

Carving our Path:

Teaching TAOL themes directly to middle schoolers

over a 12-week semester by Mackenzie Hawkins

1. Making the theme names more immediately descriptive for children

Resilience Module

Value Process Before Results	>>	Yet-Grow
Investment in Loss	>>	“Worse”-for-Better
Beginner’s Mind	>>	Ever-New
Using Adversity	>>	Problem-Discover
The Internal Solution	>>	Okay-Rocky

Peak Performance Module

The Power of Presence	>>	All-In
The Soft Zone	>>	Responsible-Flow
The Downward Spiral	>>	Past-Past
Stress and Recovery	>>	Reach-Rest
Building Your Trigger	>>	Ready-Ease

Art of Introspection

Listening First	>>	[none]
Loving the Game	>>	[none]
Breaking Down Walls	>>	No-Walls
Intuition: Developing the internal compass	>>	Inner-Compass
The Middle Way: Navigating greyness	>>	[none]

Advanced Learning

Master the Fundamentals	>>	Basics-for-Everything
Learning the Macro from the Micro	>>	Dig-in-Deep
Making Smaller Circles	>>	Slow-Repeat
Numbers to Leave Numbers	>>	[none]
Bringing It All Together	>>	Work-Together

2. Categorizing into three groups

Guiding

Responsible-Flow

Basics-for-Everything

Dig-in-Deep

Work-Together

Discovering

All-In

Slow-Repeat

Inner-Compass

Ever-New

Applying

Ready-Ease

Reach-Rest

Yet-Grow

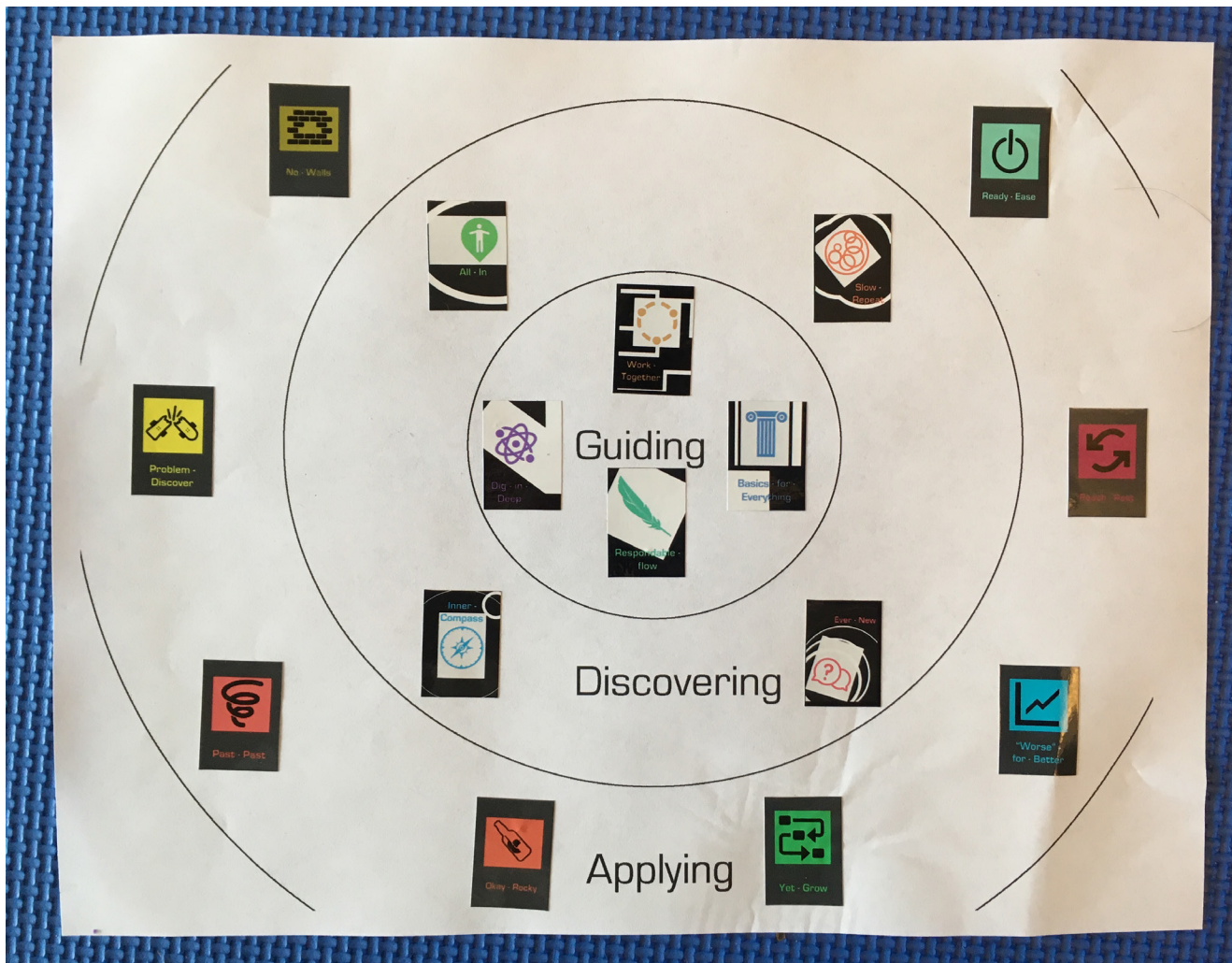
“Worse”-for-Better

Past-Past





Okay-Rocky

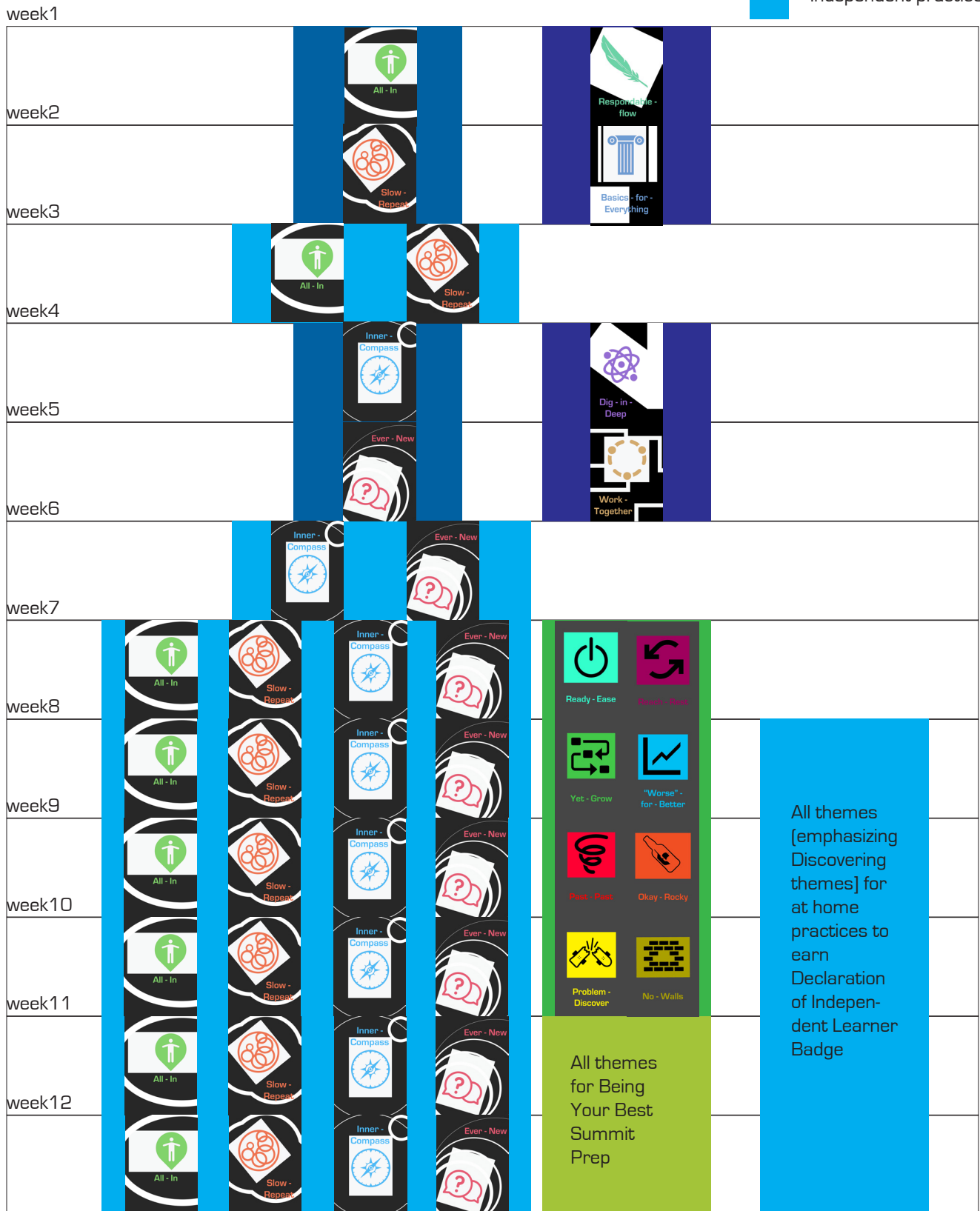
Problem-Discover

No-Walls



3. The semester at a glance with themes

-  Guiding themes
-  Discovering themes
-  Applying themes
-  Independent practice



All themes
[emphasizing
Discovering
themes] for
at home
practices to
earn
Declaration
of Independ-
ent Learner
Badge

All themes
for Being
Your Best
Summit
Prep