

Starter Kit | Unit 1 Starter Kit

Check-In: How do you feel about your mindset and teaching future readiness today?

Your students need: A computer or device, this unit's Future Ready Journal, and a pen or pencil

Guiding Questions:

- What is the difference between a traditional mindset and a Lifestyle-first Mindset when it comes to decisions for the future?
- What does asking why and self-reflection have to do with future success?

Starter Kit Implementation Guide: Reminder, this unit can be completed over a class, a week, or several weeks, depending on your implementation.

- **Estimated Learning Time:** 120 minutes
 - ◆ 30 combined minutes of teacher facilitation
 - ◆ 90 combined minutes of student-independent work
- **Start:** Watch the unit overview video with your class and review the unit learning outcomes
 - ◆ What excites you and your students about this unit?
 - ◆ What are some unknowns your students are facing?
- **Discuss:** Use the guiding questions above as a discussion kick-starter
- **Facilitate:** In this unit, students will complete independent practice through three badge sets (lessons) on each unit topic and theme. Consider breaking up the badge sets into smaller chunks of learning time. Using the badge set guide below, introduce and share with students what they will learn and engage them with the discussion questions provided. Potential implementation would look like this per badge set:
 - ◆ 5-minute teacher-facilitated discussion
 - ◆ 5-10 minute student independent practice
- **Remind:** Additional learning time is available through Find Your Grind Explore content. You are encouraged to provide additional class time for students to review their personalized recommendations on their student dashboard.

Educator Tip

1. Use your "Feed" tab to ensure students are working on the badge set you want them on
2. Badge sets are open for student agency and choice. Consider allowing this autonomy, and during discussion breaks, have students share with their peers what they were excited to learn about!

This is page 1 of the example lesson plan.

Contact us to learn more: <https://findyourgrind.com/contact/>