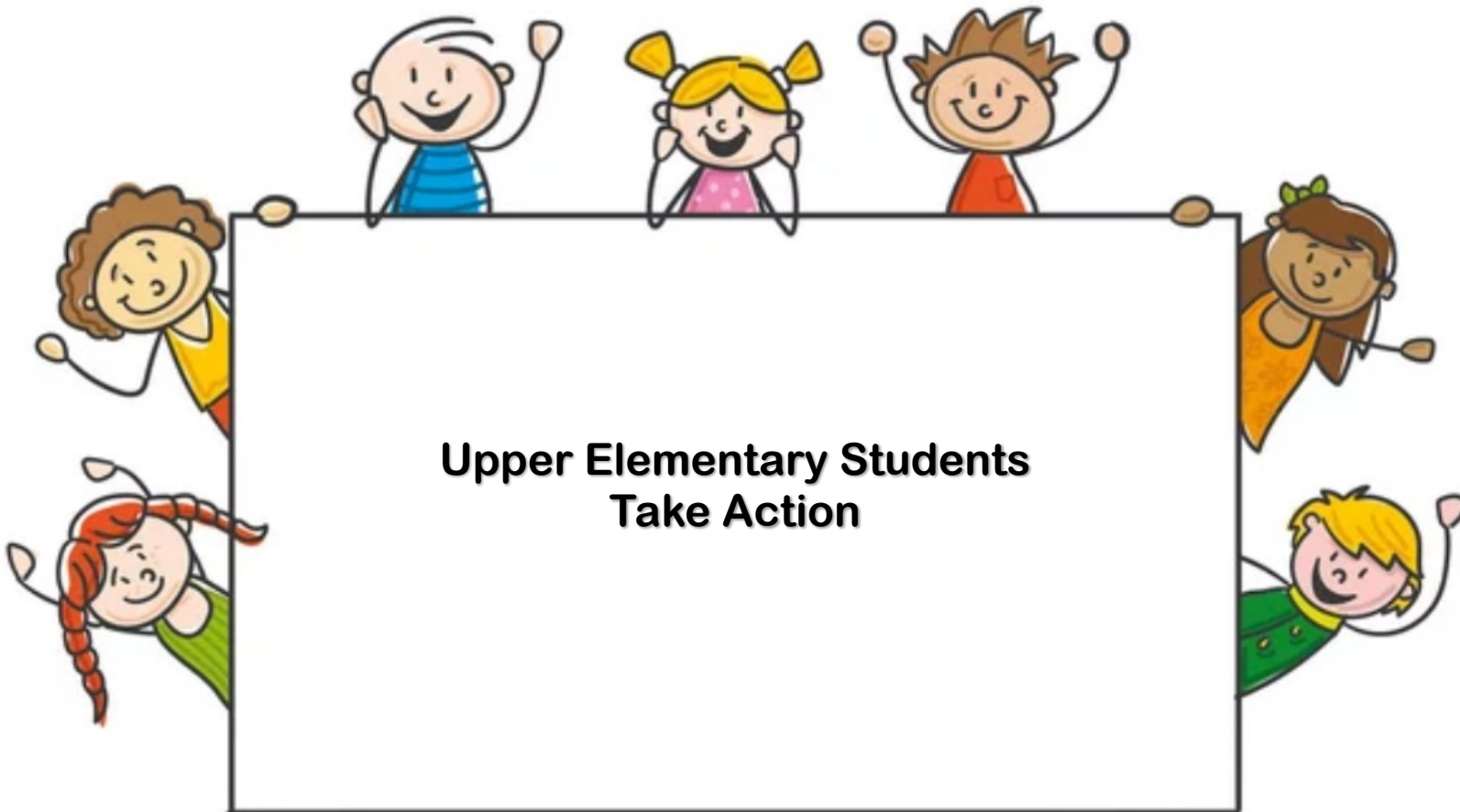


ASPIRE



DIRECTIONS

Upper Elementary

This resource is designed to provide upper elementary students with actions they can take to foster Self-Worth, Engagement, and Purpose.

