

Strive Upward

A Free Independent Educational Resource

Junior Program Log

Name: _____

Program Name		Date Completed	Signature
Growth Mindset: Grow Your Intelligence			
Step 1	Watch 2 Videos		
Video 1	Growth Mindset for Kids		
Video 2	4 Steps to Developing a Growth Mindset		
Step 2	Read: You Can Grow Your Intelligence		
Step 3	Read and Discuss: Effective Effort Rubric		

Program Name		Date Completed	Signature
Body Smart			
Lesson 1	Video: How Your Body Uses Food		
Lesson 2	Video: How to Keep a Healthy Weight		
Lesson 3	Video: Sugar Ups and Downs		
Lesson 4	Video: What's In a Food Label?		
Lesson 5	Video: Healthy Teeth and Gums		

Program Name		Date Completed	Signature
The Magic Pen			
Lesson 1	Making Predictions, Purpose of a Text, Author's Word Choices, Literary Devices, and Setting		
Lesson 2	Five Elements of a Plot		
Lesson 3	Rising Action		
Lesson 4	More Rising Action, How Stories End, Lessons and Morals of a Text		
Lesson 5	Discover Your Spark		
Step 1	What Is a Spark?		
Step 2	Watch Video and Review Questions		
Step 3	What to Do When You Discover Your Spark		

Program Name		Date Completed	Signature
Good Sportsmanship			
Lesson 1	Watch 3 Videos		
Video 1	How to Be a Good Sport		
Video 2	How to Be a Good Sport in Life and in Sports		
Video 3	Life Skills: Sportsmanship		
Lesson 2	Watch 2 Videos		
Video 1	How Playing Sports Benefits Your Body and Your Brain		
Video 2	How to Practice Effectively for Just About Anything		

Program Name		Date Completed	Signature
Bullying Prevention: It's All About Respect			
Lesson 1	Read Chapter 1 PDF: Bullying Is a Pain in the Brain		

Program Name		Date Completed	Signature
Rocket Kids (Lessons May Vary - Write Lesson Names in Space Provided)			
Lesson 1			
Lesson 2			
Lesson 3			
Lesson 4			
Lesson 5			
Lesson 6			
Lesson 7			
Lesson 8			
Lesson 9			
Lesson 10			