these actions into their daily lives, and recognize their ability to make a meaningful impact in addressing societal injustices and supporting marginalized groups.	- What are the different forms of allyship? - How can they be an ally for a cause or a person? - What challenges might arise when acting as an ally?	<i>Act as an ally for an individual or cause. Remember that an ally supports a person or group that is oppressed or marginalized.</i>	Social awareness: Empathy Relationship skills: Allyship Responsible decision-making: Advocacy
Support a Cause	Students explore the causes they care about and identify ways to take meaningful action to support those causes. They reflect on how their involvement acknowledges those who support them and recognizes the often unseen individuals working behind the scenes. Students are reminded that everyone has a unique and complex story, and we can better overcome challenges when collaborating.	- What causes matters to them. - What are some small ways they can support a cause? - How can supporting a cause generate meaningful change?	<i>Choose a cause and take action to create positive change in your community. Start by researching to deepen your understanding of the issues so that you can determine the most effective ways to contribute. Remember, recognizing injustice and advocating for change often begins with one person!</i>	Self-management: Personal agency Responsible decision-making: Advocacy Responsible decision-making: Critical thinking
Welcome a New Perspective	In this lesson, students consider why people have different perspectives. They first view optical illusions to help them practice considering their perspectives. Then, they practice perspective-taking by looking at some statements and considering the various arguments.	- Our perspectives stem in part from our lived experiences. - Our perspectives are all unique. - Understanding different perspectives broadens our worldview.	<i>Challenge yourself to see something from someone else's perspective. The more we understand how different perspectives shape others' experiences, the better we can learn from and connect.</i>	Social awareness: Perspective-taking Responsible decision-making: Curiosity Responsible decision-making: Critical thinking
Empower Your Main Character Energy	Students explore the concept of empowerment by tapping into their "Main Character energy"—embracing their unique strengths and taking control of their narrative. They examine thought-provoking quotes and eight practical tips highlighting ways to empower themselves. Finally, students synthesize their insights into an inspirational poster designed to help others discover their paths to empowerment and embrace their Main Character energy.	- What does empowerment mean? - Different ways they can empower themselves. - How can they inspire others to embrace their empowerment?	<i>Take action to care for and empower yourself in a positive, fulfilling way.</i>	Self-awareness: Accurate self-perception Self-awareness: Confidence Self-management: Personal agency
Wrap-up	Students engage in a carousel activity to reflect on their ThinkGive learning journey. Afterward, they craft a newspaper article envisioning their future selves—the main character they aspire to become, the personal story they want to create, and the ways they can uplift and support the "extras" and supporting cast members in their lives.	- What have they learned about themselves? - What have they learned about others? - How can they be more intentional about creating positive connections?	<i>Reflect on one or two key lessons from your ThinkGive experience and practice integrating these skills into your life. This might include being an ally, prioritizing self-care, embracing your authentic self, or welcoming new perspectives. Apply these skills to support others and empower yourself to achieve your goals.</i>	Self-awareness: Accurate self-perception Self-awareness: Growth mindset Responsible decision-making: Critical thinking