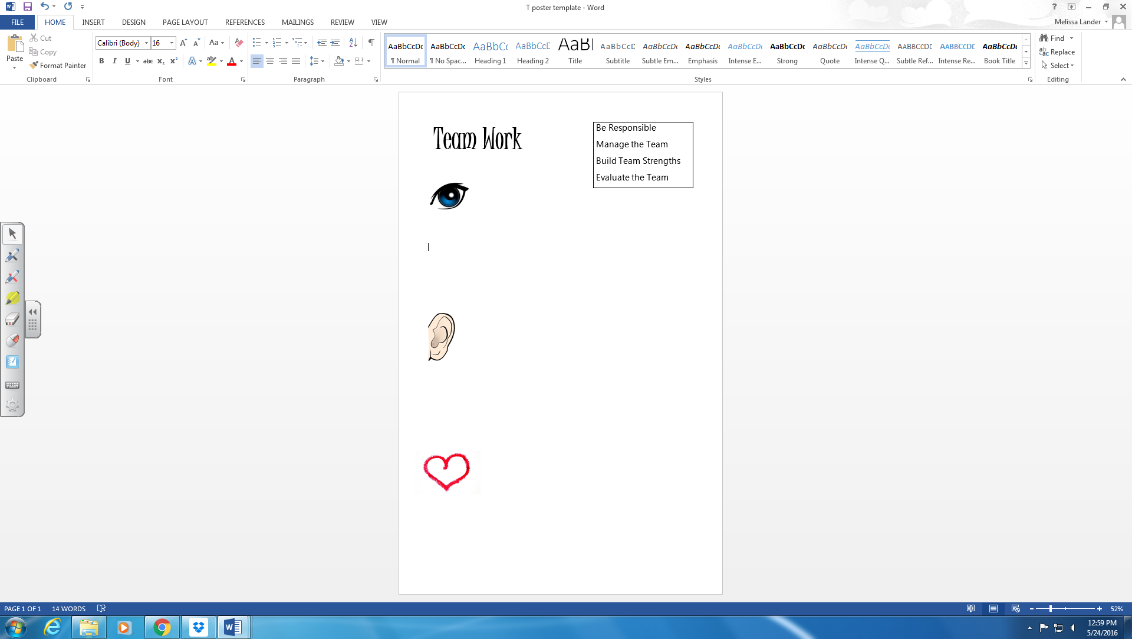
*Introduction to the SECRET Skills Lesson*

