

LiftEd Scope & Sequence 2022-2023

ALL TOGETHER NOW

Updated 2/8/23

Week	Day	Lesson date	Course	Unit	Title	Academic Concept	Faith Connection
0	Monday	8/22/2022	Growth	Foundations	Timelines: What Is My Mission in Life?	Throughout history, people have brought joy and purpose to their lives by fulfilling their unique life mission.	You have a life mission and a place in His Story.
0	Tuesday	8/23/2022	Growth	Foundations	Discovering My Life Mission	Learning about what interests me and learning about a variety of topics are two ways to discover and prepare for my life's mission.	Prayer and hard work will help me accomplish my life mission.
0	Wednesday	8/24/2022	Growth	Foundations	How Will I Learn?	You are responsible for your own learning. With the help of parents and teachers, you can prepare for your life's mission.	Your efforts to learn prepare you for eternal life with God.
0	Thursday	8/25/2022	Growth	Foundations	What else do I need?	All subjects are connected to the study of God and His relationship with all of His creations.	I can improve the quality of my learning and my relationship with the Lord as I seek after things that are "virtuous, lovely, or of good report or praiseworthy."
1	Monday	8/29/2022	Growth	Leadership	Who I Really Am? Prepare for the Journey	True principles create Warriors of Light.	We can become Warriors of Light and discover who we really are.
1	Tuesday	8/30/2022	Growth	Leadership	RESPA: Relax, Evaluate, Strategize, Patience, Act	Crocodiles show us how to RESPA: Relax, Evaluate, Strategize, have Patience, and then Act in the right moment. RESPA is the way to develop self-mastery.	You can RESPA through the ups and downs in your life.
1	Wednesday	8/31/2022	Growth	Leadership	INROCK: Integrity is the Rock.	Inrock the eagle teaches us that integrity is the rock, a sure foundation.	When we have integrity, we are trustworthy and can develop healthy relationships.
1	Thursday	9/1/2022	Growth	Leadership	HUMIL: Humility	The camel teaches that humility is the understanding of one's own worth and the key to self-mastery.	Through humility, we can bear our burdens and open the doorway to our potential.
2	Monday	9/5/2022	Labor Day				
2	Tuesday	9/6/2022	Growth	Leadership	ENLIGH: Take Time Out for Enlightenment	Enlightenment helps us learn, understand what is true, and know the right thing to do. Butterflies help us consider how we can be enlightened.	Enligh Time fortifies you to effectively handle any circumstance.
2	Wednesday	9/7/2022	Growth	Leadership	MAFID: Make Allowances for Individual Differences	We can learn from the unique characteristics of a platypus how to make allowances for individual differences.	As we learn to make allowances for individual differences, we can use our differences to serve others.

2	Thursday	9/8/2022	Growth	Leadership	FORLOV: Forgiveness through Love	The dolphin has the ability to heal itself under extraordinary circumstances. Likewise, forgiveness is healing and leads to inner contentment.	We can strengthen our families through forgiveness and love.
2	Friday	9/9/2022	Growth	Leadership	MAIBA: Maintain Balance	Kangaroos can remind us to Maintain Balance in all areas of life.	As you maintain balance in your life, you will create harmony for yourself and others.
3	Monday	9/12/2022	World Studies	Africa	Geography and Physical Features	Africa is home to the largest desert and the longest river in the world. It is also home to grasslands, rainforests, mountains, over a million animal species, and many diverse people.	Every person on earth is unique and precious to God. Although we may be very different from each other, we each have something important to offer.
4	Tuesday	9/13/2022	World Studies	Africa	Cultural and Historical Landmarks	Places such as the sphinx and pyramids of Egypt, the Great Djenné Mosque in Mali, the pilgrimage city of Lalibela in Ethiopia, and Cape Town, South Africa give us a beautiful window into the history and culture of the African people.	Learning about our ancestors and heritage can help us understand who we are and who our Heavenly Father wants us to be.
3	Wednesday	9/14/2022	World Studies	Africa	Common and Traditional Clothing	African traditional clothing varies by region. It's known for its bright, colorful, and vibrant fabrics. This clothing often symbolizes important attributes of the person wearing it.	The way you dress sends a message to others about who you are and what is important to you. A clean and modest appearance and attitude will help you keep the Spirit with you.
3	Thursday	9/15/2022	World Studies	Africa	Common and Traditional Food	African food is usually centered around starches and grains, and many people in Africa experience food and water shortages.	We should never forget or take for granted all the blessings God gives us each day. We can express our gratitude to Him through prayer.
4	Monday	9/19/2022	World Studies	Africa	Games and Recreational Activities	Although many African children have important responsibilities, they love to play fun, educational, and cultural games together.	When Christ was on earth, He commanded us to love one another. We should be a good example of Christlike love and service to our friends.
4	Tuesday	9/20/2022	World Studies	Africa	Agriculture and Industry	Many people in Africa raise animals and work on the land to grow food they need to survive.	Work is an eternal principle. God commands us to work so we can experience growth and develop Christlike character.
4	Wednesday	9/21/2022	World Studies	Africa	Daily Life for Children and Adults	In many African communities, everyone works together to complete daily tasks. The community is usually considered to be more important than the individual.	We are organized into families and communities where we can lift and strengthen each other.
4	Thursday	9/22/2022	World Studies	Africa	Family Roles and Culture	In Africa, most children live with their parents and extended family members such as grandparents, aunts, uncles, and cousins. Children are taught to honor their elders.	The Lord has given us the commandment to honor our father and mother, that our days may be long upon the land.

