

Overview

At this age, students often get very upset when embarrassed or confused, as opposed to thinking about how they could react. The Mindset 100% Accountable teaches us that we are responsible for our own lives, the feelings we have, and the actions we take.

Objectives

- Understand the meaning of the word accountable.
- Identify ways that we can be accountable for our feelings by turning negative situations into positive ones.

SEL Alignments

- **Self-Management** – Students build an understanding of how their own thoughts and actions dictate short-term and long-term outcomes in their lives.
- **Decision-Making** – Students develop a new perspective on their daily choices and become more intrinsically motivated to make better and more purposeful decisions.
- **Resilience** – Students develop a greater sense of ownership and a new ability to self-advocate and dictate different outcomes in their lives.
- **Growth Mindset** – Students develop an expanding capacity to look inside for motivation and solutions, which leads to greater capacities for themselves