

Strive Upward
A Free Independent Educational Resource
Tyro Program Log

Name: _____

Program Name		Date Completed	Signature
Brain Gain			
Lesson 1	Video: The Brain Can Grow Stronger and Smarter		
Lesson 2	Video: Learning From Mistakes		
Lesson 3	Video: But I haven't Learned That Yet!		
Lesson 4	Video: Brain Mysteries (The World of Neurons)		
Lesson 5	Video: Hard Work and Sticking With It Pays Off		

Program Name		Date Completed	Signature
Growing Healthy			
Lesson 1	Keeping Your Body and Brain Healthy: Watch 2 Videos		
Video 1	Learn Good Habits		
Video 2	Practice Healthy Habits		
Lesson 2	Healthy or Unhealthy Food — Know the Difference: Watch 2 Videos		
Video 1	What Does Eating Healthy Mean?		
Video 2	Food and Your Brain		
Lesson 3	Good Hygiene — Keeping Your Body Clean: Watch 2 Videos		
Video 1	Tips for Staying Clean and Healthy		
Video 2	Hygiene for Kids		

Program Name		Date Completed	Signature
Good Manners			
Lesson 1	Video: Practice Using Good Manner Words		
Lesson 2	Video: Good School Manners		
Lesson 3	Video: It's All About Respect		
Lesson 4	Video: 20 Things to Say More Often		

Program Name		Date Completed	Signature
Getting Along With Others			
Lesson 1	Empathy and Kindness: Watch 1 Video		
Video 1	What is Empathy?		
Lesson 2	Respect Feelings and Boundaries: Watch 2 Videos		
Video 1	Respecting Others' Boundaries		
Video 2	Respecting Personal Space		
Lesson 3	Give the Gift of Kindness: Watch 1 Video		
Video 1	Being Kind to Others		

Program Name		Date Completed	Signature
Building Character, Self-Confidence, and Self Esteem			
Lesson 1	Good Character: Watch 1 Video		
Video 1	Building Good Character		

Program Name		Date Completed	Signature
Building Character, Self-Confidence, and Self Esteem (Con't)			
Lesson 2	Self-Confidence: Watch 2 Videos		
Video 1	Building Self-Confidence		
Video 2	Believe In Yourself!		
Lesson 3	Self-Esteem: Watch 2 Videos		
Video 1	Building Self-Esteem		
	Confidence Building for Self-Esteem		
Lesson 4	Confidence & Self-Esteem Building Tips: Watch 1 Video		
Video 1	How to Build Confidence & Self-Esteem		

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			