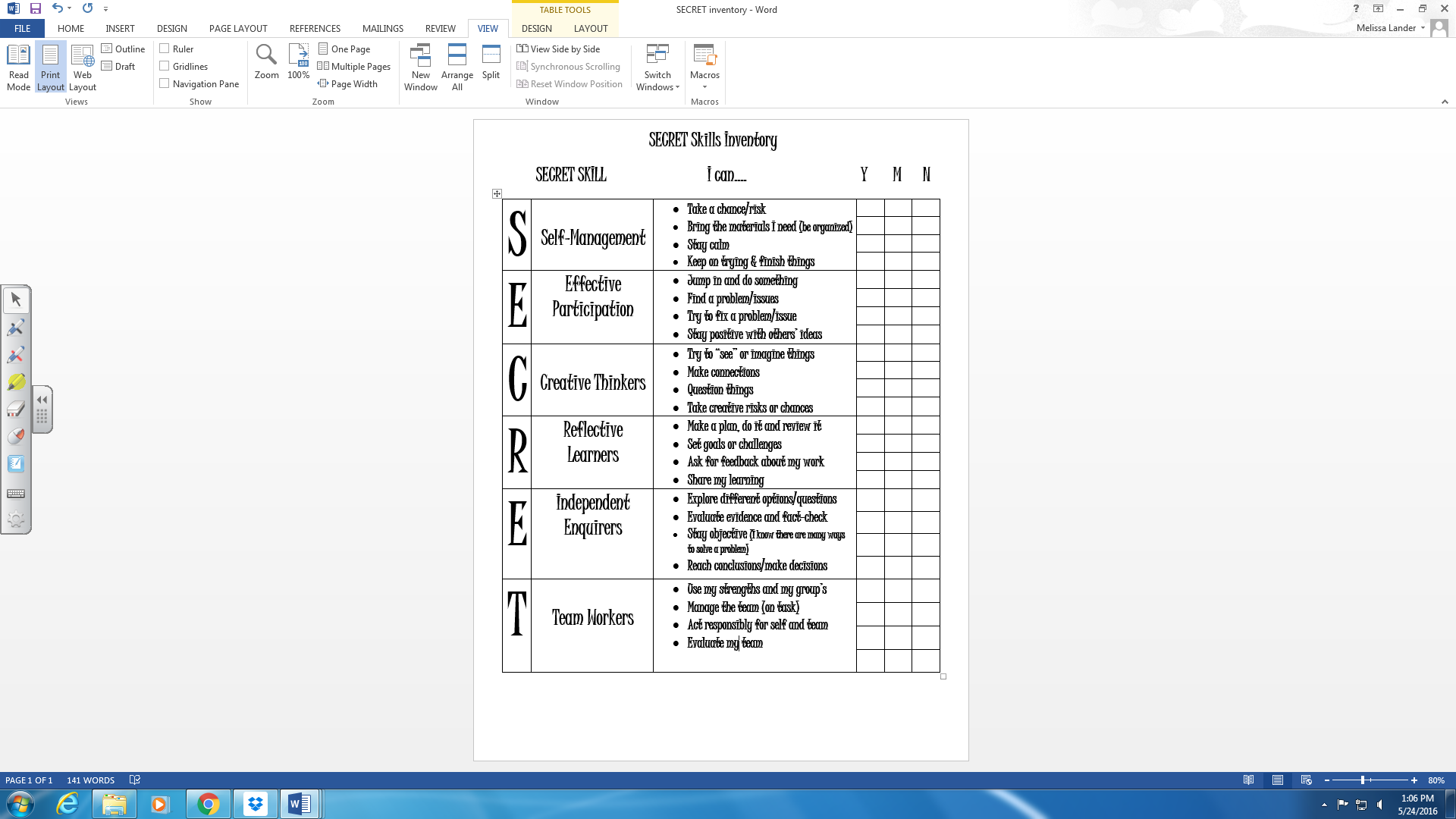
**The SECRET to Success in the Middle Years**

1. Please hang the SECRET posters in your classroom. They are available in the resource section. There are two versions of the posters, for MY please use the ones without the animal pictures on them.
2. Cover the posters with blank paper before this lesson. You can still write the letters S, E, C, R, E and T on the front of the papers to show the acronym “SECRET”.
3. Place a sticky note on each student’s work area.
4. Have students write what they think the “secret to success in life” or what they need to do in life to be successful (E.g., not money or fame) is on their sticky note and hand it in (or you can have them keep it). Ask students to write neatly because their ideas will be posted. (Eventually these will be attached to each poster/skill where they fit best).
5. Reveal the skills one by one, and discuss the four components of each skill.
6. Now you will brainstorm what each skill looks like, sounds like and feels like in the classroom. You have a variety of choices on how to accomplish this task. There is a template provided if you choose to use it. You can blow it up onto large paper, or cut out the pictures and put them on chart paper if you like a larger writing area.

Choose one:

