

Overview of Power Hour: Upper Elementary

Unit	Session and Activities	Skills	Learning Objectives
1: Teamwork	Session: Building Your Group Agreements <ul style="list-style-type: none"> • Activity 1: Solving Problems Together • Activity 2: Mixed Messages 	Social-Emotional: <ul style="list-style-type: none"> • Communication • Identifying and Solving Problems • Identifying Emotion • Inclusion • Perspective-Taking • Youth Connections Academic: <ul style="list-style-type: none"> • Analyzing and Interpreting Information • Asking Questions • Cognitive Flexibility • Creativity • Critical Thinking • Collaboration • Designing and Constructing Explanations • Thinking About Thinking 	Youth will communicate the ways they will relate to one another and to staff during Power Hour.

Unit	Session and Activities	Skills	Learning Objectives
2: Metacognition	<p>Session: Learning How We Learn</p> <ul style="list-style-type: none"> • Activity 1: Divergent Thinking • Activity 2: Creative Math 	<p>Social-Emotional:</p> <ul style="list-style-type: none"> • Communication • Identifying and Solving Problems • Perseverance • Perspective-Taking • Recognizing Strengths <p>Academic:</p> <ul style="list-style-type: none"> • Asking Questions • Cognitive Flexibility • Creativity • Designing and Constructing Explanations • Numeracy • Thinking About Thinking 	<p>Youth will use critical thinking skills and metacognition to play a word guessing game.</p>
3: Building on Abilities	<p>Session: Growth Mindset</p> <p>Activity: Growth vs. Fixed Mindsets</p>	<p>Social-Emotional:</p> <ul style="list-style-type: none"> • Communication • Perseverance • Self-Motivation <p>Academic Skills:</p> <ul style="list-style-type: none"> • Analyzing and Interpreting Information • Asking Questions • Cognitive Flexibility • Thinking About Thinking 	<p>Youth will explore elements of a growth mindset to understand intelligence can be developed, the brain is adaptable, and they can strengthen and grow their academic skills. Participants will create and decorate positive messages of self-affirmation to hang in the Club.</p>

Unit	Session and Activities	Skills	Learning Objectives
4: Goals	Session: Setting Goals Activity: Strategy Box	Social-Emotional: <ul style="list-style-type: none"> • Goal-Setting • Recognizing Strengths • Self-Discipline • Self-Motivation Academic: <ul style="list-style-type: none"> • Curiosity • Designing and Constructing Explanations • Love of Learning • Postsecondary Awareness 	Youth will learn how to set goals for their future and practice writing personal SMART goals for learning.
5: Mindfulness	Session: Mindfulness and Self-Regulation Activity: Mindful Art	Social-Emotional: <ul style="list-style-type: none"> • Identifying Emotion • Perspective-Taking • Self-Discipline • Stress Management Academic: <ul style="list-style-type: none"> • Asking Questions • Cognitive Flexibility • Creativity • Thinking About Thinking 	Youth will learn how their brains respond to stressful situations and practice strategies related to focus, stress management and mindfulness.

Unit	Session and Activities	Skills	Learning Objectives
6: Planning to Learn	Session: Planning and Time Management <ul style="list-style-type: none"> • Activity 1: Time Management • Activity 2: Prioritization 	Social-Emotional: <ul style="list-style-type: none"> • Communication • Evaluating • Goal-Setting • Identifying and Solving Problems • Planning • Teamwork Academic: <ul style="list-style-type: none"> • Analyzing and Interpreting Information • Asking Questions • Creativity • Critical Thinking • Designing and Constructing Explanations • Numeracy • Thinking About Thinking • Working Memory 	Youth will learn the importance of planning and time management during a timed challenge to build the tallest tower.

Unit	Session and Activities	Skills	Learning Objectives
7: Building Curiosity	Session: Curiosity Activity: Storytelling	Social-Emotional: <ul style="list-style-type: none"> • Perspective-Taking • Planning • Self-Efficacy • Teamwork Academic: <ul style="list-style-type: none"> • Analyzing and Interpreting Information • Asking Questions • Curiosity • Creativity • Designing and Constructing Explanations 	Youth will learn how curiosity motivates them to discover new things and become more effective learners when exploring topics that interest them.
8: Homework Help	Session: Setting and Achieving Homework Goals	Social-Emotional: <ul style="list-style-type: none"> • Goal-Setting • Organizational Skills • Planning • Self-Motivation Academic: <ul style="list-style-type: none"> • Curiosity • Love of Learning • Time Management 	Youth will set a goal for the homework they aim to complete, ask for help if needed as they work toward their goal, and evaluate their own performance.

Unit	Session and Activities	Skills	Learning Objectives
9: Group Tutoring	Session: Growing Our Skill Sets	<p>Social-Emotional:</p> <ul style="list-style-type: none"> • Goal-Setting • Perseverance • Self-Awareness <p>Academic:</p> <ul style="list-style-type: none"> • Curiosity • Love of Learning • Thinking About Thinking 	Youth will learn or reinforce specific academic skills through a group tutoring activity.
10: High-Yield Learning Activities	Session: Learning Through Play	<p>Social-Emotional:</p> <ul style="list-style-type: none"> • Communication • Identifying and Solving Problems • Teamwork <p>Academic:</p> <ul style="list-style-type: none"> • Analyzing and Interpreting Information • Cognitive Flexibility • Creativity 	Youth will enjoy playing a game with a group and they will reflect on what skills they learned.
11: Math Club	Session: Play With Math	<p>Social-Emotional:</p> <ul style="list-style-type: none"> • Perseverance • Recognizing Strengths • Youth Connections <p>Academic:</p> <ul style="list-style-type: none"> • Curiosity • Love of Learning • Numeracy 	Youth will build their math skills by playing games to reduce math anxiety and build a love of learning.

Unit	Session and Activities	Skills	Learning Objectives
12: Book Club	Session 1: Selecting a Book Session 2: Discussing the Book Session 3: Celebrating and Sharing the Book	Social-Emotional: <ul style="list-style-type: none"> • Communication • Perspective-Taking • Respect for Others Academic: <ul style="list-style-type: none"> • Analyzing and Interpreting Information • Literacy • Love of Learning 	Youth will explore the concept of a book club, and they will evaluate and select a book to read in subsequent sessions.