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# How to Get the Most Out of Mightifier

## What Exactly is Mightifier?

Mightifier is a **positive school culture program** that helps identify and do away with isolation and bullying by teaching students to develop self-awareness and self-esteem.

The Mightifier curriculum is focused around 27 core strengths related to social and emotional health. It will be important that you do lessons with your students to teach them these strengths and how to develop them. Mightifier offers [Printable Strength Cards](#) that can be printed, laminated and put up in your classroom for easy reference.

Mightifier can be used with any subject-matter class. You can create custom feedback questions related to your current activities / topics. For example: "Please explain the strengths your classmate used during the Forest Project today?"

## The Benefits of Mightifier:

- Reduce bullying in your classroom
- Identify students in risk of being isolated
- Get peer-to-peer feedback after group/partner projects
- Identify students who may be having personal problems
- Students with better overall emotional health are easier to manage
- Show administrators data on the wellbeing of your class
- Show parents a visual chart of their kid's strengths
- Get access to hundreds of activities and lesson plans designed for SEL

## Ways to Use Mightifier

When a class is just starting to use Mightifier, it is especially good to dedicate some time to learning the specific strengths. You can theme a week or month around a specific strength and complete lessons and ask questions specific to that strength. For example: "Please explain how your classmate used Creativity this week?" There isn't any right or wrong answer with a question like this since everyone demonstrates these strengths differently. Other ways Mightifier can be used in your classroom:

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### **Peer Feedback**

At the end of a lesson or project in which your students worked in pairs, run a Strength Feedback Round. For example: "Please choose the name of your partner, and explain how they used Teamworking skills during the project?"

### **Self Evaluation**

Every now and then, it's good to have the students do self-evaluations. Sometimes students feel that classmates have not understood their strengths correctly. Self-evaluation can be subject-matter specific or more generic, but it gives the students time to speak their mind. It's also very valuable for teachers to learn how students see themselves. For example: "Please describe how you used your top strength this week."

### **Classmate Evaluation**

This can be targeted at specific classmates, or be a more general question to all students. It's good to do some "what's going on" questions to see the overall social health of your class. For example: "Please explain what strengths you've seen your classmate use this week."

## **You can see a benefit from Mightifier with only 15 minutes a week!**

Running a Strength Feedback Round **once a week** will begin to boost the student's self-awareness and create in them a sense of belonging in the class. Running a Wellbeing Pulse Round once a month will allow you to track the overall emotional health of your class. So for **less than an hour a month**, you can gather valuable insights on the social-emotional health of your classroom. Insight you can use when planning lessons and speaking with parents.

### **Our Recommendation**

We recommend the Strength Feedback rounds are performed as often as your schedule allows, even one after every lesson, but at a minimum of once a week. We believe after a few rounds, your students will be asking to do more! The Wellbeing Pulse should only be performed a few times a semester, and at most, once per month, otherwise it loses its effectiveness. The Sociogram module gives valuable insights on the social relations in your classroom and should be performed every couple weeks, or at least at the same time as the Wellbeing Pulse. Together with the Wellbeing Pulse statistics and alerts, you will be able to track potential isolation and bullying issues early on.

Below is a four week example of how you could implement Mightifier in your classroom.

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## Mightifier - Four Week Outline:

First, download and print the [Strength Cards](#) to give the students a visual reminder of the core strengths. Each month will focus on a set of 3-5 core strengths.

### Week One:

- [Notify the student's parents](#) about the implementation of Mightifier.
- Introduce the Mightifier program to the students as a new part of the curriculum.
- Complete [Lesson 1 - Introduction to Character Strengths](#). You may change the strengths you focus on, but the idea is to introduce between three to five of the core strengths.
- Show the students the online app and complete your first round of **all three** modules.

### Week Two:

- Review the core strengths learned in Week one.
- Complete [Lesson 2 - How to give Mightifier feedback](#).
- Complete a second round using only the Strength Feedback module.

### Week Three:

- Review the core strengths learned in Week one.
- Complete [Lesson 3 - Kindness](#). This lesson goes in-depth on one specific strength. The strength you choose may be different, but the lesson outline will be the same for all strengths. You may be able to find some good questions to ask for the other strengths in the [Mightifier Library](#) (click the strength name in the right sidebar "Tags" area).
- Complete a third round using only the Strength Feedback module. If you noticed any problems from the first two rounds of feedback, you may want to customize the third round question to address those issues.

### Week Four:

- Review the core strengths learned in Week one.
- Complete [Lesson 4 - Introduction to Growth Mindset](#) and the Growth Mindset writing task (additional 20 minutes).
- Complete a fourth round with the Feedback and Sociogram modules. If you noticed any problems from the first three rounds of feedback, you may want to customize the fourth round to try and address those issues.

Browse the [Mightifier Library](#) for additional lesson plans and resources, organized by grade.

If you're interested in a full 12 weeks of sample lessons, let us know and we'll be happy to send those over.