

# Step-It-Up Lessons

**“Youth motivated to reach their full potential.”**

The Step-It-Up process teaches skills that promote youths' dreams and their contribution to the world. Youth will identify their inner "sparks" and learn about the science of thriving. Youth will understand how their brains work and how to strengthen them. They learn they can say and do things to influence their thinking and reach goals. They also develop skills for dealing with risk factors that get in the way of them becoming who they want to be. Lessons include tips for learning, social skills for difficult situations and ways to express oneself.

Lesson #	Lesson Title	Thriving Indicator
<b>Sparks</b> #S1	Sparks: Finding Your Spark*	● Catalyst
<b>Thriving</b> #T2	Be All You Can Be!*	● Purpose
<b>Growth Grids</b> #GG1, GG2	"Pre" GPS Growth Grid—Basic; 14 and up	● Life Skills
#GG3, GG4	"Post" GPS Growth Grid—Basic; 14 and up	● Life Skills
<b>Sparks</b> #S2	Spark Champions*	● Catalyst
<b>Thriving</b> #T3	Explore Challenges & Lead*	● Purpose
<b>Risk Factors</b> #R1	Dreams & Dream Thieves	● Purpose; Positive Relationships
#R2	Risk Factors Overview*	● Purpose
<b>Mindset</b> #M1	How Your Brain Thinks Thoughts*	● Love of Learning
#M2	Why the Brain is Like A Muscle*	● Love of Learning
#M3	What the Growth Mindset Means to You*	● Love of Learning
<b>Goal Mgt.</b> #G1	Goal Selection & Your Destination Postcard*	● Life Skills
#G2	Pursuit of Strategies: Persistence & Bright Spots*	● Life Skills

\* Denotes core lessons

Lesson #	Lesson Title	Thriving Indicator
<b>Risk Factors</b> #R3	Fearship/Friendship*	● Positive Relationships
<b>Thriving</b> #T5A	Amygdala the Elephant (1st in series)*	● Emotional Competence
#T5B	Brain Growth & the Elephant (2nd in series)*	● Emotional Competence
#T6	Self-Control & the Elephant (3rd in series)*	● Emotional Competence
<b>Goal Mgt.</b> #G3	Shifting Gears: Changing Goals Without Feeling Bad	● Life Skills (14 and up)
#G4	Shifting Gears: Seeking Help *	● Life Skills; Social Skills
<b>Risk Factors</b> #R4	Anger, Fear & Pain I*	● Emotional Competence
#R5	Anger, Fear & Pain I*	● Emotional Competence
#R6	"I Don't Care Attitude"	● Emotional Competence
#R7	Destructive Language	● Social Skills; Positive Relationships; Caring
<b>Thriving</b> #T4	Our Deepest Fear	● Confidence
#T9	Sleep and the Brain	● Healthy Habits; Love of Learning
<b>Goal Mgt.</b> #G5	GPS -The Goal Management Skills Cluster	● Life Skills

Thrive Foundation for Youth regularly expands and refines lessons to reflect indicators of thriving.

The lessons in this Table of Contents are common to year one of an intervention. Additional lessons are available. Lessons are regularly added and updated on [StepItUp2Thrive.org](http://StepItUp2Thrive.org).

# Additional Lessons

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These additional lessons further develop skills and attributes of thriving.

Lesson #	Lesson Title	Thriving Indicator
<b>Thriving #T8</b>	The Brain Muscle & Learning	● Healthy Habits; Love of Learning
#T10	Respect Comes From Within	● Confidence
#M4	Mindset and Personality (under development)	● Love of Learning
#T11	Moral Values I: Introduction	● Character
#T12	Moral Values II: Bad Samaritan	● Caring; Character
#T13	Moral Values III: Bystander to Ally	● Caring; Character
<b>Thriving #T14</b>	Change Starts with the Individual	● Confidence
#T15	Leadership Qualities & Styles	● Confidence; Social Skills
#T16	Leadership Practice	● Confidence; Social Skills
#T17	Conflict Resolution	● Positive Relationships
#T18	Refusal Skills	● Positive Relationships; Character
#T19	Brain Care & Drugs	● Healthy Habits
#T20	Brain Care & Memory Skills	● Love of Learning
#T21	Your Public Voice I	● Social Skill; Love of Learning
#T22	Your Public Voice II	● Social Skill; Love of Learning
<b>Thriving #T25</b>	Positive Feedback to Peers	● Social Skills
#T26	Jeopardy Game- Review	