5	Monday	9/26/2022	History	Ancient Civilizations	The Council in Heaven and the Plan of Salvation	Heavenly Father made a plan for us to have bodies, choose to follow Him, and experience joy. He made this plan because He loves us.	Heavenly Father's plan helps me find happiness and peace.
5	Tuesday	9/27/2022	History	Ancient Civilizations	The First Family	Adam & Eve became the first family on earth. The Fall brought about our mortal existence, creating a time for us to prepare to live with God and our families again.	Agency is vital to Heavenly Father's plan.
5	Wednesday	9/28/2022	History	Ancient Civilizations	Enoch's Vision of the History of the World	Enoch chose to live righteously in a time of great wickedness. Because of his choices, the Lord was able to give Enoch His power. His righteousness influenced many other people for good.	When we choose the right, Heavenly Father can bless us with power.
5	Thursday	9/29/2022	History	Ancient Civilizations	Noah: Father of all Nations	Noah was saved from the flood because of his righteousness. He became the father of all nations.	Obedience protects us.
6	Monday	10/3/2022	History	Ancient Civilizations	Nimrod and the Tower of Babel	Nimrod wanted God's blessing without following God's plan.	Pride stops us from receiving God's blessings. But if we seek the Lord, He can help us overcome pride.
6	Tuesday	10/4/2022	History	Ancient Civilizations	Abraham's Faith and Obedience	Abraham's obedience brought him blessings that bless his posterity even today.	You can do hard things through faith in the Lord Jesus Christ and His Atonement.
6	Wednesday	10/5/2022	History	Ancient Civilizations	Joseph's Unique Mission	Joseph's experiences and trials prepared him for his unique mission.	Our mission in life often includes trials. We can respond to our trials in a way that allows Heavenly Father to bless us and others.
6	Thursday	10/6/2022	History	Ancient Civilizations	Egypt Turns to Idolatry	For many years, the ancient Egyptians chose to practice idolatry.	Heavenly Father wants us to worship Him, the one true God.
		10/10-10/14	Fall Break				
7	Monday	10/17/2022	Science	Botany	Introduction to Botany	Botany is the study of plants. Plants have recognizable characteristics.	Heavenly Father created plants for our use and enjoyment.
7	Tuesday	10/18/2022	Science	Botany	Seeds	Plants begin life in a variety of ways. In order to germinate, they require certain conditions and often travel to a new location to find them.	We reap the character that we sow.
7	Wednesday	10/19/2022	Science	Botany	Roots	Roots bring water and nutrients to plants. They anchor plants into the ground, and some roots store food during the winter. Roots also prevent erosion by holding the soil in place.	When our faith is deeply rooted in the basic principles of the gospel, we are strong and immovable.
7	Thursday	10/20/2022	Science	Botany	Stems	Stems help plants live by transporting fluids throughout the plant; providing a place for the growth of leaves, flowers, and fruits; and keeping the plant upright and growing toward the sun.	Parents are the stems of families.

