Week Six

In week six of our ACM journey, we'll begin to address our areas for growth. This topic can be very personal. It's sometimes a bit hard to acknowledge the areas that still need work. As we jump into this topic this week, I'd like you to consider the following quote:

"I can't change the direction of the wind, but I can adjust my sails to always reach my destination." - Jimmy Dean

If we're willing to adjust, and work towards progress, we can reach any goal we set our minds to!

Week Nine

Good morning, everyone! This week on our ACM journey, we'll be discussing gratitude as a way to be good to ourselves. When we acknowledge the good in lives, we begin to establish a positive, confidence-friendly mindset! To help get us in a mindset of gratitude this week, I'd like everyone to commit to the following task.

1) Think of three people who you're thankful to have in your life. Got them?
2) Now, commit to thanking these people this week. This could be in a card or verbally!

When we thank those who bring us joy, we help create a community of confidence! I'd like to thank YOU all, for participating and hope that you have a wonderful week!

Week Ten

Hello! This week during our ACM lesson(s), we'll be looking at Responsibility and Time Management. To help determine how we currently feel about this topic, we're going to conduct a silent survey. Go ahead and close your eyes. Teachers, get ready to take count!

–Raise your hand if you feel like always you have enough time to have fun and complete all of your chores and school work.

–Raise your hand if you feel like you sometimes have enough time to have fun and complete all of your chores and school work.

–Raise your hand if you feel like you never have enough time to have fun and complete all of your chores and school work.

Great! Now, check out the results. This week, you'll be learning about the importance of finding balance and some tools to help you enjoy the acitivities that bring you joy as well as make time for your responsibilities!