Self-Worth: Knowing you are special

Engagement: Being interested in what you are learning

Purpose: Believing you can make a difference

Teachers can facilitate this resource in a variety of ways. For example:

- Challenge students to complete an activity of their choosing each week and then provide time to share their experiences.
- Randomly ask a student to choose a class challenge each week.

Most importantly, students and teachers should continually revisit how the completion of an action supported the appropriate Guiding Principle. Also note that each action supports student voice through the Listen, Learn, Lead model.



LISTEN: Truly hear what others have to say.



LEARN: Understand another person's point of view.



LEAD: Take action together.

Voice is sharing thoughts, beliefs, and concerns; suggesting realistic solutions for the good of the whole; and acting on what you suggest and what needs to be done. As a class, brainstorm 10 Voice challenges to add at the end of the document. As a class, brainstorm 10 Voice challenges to add at the end of the document.

Students can track progress by marking the corresponding boxes at the end of this booklet when each action has been completed.

SELF-WORTH ACTIONS

Upper Elementary

KEY



LISTEN













LEARN



LEAD



1. Discover the hobbies of four of your classmates.	
2. Make an effort to look peers and adults in their eyes when they are speaking to you.	
3. With a friend, sit with someone you don't know at lunch.	
4. Invite a new friend to play with you at recess.	
5. Read a book about a local hero.	
6. Write a letter or draw a picture and send it to a special relative or friend.	
7. Assist someone you see struggling with a school assignment.	
8. Thank an adult other than a teacher for helping you out at school.	
9. Challenge yourself to complete a physical goal you can't currently do (e.g. 5 pull-ups, running a mile, jumping rope, etc.). Create a plan to accomplish your goal.	
10. Help pick up trash around your school or at the playground.	

ENGAGEMENT ACTIONS

Upper Elementary

KEY



LISTEN













LEARN



LEAD



11. Listen to a type of music that is outside your usual preference.	
12. Ask a peer, who was born in a different country, to share about their native home.	
13. Raise your hand and ask at least one question during your next class.	
14. Learn something from a student in a younger grade than yourself.	
15. Do something that is hard for you this week.	
16. Ask someone who speaks another language to teach you how to say a few phrases.	
17. Exercise or play outside for at least 15 minutes a day for an entire week.	
18. With an adult, attend a local or school community meeting. Even better, ask a question at the meeting!	
19. Draw a picture that represents all the things that you find fun and exciting.	
20. Create a video with tips to help new students adjust to school.	

PURPOSE ACTIONS

Upper Elementary

KEY



LISTEN



LEARN



LEAD



21. Next time you disagree with a friend, share what you are thinking and listen to your friend rather than arguing.



22. Play a game that requires taking turns being the leader (Simon Says, Red Light/Green Light, or Freeze Tag) with your friends. After the game, think about how you could have been a better leader.



23. With friends, create a banner thanking local police, first responders, or firefighters. Obtain permission to hang the banner outside where everyone can see it.



24. Set an academic goal for yourself – it can be to read more, practice your spelling, learn a new math problem, or anything you choose. Who can help you reach this goal?



25. Join a school club to expand your interests and make new friends.



26. Using pictures from magazines or your own drawings, create a collage that represents you. Share your completed work with friends and family.



27. Compliment a classmate next time they do something well.



28. Do something nice for your teacher today.



29. Speak up against bullies and support your classmates.



30. Do one small action to make your school an even better place for all students.



CREATE YOUR OWN VOICE ACTIONS

KEY


LISTEN


LEARN


LEAD



31. (Example: Use your voice to share your opinion in class).
32.
33.
34.
35.
36.
37.
38.
39.
40.

Challenge yourself to complete all 40 actions.
Mark the ones you complete.

Upper Elementary

1	2	3	4	5	6	7	8	9	10
11	12	13	14	15	16	17	18	19	20
21	22	23	24	25	26	27	28	29	30
31	32	33	34	35	36	37	38	39	40