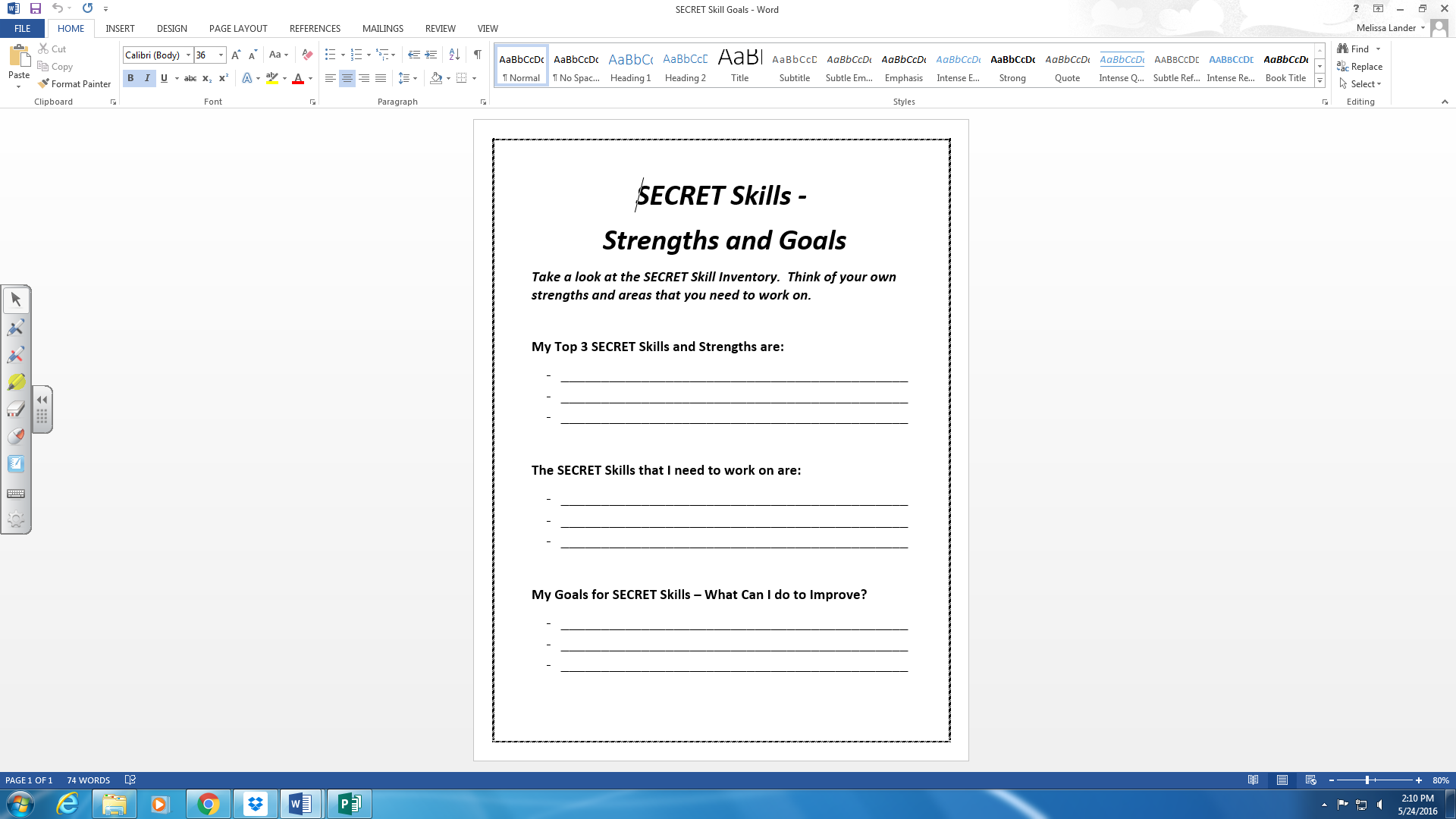
* 1. Complete the charts/activity as a group/class.
  2. Divide the class into 6 groups and give each group one skill to complete the chart for.
  3. Divide the class into 6 groups. Pass the skill chart around to each group so they can complete each section. Keep passing until each group sees and adds content all papers.
  4. Graffiti Lesson (this is similar to the option above).
     + Students are put into 6 groups any way you choose.
     + Materials - 6 templates or chart paper (1 for each skill), 6 different colour markers.
     + Students have 1-2 minutes max at each sheet to write as much as they can in their given colour marker. They should add something to each section (how it looks, how it sounds and how it feels). They can use words or pictures.
     + Then the groups rotate to the next paper until they have hit them all. They can only write NEW pieces of information on the sheets as they rotate. Each time they move, a new student should be in control of the marker.
     + You end up with a colourful collection of information.

