September October November December January

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Mon**  **2** | **LABOUR DAY** |  |  |  |  | **Mon**  **2** | meditation |  |  |
| **Tues**  **3** | **i**ntroduction | **Tues**  **1** | Guest speaker: author/psychologist: Steven Whitely |  |  | **Tues**  **3** |  |  |  |
| **Wed**  **4** | **W**ord wall strips | **Wed**  **2** | Complaint letter due |  |  | **Wed**  **4** |  | **Wed**  **1** | **CHRISTMAS HOLIDAYS** |
| **Thurs**  **5** |  | **Thurs**  **3** | Guest speaker: CHEO psychiatrist |  |  | **Thurs**  **5** |  | **Thurs**  **2** |  |
| **Fri**  **6** | diagnostic | **Fri**  **4** | Stress management | **Fri**  **1** | Self-less acts | **Fri**  **6** |  | **Fri**  **3** |  |
| **Mon**  **9** |  | **Mon**  **7** | Communication skills | **Mon**  **4** | meditation | **Mon**  **9** | Relationship skits | **Mon**  **6** |  |
| **Tues**  **10** |  | **Tues**  **8** | Physical health | **Tues**  **5** | Pay it forward | **Tues**  **10** | Scrap book due | **Tues**  **7** |  |
| **Wed**  **11** | Karate Kid IV | **Wed**  **9** | medication | **Wed**  **6** | debates | **Wed**  **11** | Slumdog Millionaire | **Wed**  **8** | Culminating task |
| **Thurs**  **12** |  | **Thurs**  **10** | Critical thinking | **Thurs**  **7** | Positive Mindsets & Meditations | **Thurs**  **12** | Acceptance letter due | **Thurs**  **9** |  |
| **Fri**  **13** |  | **Fri**  **11** | **P.A. DAY** | **Fri**  **8** | **P.A. DAY** | **Fri**  **13** | Slumdog q’s due | **Fri**  **10** |  |
| **Mon**  **16** | Karate Kid IV q’s due/ meditation in chapel | **Mon**  **14** | THANKSGIVING | **Mon**  **11** | Media literacy | **Mon**  **16** | meditation | **Mon**  **13** |  |
| **Tues**  **17** | Heal Your Life documentery | **Tues**  **15** | **C**reative thinking | **Tues**  **12** | Organization & Business communications skills | **Tues**  **17** | Motivational poster due | **Tues**  **14** |  |
| **Wed**  **18** | Positive psychology / LCD: class website links | **Wed**  **16** | Wayne Dyer | **Wed**  **13** | Family Life | **Wed**  **18** | Take-home due; Christmas story due | **Wed**  **15** |  |
| **Thurs**  **19** | prayer | **Thurs**  **17** | Louise Hay | **Thurs**  **14** | describe the influence of mental health on overall well-being | **Thurs**  **19** |  | **Thurs**  **16** |  |
| **Fri**  **20** | Smudging ceremony/ latops in class for discussion | **Fri**  **18** | Norman Vincent Peale | **Fri**  **15** | Media packet | **Fri**  **20** | **P.A. DAY** | **Fri**  **17** |  |
| **Mon**  **23** | Metal health disorders/ Into the Vortex documentary | **Mon**  **21** | **m**editation | **Mon**  **18** | use decision-making and goal-setting skills to promote healthy active living | **Mon**  **23** | **CHRISTMAS HOLIDAYS** | **Mon**  **20** |  |
| **Tues**  **24** | Conflict resolution | **Tues**  **22** | dreams | **Tues**  **19** | demonstrate the social skills required to work effectively in groups and develop  positive relationships with peers | **Tues**  **24** |  | **Tues**  **21** |  |
| **Wed**  **25** | resilience | **Wed**  **23** | Malcolm Gladwell | **Wed**  **20** | analyse the value of health information and health-promoting products and services | **Wed**  **25** |  | **Wed**  **22** | Last day to hand in journals |
| **Thurs**  **26** | Restorative justice | **Thurs**  **24** | Greg Bryden | **Thurs**  **21** | Brochure due/test | **Thurs**  **26** |  | **Thurs**  **23** | Exam review |
| **Fri**  **27** | Learning styles | **Fri**  **25** | Bruce Lipton | **Fri**  **22** | analyse how the environment influences the health of the community | **Fri**  **27** |  | **Fri**  **24** | **PERIOD 1 EXAM** |
| **Mon**  **30** | Essay due | **Mon**  **28** | Marrianne Willamson | **Mon**  **25** | evaluate the significance of neuroscience and theories of brain development | **Mon**  **30** |  | **Mon**  **27** | **PERIOD 2 EXAM** |
|  |  | **Tues**  **29** | Cheryl Richardson | **Tues**  **26** | demonstrate an understanding of the consequences of deprivation during early childhood | **Tues**  **31** |  | **Tues**  **28** | **PERIOD 3 EXAM** |
|  |  | **Wed**  **30** | courage | **Wed 27** | Open book test |  |  | **Wed**  **29** | **PERIOD 4 EXAM** |
|  |  | **Thurs**  **31** | Google Project due | **Thurs 28** | Essay due |  |  | **Thurs**  **30** | **ALTERNATE EXAM DAY** |
|  |  |  |  | **Fri**  **29** | 5 person bio due |  |  | **Fri**  **31** | **P.A. DAY** |

