

# MECKA Virtual Presentation Series for Secondary Schools- Overview of modules:

- Module 1: An Introduction to MECKA and Mindfulness/Conscientiousness
- Module 2: All about Mindset and teaching the tool (TTT)-Fix Your Focus
- Module 3: The Power of Gratitude and An Intro to the Positive Impact Awards Program
- Module 4: Mental Health-What it's all about and how to help your mind be healthy
- Module 5: All about Energy and TTT- Move and Meditate for your MECKA
- Module 6: Cells Care/Self Care: Movement, Nutrition, Hydration, Meditation/Rest
- Module 7: TTT- Media Management and using Media as a Mood Modifier
- Module 8: All about Confidence and letting go of Disempowering Cs
- Module 9: Confidence and Embracing Empowering Cs
- Module 10: Communication: Body Language, Tone, Posture, Self Defense
- Module 11: Heroes and Helpers and Suicide Prevention
- Module 12: Understanding and Processing Trauma in a Healthy Way
- Module 13: All about Kindness and the 10K a day Challenge
- Module 14: The Pringles Principle: Gratitude and Generosity
- Module 15: CTFAR Model (as taught by Brooke Castillo)
- Module 16: Simple and Effective Techniques for Meditation
- Module 17: All about Action and TTT: The Five Second Rule
- Module 18: Making a Difference: YOU are a Hero and Helper

How's your MECKA?