1. Students present and review the skills one by one in their groups to the class. Any missing information should be added and the posters should remain up in the room. (You may choose to type them up later or have a student type them to make them more polished).
2. Now return to the students’ secret to success sticky notes. Distribute the sticky notes at random (or you can just have students keep their own in the beginning). Students can discuss with a neighbour what skill they feel the sticky best matches for a minute. Then ask students to come up and place the sticky note they have onto the best matching skill. You may want to make an “other” section for things that may come up like money or others that don’t match with a skill.
3. Review the sticky notes and where they are placed and adjust accordingly if needed, or ask students to explain why they placed them in that spot for a few of them.
4. Students can now complete a baseline inventory for their own SECRET skills to keep as a reference point. Please use the template that is provided.

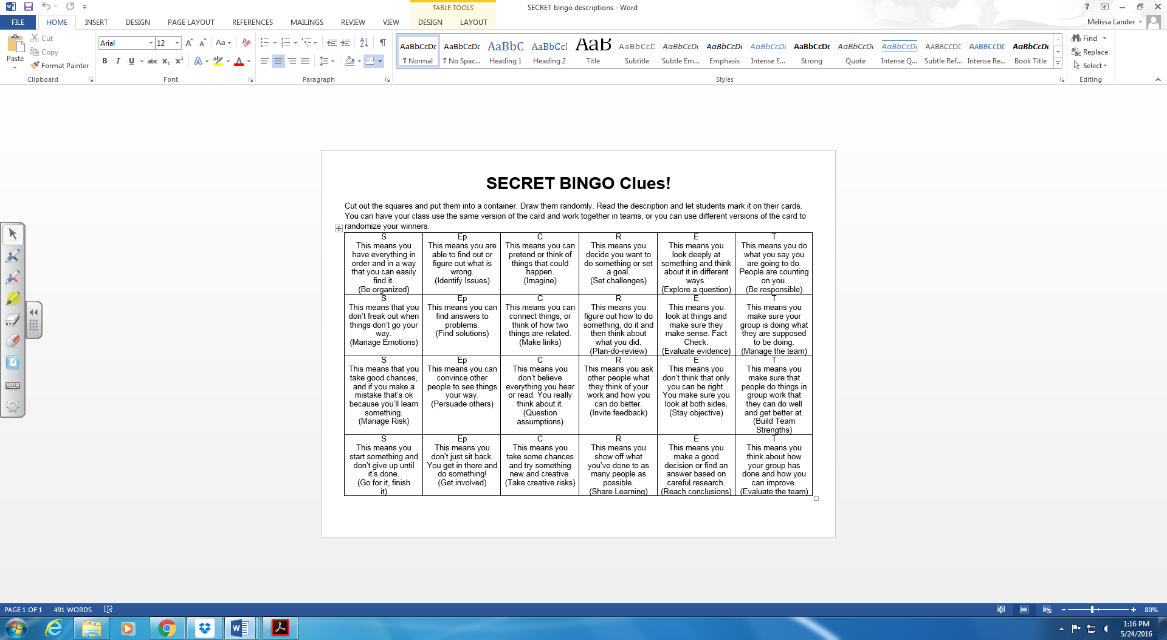
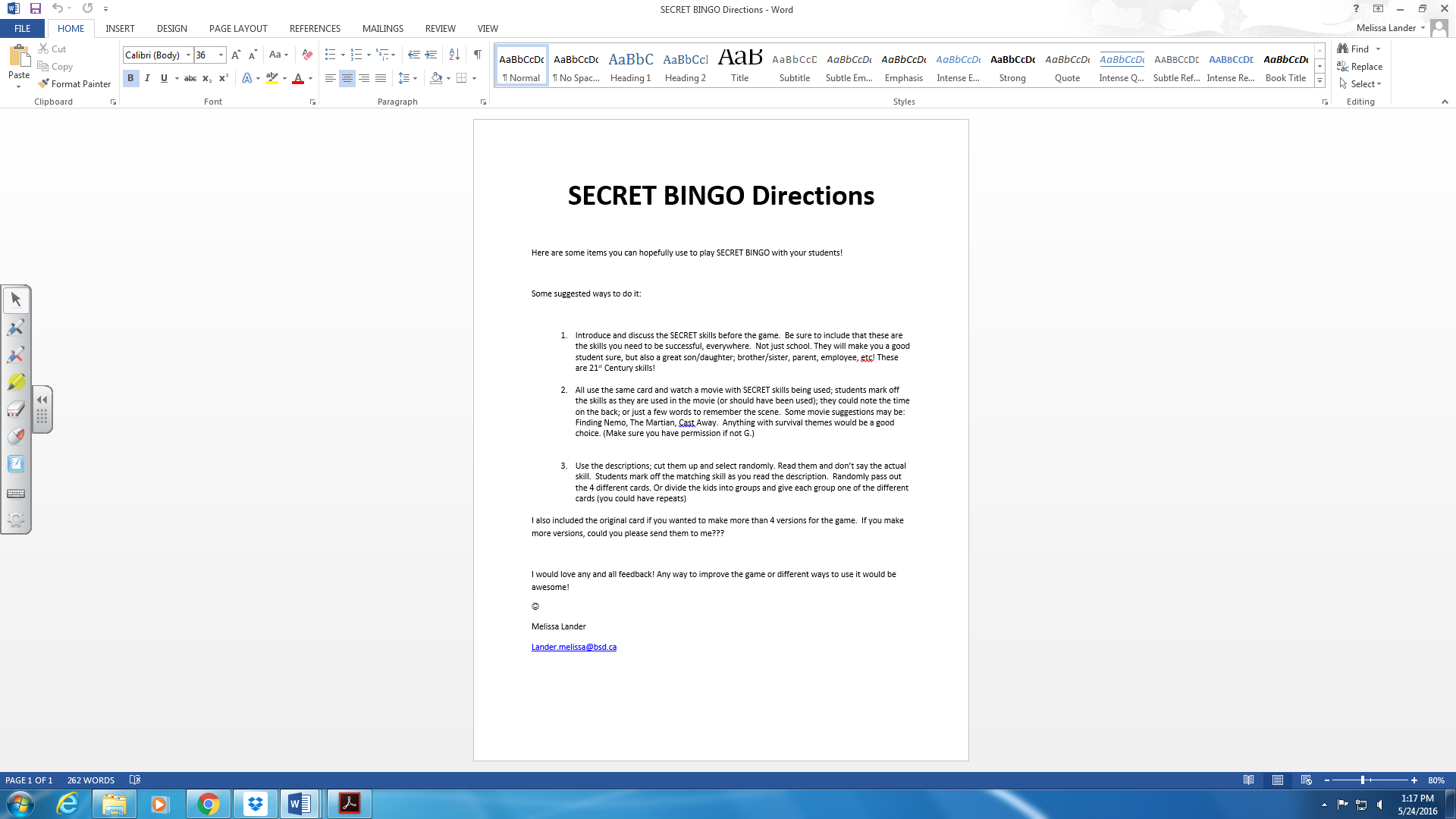


