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| **TIME** | **TOPIC** | **ACTIVITIES** | **RESOURCES** |
|  | **Warm Ups** |  |  |
|  | **Identity** |  |  |
|  | **Strengths** |  |  |
|  | **BREAK** |  |  |
|  | **Positive Friendships** |  |  |
|  | **Friendship Challenges** |  |  |
|  | **LUNCH** |  |  |
|  | **Relaxation** |  |  |
|  | **Growth Vs Fixed Mindset** |  |  |
|  | **Gratitude** |  |  |
|  | **PRESENTATION** |  |  |
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