Journals:

Sept.10th Greg Bryden- *2010*

Sept. 13th: Louise Hay biography and *You Can Heal Your Life*

Sept.15th: *What the Bleep Do We Know* (dvd)

Sept. 16th: Deepak Chopera- *Spontaneous Fulfillment of Desire*

Sept.17th: Louise Hay *Heal Your Life* (dvd)

Sept. 20th: Dr. John Kabbat-Zinn- *Full Catastrophic Living*

Sept.21st: *Into the Vortex* (dvd)

Sept.22nd: Norman Vincent Peale- *The Power of Positive Thinking*

Sept.23rd: *The Shadow Effect* (dvd)

Sept.29th-30th: *Karate Kid IV(*dvd- film)

Oct.4th : Mitch Albom- *The Five People You Meet In Heaven*

Oct.5-6th: *Story of Ron Clark* (dvd- film)

Oct.7-8th: Louise Hay workbook

Oct.12th: William Arntz- *What The Bleep Do We Know*

Oct.14th: Jack Kornfield- “Meditation”

Oct. 18th: Daniel J. Siegel- *Mindful Brain*

Oct.20th: Martha Heinman- *Addicted to Unhappiness*

Oct.21st: Stuart Brown- *Play*

Oct.22nd: Jonah Lehrer- *How we Decide*

Oct. 25th: Malcolm Gladwell- *The Tipping Point*

Oct.26th: Daniel Amen- *Healing the Hardware of the Soul*

Oct.27th: Masaru Emoto- *Healing Power of Water*

Oct. 28-29th : Roger Haisden- *Ten Poems to Change Your Life*

Nov.3rd: Louise Hay- *I Can Do It*

Nov.4th: Eckhart Tolle- *Stillness Speaks*

Nov.5th: *The Secret* (dvd)

Nov.8th: David R. Hamilton- *It’s The Thought That Counts*

Nov.9th: Stuart Wilde- *Affirmations*

Nov.10th: Malcolm Gladwell- *What the Dog Saw*

Nov.15th: Marci Shimoff- *Happy For No Reason*

Nov.16th: Malcolm Gladwell- *Outliners*

Nov.17th: Malcolm Gladwell- *Blink*

Nov.18th: Joseph Murphy- *The Power of Your Subconcious Mind*

Nov.19th: Ervin Laszlo- *Quantum Shift in Global Brain*

Nov.22: Deanna Davis- *The Law of Attraction in Action*

Nov.23rd: Louise Hay- *The Power is Within You*

Nov.24th: Lyne McTaggart- *The Field*

Nov.25th: Bruce Lipton- *Spontaneous Evolution*

Nov.26th: Ori Brafman- *Sway*

Nov.29-30th : Louise Hay- *The Times of Our Lives*

*December readings: Choose 1 of the 3 readings to respond to in each class:*

Dec.1: Ester Hicks-

*Ask And It Is Given*

*The Law of Attraction*

*Astounding Power of Emotions*

Dec.2-3rd: *Life is Beautiful* (dvd- film)

Dec. 7th:

-Frances Cole Jones- *How to Wow*

-Mark Di Vincenzos- *Buy Ketchup in May & Fly at Noon*

-Michael Losier- *The Law of Attraction*

Dec.8th:

-Gene C. Hayden- *Follow Through Factor*

-David Shipley- *Send*

-Dr. Lisa Love- *Beyond The Secret*

Dec.9th:

-Dr. Benjo Siegel- *101 Exercises for the Soul*

-Don Miguel Ruiz- *The 4 Arguments*

-*Psychology Today* magazine

Dec.10th:

-*Ki Awareness Magazine*

-Leonard Mlodinow- *The Drunkard’s Walk- How Randomness Rules Our Lives*

-Marie Jones- *2013*

Dec.13th:

-Richard Carlson- *Don’t Sweat the Small Stuff*

-Eckhart Tolle- *A New Earth*

-Iyanla Vanzant- *One Day My Soul Just Opened Up*

Dec.14th:

-Dr. Zhi Grang Sha- *Soul Wisdom*

-David Foster- *Billy Graham: Personal Thoughts*

-*Chicken Soup for the Christian Soul*

Dec.15th:

-Richard Templor- *Rules of Love*

*-*Greg Bryden- *The God Code*

-Dan Zadra- *You’ve Got A Friend*

Dec.16th:

-Brook Noel- *Good Morning*

-Vimala Rodgers- *Your Handwriting Can Change Your Life*

-Steven Pinker- *Stuff of Thought*