**Possible Follow-Up Activities:**

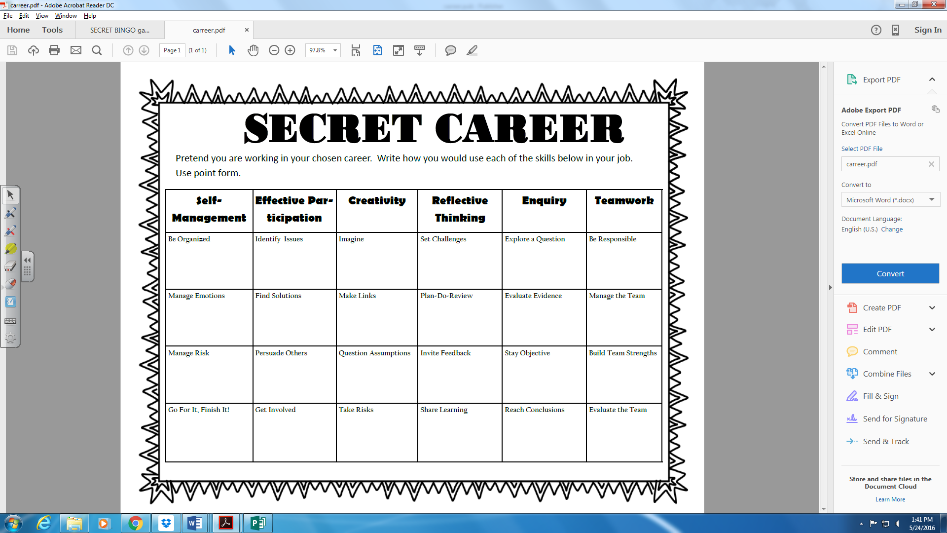
* Have students examine their baseline SECRET Skills Inventory, and have them identify their areas of strength, weaker areas, and have them set goals for improvement in one or two areas. Ask them to state HOW they will improve as part of the plan.

