

Program Format

First Year: 5 Units in Common – One per Month (except Goals Unit)

- First Lesson of the Unit is in the Classroom
- Subsequent Reinforcement lessons are conducted at the beginning of class as a reinforcement of the Unit prior to the physical activity of the class



- ✓ Relational Time ✓ Lesson
- ✓ Community Building ✓ Physical Activity
- ✓ Class Meeting – Include Self-Reflection Time for Students, End Class with Prayer [Guiding Saint Prayer Once per Week, Meditation Once per Week]

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