

# **BELIEVE IN YOU**

# **CURRICULUM MAPS**

Using the 5 Day Journaling Program

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A 40-Week / 2 Year Guide



This curriculum program is provided as a public service of

**VAR**SITY  **BRANDS**

# BELIEVE IN YOU

## Welcome Teachers

This pacing plan was created to provide teachers with a simple, meaningful structure for using Believe In You 5-Day Journals throughout the school year. Each journal focuses on a key social-emotional theme and includes 5 writing prompts, designed to be used once per week over a five-week period.

The pacing is flexible and built to support:

- Advisory periods
- Wellness blocks
- Leadership classes
- Integration into ELA, Health, or Physical Education

Whether you're new to journaling or using this as part of a school-wide SEL initiative, this plan gives you a ready-to-implement structure that builds student voice, resilience, reflection, and connection—just one entry at a time.

## Why 5 Day Journals?

The 5-Day Journals are research-informed, teen-tested tools designed to:

- Build emotional literacy and self-awareness
- Promote student agency and self-expression
- Support mental health and resilience
- Connect important concepts to writing, leadership, and classroom culture
- Fit easily into a 10-minute weekly routine

Each journal stands alone but also fits into a larger sequence of positive identity development and life readiness. Whether used in short-term cycles or as a full-year program, the journals offer powerful, student-centered learning moments.

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**Empower students to thrive.**

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## Common Core State Standards Alignment

These journals are aligned with College and Career Readiness Anchor Standards in both Writing and Speaking/Listening:

CCSS.ELA-LITERACY.CCRA.R.1 – Analyze texts for meaning

CCSS.ELA-LITERACY.CCRA.W.2 – Write informative/explanatory texts

CCSS.ELA-LITERACY.CCRA.W.3 – Write narratives to develop real experiences

CCSS.ELA-LITERACY.CCRA.W.4 – Produce clear, purposeful writing

CCSS.ELA-LITERACY.CCRA.W.6 – Use technology to produce and publish

CCSS.ELA-LITERACY.CCRA.W.8 – Use information effectively

CCSS.ELA-LITERACY.CCRA.W.10 – Write routinely over time for a range of purposes

## 2-Year / 80-Week Journal Matrix

Year 1 Journals (Weeks 1–40)	Year 2 Journals (Weeks 41–80)
Enthusiasm	Servant Leadership
Grit	Inspiration
Growth Mindset	Thrive
Resilience	Balance
Future Self	Breathe
Humility	Roots of Connection
GREAT Goals	Affirmative Journaling
Loyalty	Movement Remix

**Empower students to share their greatness.**

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**Weeks 1-5**

**Journal Title: Enthusiasm**

Year 1

"An energized feeling of enjoyment and interest."

**Core Focus / Theme:**

Ignite personal energy and momentum by exploring different types of enthusiasm as a renewable force for positivity.

**Why This Journal Matters:**

- Teaches students to tap into and manage their own energy.
- Encourages purposeful action, rest, and positivity.
- Supports community-building by amplifying joy and motivation.

**Key Notes/Tips:**

- Self-awareness, motivation, optimism
  - Great opener for school year or new term
  - Use journaling time as quiet focus or small group share-out
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**Weeks 6-10**

**Journal Title: Grit**

"A blend of growth mindset, resilience, and tenacity."

**Core Focus / Theme:**

Build long-term motivation by connecting personal goals to perseverance, positive self-talk, and inspiration.

**Why This Journal Matters:**

- Helps students recognize their ability to work through challenge.
- Builds an internal identity tied to effort and resilience.
- Encourages reflection on purpose and staying power.

**Key Notes / Tips:**

- Resilience, purpose, tenacity
- Strong for sports seasons, test prep, or mid-semester motivation
- Could be paired with goal tracking or classroom challenges

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**Weeks 11–15**

**Journal Title: Growth Mindset**

Year 1

“Abilities grow with effort, feedback, and practice.”

**Core Focus / Theme:**

Encourage students to shift from fixed to growth thinking by embracing mistakes, seeking feedback, and committing to personal development.