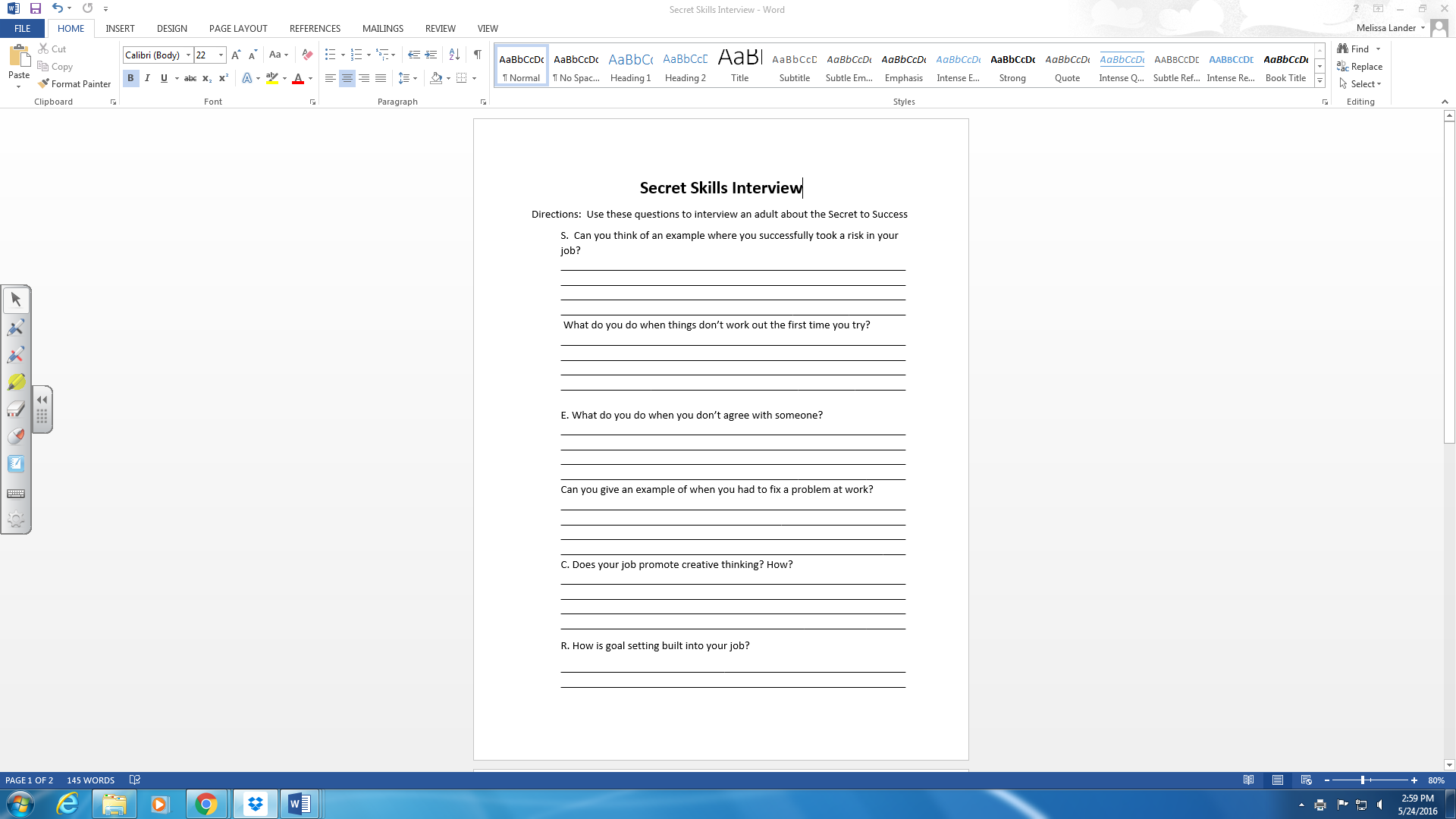


* Play the Kahoot! trivia game about the SECRET skills. Go to [www.getkahoot.com](http://www.getkahoot.com) and create an account. Search for “Secret skills” and select the quiz by lander.melissa. It has 18 questions. Have students go to [www.kahoot.it](http://www.kahoot.it) to play, or download the app. This trivia game will review the different skills in a fun and engaging way!
* Play SECRET Bingo with your class to review the skills. All of the playing cards and instructions are available in the resource section. There are directions on how to play, as well as clues for the game, and a 24 different card set ups.





* Students can complete the SECRET Skills Inventory for themselves in different roles. For example, they could complete it for themselves when in an extra-curricular activity, or as a son/daughter, etc. They can compare their inventory to the baseline one they completed earlier.
* Students can complete SECRET Skills Inventory for famous people or biographies you’d like them to study (or ones they choose!). They can compare their inventory to their own and look for patterns or similarities.
* Students could research a career of choice and look at how they would need to use the SECRET skills for that career. You can use the template provided.
* Interview someone about the SECRET Skills and how they use them. You can use the template provided for your interview.



**Activating Activities for SECRET for Success**

Below are some suggestions to use when introducing the skills to the students.

**Self-Management**

Card Stacking – each child has a deck of cards and are directed to build a structure using all 52 cards.

Minute-to-Win-It (team activities) – 6 balloons 3 kids. They have to try to keep all the balloons from touching the floor.

**Creative Thinking**

Pipe Cleaner Structure - students are given pipe cleaners and directed to create a structure that meets a certain criteria (E.g., holds a roll of pennies).

Marble Racers: give each child 2 marbles and a piece of tin foil. They create a car where the wheels spin loosely under the tin foil. The vehicle that goes the farthest without losing the marbles wins.

Magazine – give each student a magazine and let them go at it! They get to be as creative as they want with the supplies given. (Collage, structures, all about me, favorites…)

