

CLUB MECKA

CURRICULUM

TEACHING POSITIVE MINDSET, ENERGY, CONFIDENCE, KINDNESS AND ACTION

Session one:

What is your MECKA?

- Your MECKA is a culmination of your Mindset, Energy, Confidence, Kindness and Action. We all have good MECKA days and days that are tough and challenging and that's ok. There are 8 GREAT tools that we will teach you to help you have a stronger, more positive MECKA. We teach by showing applicable and inspiring video clips, doing cheers and activities, role plays, discussions, etc.

Session two:

Building a stronger and more positive mindset.

- In this session, we teach about the power in your thoughts and how you see what you look for; look for the good and you'll see the good all around you. We teach our first two tools: 1) Fix your Focus and 2) List Your Gratuities. Students enjoy interacting with each other and learning that their life is an awesome gift and it is full of so many things to be grateful for.

Session three:

Empowering your Energy!

- In this super interactive session, we learn that energy is everywhere and that whether we realize it or not, we exude energy that can be positive or negative. We learn ways to turn negative energy into positive energy and we learn how important it is that we take care of our bodies. We teach to love our CELLS! They are incredible after all and do amazing things for our body! We teach about the importance of movement, meditation and breathing, #stop, think, breathe, be and we learn about good rest, nutrition and feel inspired to live healthfully!

www.MECKA.org



CONTACT



(719) 310-2209



contactmecka@gmail.com



www.mecka.org

OUR MISSION

To Spread light, love, hope and positivity in schools, families, and communities by teaching important concepts and simple, effective tools in a fun, interactive and meaningful way!

MECKA TOOLSET

- Fix Your Focus
- List Your Gratuities
- Media Management
- Move for your MECKA
- Meditate for your MECKA
- Love (and care for) your Cells
- Offer lots and lots of Grace
- Be Extraordinarily Kind
- Take Positive Action

Session four:

Confidence and the Seven C's

- The students learn from CC (Captain Confidence) during this session as they go on a journey to and through the seven Sea's (C's) the Sea of Courage, Communication, Compassion, Choices, Connection, Community and Creativity. The students learn just how valuable each of them are in our everyday lives and that they have gifts and talents to make positive differences in their families, their classrooms, their communities and their world.

Session five:

Be extraordinarily kind...to others and to yourself!

- Students will feel inspired to be one of the kindest people they know as they learn about filling buckets, offering lots and lots of grace to each other and themselves, knowing that none of us are perfect but we are all trying, and stand up for each other in a way that spreads kindness and love. They'll be given the 100 KAmpliments challenge to do 100 Kind acts and expressions of compliments every week.

Session six:

Take positive Action!

- In this second to last session, we teach about the importance of living a life full of positive action. A person, big or small, has the power to make the world a better place if only they get up and take the positive action. We talk about the 5 second rule (by author Mel Robbins) and when your consciousness tells you, 'pick up that person's dropped books or open the door for that mom and baby' you don't hesitate, you jump up and help. We talk about Positive Impact Awards and ways to make a positive difference in their homes, schools and communities. The group may come up with ideas for implementing service together.

Session seven:

Wrapping it all up and living a positively, impactful life!

- In this final, celebratory session we let the kids share what they've learned and experienced over the last several weeks/months of becoming trained in MECKA. We let them teach and cheer each other on and set goals for how they plan to implement all that they've learned throughout the rest of their life...especially when life hits challenges and road bumps. Even through the ups and downs, life is a beautiful, blessing-filled journey and we've each been given the charge to go out and make a positive difference!