**Why This Journal Matters:**

- Cultivates resilience and learning through mistakes.
- Builds feedback tolerance and willingness to grow.
- Shifts student language from “I can’t” to “Not yet.”

**Key Notes/Tips:**

- Self-talk, grit, reflection
  - Works well during project-based learning
  - Supportive companion for academic goal setting or peer feedback cycles
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**Weeks 16–20**

**Journal Title: Resilience**

“The ability to move forward after challenge or trauma.”

**Core Focus / Theme:**

Teach emotional coping strategies through kindness, joy, service, and the collection of small, meaningful experiences.

**Why This Journal Matters:**

- Normalizes emotional responses to adversity.
- Promotes daily reflection as a path to healing.
- Builds internal strength through gratitude and connection.

**Key Notes / Tips:**

- Self-kindness, emotional regulation, connection
- Powerful follow-up after hard transitions or losses
- Aligns well with kindness weeks or service units

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**Weeks 21–25**

**Journal Title: Future Self**

Year 1

“You are the hero of your own story.”

**Core Focus / Theme:**

Visualize who you want to become, then build the mindset, choices, and habits to become that person.

**Why This Journal Matters:**

- Builds identity through vision and intentionality.
- Helps students connect short-term actions with long-term dreams.
- Fosters confidence and motivation through future-based reflection.

**Key Notes/Tips:**

- Future planning, identity, decision making
  - Ideal for transition points (new year, term, graduation prep)
  - Students can revisit later and revise their vision
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**Weeks 26–30**

**Journal Title: Humility**

“Gratitude with a purpose.”

**Core Focus / Theme:**

Develop humility through self-awareness, celebration of others, and learning to ask for help.

**Why This Journal Matters:**

- Teaches students that strength and vulnerability can coexist.
- Encourages reflection on mentorship, feedback, and teamwork.
- Builds social awareness and emotional maturity.

**Key Notes / Tips:**

- Gratitude, growth mindset, relationship skills
- Great for team-building and leadership development
- Complements peer mentoring or class collaboration projects

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**Weeks 31–35**      Journal Title: GREAT Goals  
Year 1                      “Plan. Commit. Succeed.”

**Core Focus / Theme:**

Guide students through a 5-step process for setting and achieving goals: Goal, Reason, Effort, Accountability, Timeline.

**Why This Journal Matters:**

- Provides structure to goal setting in a student-friendly format.
- Connects purpose with planning and follow-through.
- Supports executive functioning and personal responsibility.

**Key Notes/Tips:**

- Self-management, motivation, organizational skills
  - Use with academic interventions or progress tracking
  - Lead-in to long-term projects, fitness plans, or team commitments
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**Weeks 36–40**      Journal Title: Loyalty  
“Be loyal to your truth, your mission, and your team.”

**Core Focus / Theme:**

Clarify your values and develop commitment to purpose, people, and progress—especially when things get hard.

**Why This Journal Matters:**

- Helps students identify and stay grounded in personal truth.
- Encourages perseverance and responsibility to others.
- Builds integrity and commitment in both personal and team contexts.

**Key Notes / Tips:**

- Integrity, self-awareness, perseverance
- Great closing unit for building legacy and long-term commitment
- Use with sports teams, leadership councils, or senior advisories

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**Weeks 1-5**

Year 2

**Journal Title: Servant Leadership**

"Lead through connection, compassion, and purpose."

**Core Focus / Theme:**

Explore leadership through connection, compassion, purpose, hope, and the responsible use of power.

**Why This Journal Matters:**

- Introduces leadership as a mindset of service to others.
- Empowers students to lead with empathy, vision, and humility.
- Builds collaborative and compassionate classroom communities.

**Key Notes/Tips:**

- Empathy, service, community
  - For student leadership groups, advisory, or school-wide service weeks
  - Tie into community outreach, peer mentoring, or civic units
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**Weeks 6-10**

**Journal Title: Inspiration**

"The spark that ignites greatness."

**Core Focus / Theme:**

Explore creativity, gratitude, growth mindset, and meaningful connections that ignite inspiration.