8	Monday	10/24/2022	Science	Botany	Identifying Leaves and Trees	When we look carefully at the leaves from a tree, using a key, we can identify the kind of tree we're looking at.	When we look carefully at thoughts and ideas, we can identify if they come from the Lord.
8	Tuesday	10/25/2022	Science	Botany	Photosynthesis	Leaves use energy from the sun, carbon dioxide from the air, and water and nutrients from the soil to create food for plants in a process called photosynthesis.	Jesus's light reaches down and touches everything on earth, both plants and animals. The light of Christ gives life and light to every person.
8	Wednesday	10/26/2022	Science	Botany	Flowers and Pollination	The main purpose of flowers is to create seeds, which a variety of animals help with through pollination. Both the pollinators and the plants benefit from pollination.	When we serve, both those who are served and those who serve are blessed.
8	Thursday	10/27/2022	Science	Botany	Fruit	Fruit grows around the seeds of all flowering plants.	Like the lifecycle of a flowering plant, God is the same yesterday, today, and forever. Because His character and His plan are consistent and predictable, we can trust Him.
9	Monday	10/31/2022	Growth	Health	Self-Esteem and Self-Image	Self-esteem is how we feel about ourselves, and self-image is how we see ourselves.	We are children of loving Heavenly Parents with a divine nature and destiny.
9	Tuesday	11/1/2022	Growth	Health	Goal Setting and Self-Mastery	Setting and following SMART goals can help us become the best versions of ourselves.	Repentance and progress help us become more like Jesus Christ and become the master of our spirits.
9	Wednesday	11/2/2022	Growth	Health	Bullying and Kindness	Recognizing signs of bullying can help us be champions for ourselves and for others.	When we love our neighbors and treat everyone with kindness, the Spirit will be with us.
9	Thursday	11/3/2022	Growth	Health	Sleep	Healthy sleep habits improve physical health, mental health, creativity, problem solving skills, and memory.	Sleeping early and arising early invigorates our bodies so that we can diligently serve the Lord.
10	Monday	11/7/2022	Growth	Health	Nutrition	Food gives our minds and bodies the energy it needs to learn and grow.	Just like our body needs food to survive, our spirit also needs to be fed through daily scripture study and prayer.
10	Tuesday	11/8/2022	Growth	Health	The Digestive System	The organs that make up the digestive system help us to break down our food into nutrients.	What we take into our mind and body can either strengthen us or harm our spirits.
10	Wednesday	11/9/2022	Growth	Health	Healing and Medicine	If used carefully, medicine, medical care, and a healthy lifestyle can help us heal from sickness and injury.	The atonement of Jesus Christ can help us forgive others, repent, and heal spiritually.
10	Thursday	11/10/2022	Growth	Health	The Misuse of Drugs	Misusing marijuana, medicinal drugs, and illegal drugs hurts our minds and bodies can lead to serious addictions.	The girdle of truth represents following the true laws of God, including the Word of Wisdom. The armor of God protects us and makes us strong.
11	Monday	11/14/2022	World Studies	Europe	Geography and Physical Features	Prominent physical features in Europe include the islands of Great Britain and Ireland, the English Channel, the Danube and Rhine Rivers, the Alps, and the Mediterranean Sea.	The living water is the gospel of Jesus Christ. We are surrounded by His love as we learn about Him and try to be more like him.