Represent Me - give students supplies and have them represent themselves any way they wish (sing, dance, create, make, etc.).

Props – Improv: Students are given props and they have to create some dramatic scenario. Topics can be given if desired.

Read Stuck by Oliver Jeffers: I wonder what will happen next. Finish the book by creating a new ending.

**Effective Participators/ Team work**

In a group, create your ideal classroom – draw and label the parts.

Improv – teacher sets a scenario with a problem. (E.g., lawn mower has ran out of gas). One person starts the scene, then other students jump in with ideas to solve the problem. (I’ll go get gas – no car though. Next kid comes along with a car and drives him (no money). Next kid comes with the money, etc.) Students jump in with ideas as they think of them, and it builds on that.

**Independent Enquiry**

Trivia - questions and answers are cut up and put in an envelope. Students need to figure out the matching answers.

Tri Bond – game or app - Three words are given and students need to tell how they are related or go together.

Brainstorm - ‘I wonder’ bubbles, leave them up around the room so students can search for the answers at a later time. Could also be used as a kick off to genius hour.

**Reflective Learners** (talk about this one last)

YouTube Video – Kid president. Discuss or reflect on the message and what it means to the students

Goal setting – reflect on these skills. Which one are you really good at? Which one could you improve on? Steps for improvement – what will you do? This can turn into goal setting as a class or individuals.

Share Scenarios – from recess, from classroom events, from the news, from Social Skills packages (Counsellors may have). How can we change the outcome? What could you do to solve the problem? What didn’t work or did work?

**Inspirational Videos to Use with Classrooms**

After watching, get them to match to the Secret skills!

<https://www.youtube.com/watch?v=7_5erBSBQlc>

Great quotes from famous people about success. Can try to match them to the SECRET skill.

<https://www.youtube.com/watch?v=zLYECIjmnQs&list=PLmQSJICY9X0fEdDOwepUX60JvBiYAqqap>

Famous people who didn’t give up. Watch and talk about what Secret skills they showed.

<https://www.youtube.com/watch?v=k2vVsTSnVxM>

A pep talk from Kid president!