

Overview

Students at this age are very social and enjoy playing and being around others. The Mindset The Time is Now reminds us that the world's happiest people allow themselves to be happy and play more often.

Objectives

- Identify what it means to be happy.
- Begin to understand what the concept of The Time is Now means.

SEL Alignments

- **Self-Management** – Students learn to become more thoughtful and present in the moment, bringing their full capacity to their decisions and actions.
- **Social Awareness** – Students develop strategies to become more engaged in the present moment and more thoughtful and constructive in their interactions.
- **Decision Making** – Students become more engaged and better equipped to make appropriate decisions.