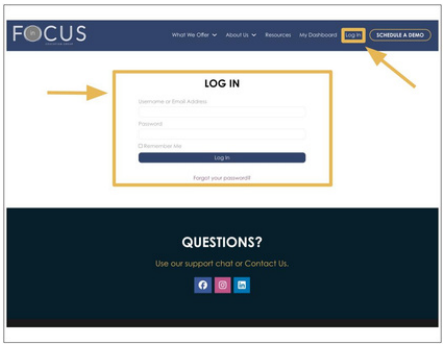
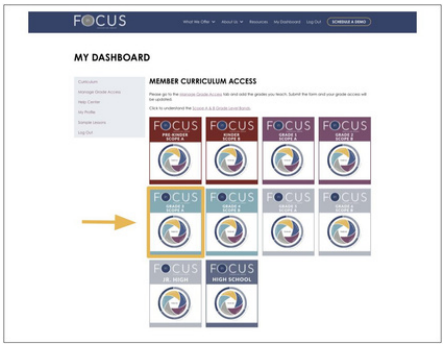
Lesson Navigation

1. Go to the website login page and login with your username and password.

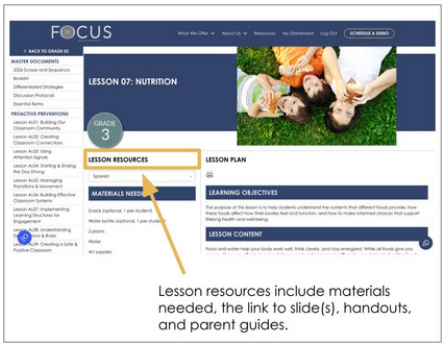




2. Once logged in, select a grade from your dashboard.

3. Select a lesson. The lessons are organized based based on our well-being framework.





4. Lesson resources include the link to slides, handouts, and parent guides.

5. The lesson plan includes learning objectives, lesson content, essential terms, lesson activities, discussion/journal prompts, strategies, and references.