**Why This Journal Matters:**

- Encourages self-expression and reflective thinking.
- Connects emotion and motivation to personal purpose.
- Sparks creativity through observation, art, and relationships.

**Key Notes / Tips:**

- Inspiration, self-expression, curiosity
- Integrates well with art, music, or ELA lessons
- Excellent for new year, creative resets, or spark-building weeks



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**Weeks 11–15**

**Journal Title: Thrive**

Year 2

“Proactive mental health through intentional habits.”

**Core Focus / Theme:**

Build proactive mental health through social connection, emotional literacy, mindful breathing, movement, and journaling.

**Why This Journal Matters:**

- Helps students build a toolbox of strategies for wellbeing.
- Teaches self-care before crisis.
- Normalizes emotional awareness and management.

**Key Notes/Tips:**

- Self-care, emotional literacy, wellness habits
  - Use for Mental Health Awareness Month, wellness weeks, or for a reset
  - Ideal for advisory, health, or school counseling partnerships
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**Weeks 16–20**

**Journal Title: Balance**

“The foundation of emotional literacy.”

**Core Focus / Theme:**

Understand and regulate emotional energy through awareness, curiosity, breathing, and compassion.

**Why This Journal Matters:**

- Builds language for students to name and navigate emotions.
- Connects emotional energy to action, purpose, and relationships.
- Supports mental clarity, conflict resolution, and empathy.

**Key Notes / Tips:**

- Self-awareness, self-regulation, compassion
- Pairs with peer relationships, conflict resolution, or restorative circles
- Great mid-year reset or post-holiday re-entry tool

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**Weeks 21–25**      **Journal Title: Breathe**  
Year 2                      "Journey to calm connection."

**Core Focus / Theme:**

Learn and practice five distinct breathing techniques to regulate emotions, refocus, and find inner calm.

**Why This Journal Matters:**

- Provides practical, easy-to-use tools for stress management.
- Encourages mindfulness as a daily habit.
- Improves focus, emotional control, and classroom readiness.

**Key Notes/Tips:**

- Self-regulation, mindfulness, calm connection
  - Strong fit for test prep, behavior resets, or end-of-day reflection
  - Integrate with Physical Education, health, or counseling programs
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**Weeks 26–30**      **Journal Title: Roots of Connection**  
"Belonging. Trust. Support. Growth. Authenticity."

**Core Focus / Theme:**

Strengthen relationships through the five foundations of connection: belonging, trust, mutual support, shared growth, and authenticity.

**Why This Journal Matters:**

- Builds classroom culture and inclusive environments.
- Helps students reflect on and strengthen their social relationships.
- Reinforces peer-to-peer and student-teacher connection.

**Key Notes / Tips:**

- Relationship skills, empathy, belonging
- Use early in the year or after group conflicts
- Aligns well with peer mentoring or restorative practices

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**Weeks 31–35**      Journal Title: Affirmative Journaling  
Year 2                      “Reflections in focus.”

**Core Focus / Theme:**

Strengthen your inner voice with truth-based affirmations that build confidence, clarity, and self-worth.

**Why This Journal Matters:**

- Teaches students to replace negative self-talk with affirming truths.
- Builds self-esteem and self-compassion.
- Encourages consistent reflection and identity growth.

**Key Notes/Tips:**

- Self-talk, self-worth, resilience
  - Great during high-stress seasons (testing, transitions, finals)
  - Pair with vision boards, journaling, or positive identity units
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**Weeks 36–40**      Journal Title: The Movement Remix  
“Build your physical activity playlist.”

**Core Focus / Theme:**

Explore how intentional movement improves mental health, motivation, energy, and resilience.

**Why This Journal Matters:**

- Connects physical and mental wellness.
- Encourages personalized movement that feels joyful, not forced.
- Reinforces the power of habits and positive routines.

**Key Notes / Tips:**

- Wellness, routine building, benefits of movement
- Ideal for PE, health, or post-testing decompress time
- Great bridge to summer routines or physical literacy goals

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