

2025-2026 Office of Student Services

Mandatory Resiliency and Life Skills & Wellness Instructional Focus Calendar

Inspire. Nurture. Challenge.

Secondary

Resiliency Education: The Florida Department of Education Administrative Rule 6A-1.094124 requires annual mandatory instruction related to resiliency education, substance use and misuse health education, child trafficking prevention education, and internet safety prevention education. Ensure that appropriate lessons are assigned to students, as all lessons are specifically designed for each grade level.

Life Skills & Wellness (LSW): The K–12 Weekly Scope and Sequence lessons using Rethink Ed are designed to align with Florida's Character Education and Physical Education Standards. Each grade-level lesson includes a recommended LSW activity and mindfulness practice.

TIER Explanation:

Tier 1 Universal Supports Mandatory for All Schools	Tier 1 Focus Supports Recommended for All Schools	Tier 2/3 Priority Supports Select Schools/Students
Required resiliency annual mandatory instruction for all students in grades K-12.	Targeted supplemental school-wide instruction that addresses attendance and behavior.	Intensive supplemental instruction that addresses academic challenges, attendance issues, high referral rates, and a significant number of students responding with very low or low ratings on the LSW Student Survey.

[The Calendar of Observances](#) highlights key prevention dates that promote student wellness, build life skills, and strengthen resiliency. Use them to support lessons that foster critical thinking, healthy communication, and positive decision-making.

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Content Warning: Some resiliency education materials may evoke strong or difficult emotions in some students. Therefore, your school must have a plan in place to support students who may require assistance. The staff delivering the lessons should be aware and inform students of the mental health support available at the school, which can include school counselors, social workers, school psychologists, and other mental health staff.

Month LSW Competency	Character Education & Characteristics of Resilience	Tier 1 FLDOE Resiliency Education	Tier 1 Teach two LSW Lessons each month*	Tier 2/3 Teach One LSW Lesson every week*
August	Gratitude/Mentorship Back-to-School	Mandatory Annual Anti-Bullying Policy 5900 Training Mandatory Annual Dating Violence Prevention Policy 5010 Training (Gr 6 – 12 ONLY)	Self-Awareness Connection Activities	Self-Awareness Connection Activities
September	Cooperation	Rethink: Trauma: Resilience Rethink: Risk of Suicide	<u>Relationship Skills</u> K-12	<u>Relationship Skills</u> K-12
October	Responsibility	Rethink: Substance Use and Misuse Rethink: Mental Health	<u>Adaptability</u>	<u>Adaptability</u>
November	Citizenship	Rethink: Online Safety Rethink: Anxiety	<u>Relationship Skills</u> K-12	<u>Relationship Skills</u> K-12
December	Kindness /Empathy	Make-up Month	<u>Relationship Skills</u> K-12	<u>Relationship Skills</u> K-12
January	Respect/Self-Awareness	Rethink: Human Trafficking	<u>Self-Awareness</u>	<u>Self-Awareness</u>

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		Rethink: Support Systems	<u>K-12</u>	<u>K-12</u>
February	Honesty/Relationship Skills	Rethink: Emotions	<u>Relationship Skills</u>	<u>Relationship Skills</u>
		Rethink: Preventing Violence	<u>K-12</u>	<u>K-12</u>
March	Self-Control/Problem Solving	Rethink: Stress Management	<u>Self-Management</u>	<u>Self-Management</u>
		Rethink: Depression	<u>K-12</u>	<u>K-12</u>
April	Tolerance/Responsible Decision Making	Make-up Month	<u>Responsible Decision Making</u>	<u>Responsible Decision Making</u>
May	Perseverance/Grit/Relationship Skills		<u>Self-Awareness</u>	<u>Self-Awareness</u>
			<u>K-12</u>	<u>K-12</u>

*Click the link to access the Life Skills and Wellness Scope & Sequence