11	Tuesday	11/15/2022	World Studies	Europe	Cultural and Historical Landmarks	Some of the most famous and beautiful buildings in the world are in Europe. Important buildings and landmarks include Stonehenge, Big Ben, the Leaning Tower of Pisa, Schloss Neuschwanstein, the Louvre, and the Colosseum.	We can learn more about who we really are and what God expects of us in sacred places of worship.
11	Wednesday	11/16/2022	World Studies	Europe	Common and Traditional Clothing	While most Europeans dress in a modern style, many European ethnic groups still wear traditional clothing for special occasions which link them to their ancestors and culture.	Righteous family traditions connect generations together and make family events more meaningful.
11	Thursday	11/17/2022	World Studies	Europe	Common and Traditional Food	European food is centered around meat such as beef and lamb, dairy products, and starches such as bread, potatoes, and pasta. Slowing down and enjoying real, high-quality food with friends and family is an important tradition across Europe.	We should surround ourselves with the best books, media, influences, and people and stay away from things that are fake.
		11/21-11/25	Thanksgiving				
12	Monday	11/28/2022	World Studies	Europe	Games and Recreational Activities	Many children's games popular across the world such as hopscotch, leapfrog, hide-and-seek, and tag (which is called "tig" in the United Kingdom) originated in European countries.	Sharing our beliefs and values with others can bring joy to them and to us.
12	Tuesday	11/29/2022	World Studies	Europe	Agriculture and Industry	Europeans work in many different industries such as technology, education, agriculture, and healthcare, and they value a good work/life balance.	It is important to be diligent in our responsibilities and take time to enjoy wholesome recreational activities.
12	Wednesday	11/30/2022	World Studies	Europe	Daily Life for Children and Adults	Life in large European cities is fast paced and busy, but life in the European countryside is slower and more relaxed. Lifestyles vary considerably depending on the country and region.	When we take time to be still and hear God's voice, we will be strengthened and feel of His Spirit.
12	Thursday	12/1/2022	World Studies	Europe	Family Roles and Culture	Europeans often have small, close-knit families. Although Europe is becoming more secular, most European families still identify as Christian. Children are encouraged to get a good education and boys and girls have many opportunities as they grow up.	Knowledge is eternal, and the Lord has commanded us to get as much education as possible so that we can serve our families and communities.
13	Monday	12/5/2022	History	Rome & The New World	Augustine Takes Christianity to England	Augustine of Canterbury was a monk who, with the help of others, brought Christianity to the people in England.	"Be ye doers of the word, and not hearers only." (James 1:22)
13	Tuesday	12/6/2022	History	Rome & The New World	Alfred the Great	History shows us that one person can do immense good. Alfred was a great king because he was a great man who did many good works to help his people.	If we are patient and faithful, God can help us through our trials.
13	Wednesday	12/7/2022	History	Rome & The New World	William the Conqueror and the Battle of Hastings	The Battle of Hastings was an important moment in English history. It was the	Being united strengthens us. United families are strong families.

						beginning of French Norman rule in Britain.	
13	Thursday	12/8/2022	History	Rome & The New World	King John and the Magna Carta	King John was a wicked king who did not care about his people, but he gave his people a great gift in the year 1215—the Magna Carta, or Great Charter, an important document of freedom.	The Lord will bring about good even in times of wickedness.
14	Monday	12/12/2022	History	Rome & The New World	Joan of Arc	To accomplish her difficult mission, Joan of Arc had to work hard and remain faithful to her beliefs.	As you continue to try, you can learn to recognize the whisperings of the Holy Ghost.
14	Tuesday	12/13/2022	History	Rome & The New World	The Crusades	The Crusades began when Muslim nations refused to allow Jews and Christians to visit the Holy Land. The knowledge that Christian Crusaders brought back from the Holy Land helped to open the minds of European people. As they began to learn and act upon new ideas, the Renaissance began.	Visiting sacred places can strengthen our faith.
14	Wednesday	12/14/2022	History	Rome & The New World	Johannes Gutenberg and the Printing Press	Johannes Gutenberg took opportunities and overcame obstacles to invent the printing press—the greatest invention in the world.	God guided the invention of the printing press so His gospel could spread across the world.
14	Thursday	12/15/2022	History	Rome & The New World	A Scientific Awakening	The excitement during the Renaissance encouraged scientists to ask questions and seek for answers. Four important scientists of this time period were Copernicus, Galileo, Newton, and Kepler.	Just as the sun is in the center of the solar system, Jesus Christ—the Son of God—should be the center of our lives.
		12/19-12/30	Christmas				
15	Monday	1/2/2023	Science	Geology	Introduction to Geology	Geology is the study of the earth. The earth has layers.	God created a beautiful world for us to live in.
15	Tuesday	1/3/2023	Science	Geology	Our Giant Jigsaw Puzzle	The earth's crust is made of tectonic plates that are constantly moving because of convection. There are three types of plate boundaries: divergent, convergent, and transform.	Unlike our constantly changing world, we should be immovable in keeping God's commandments.
15	Wednesday	1/4/2023	Science	Geology	How Mountains Are Formed	There are several types of mountains. Mountains are classified based on how they are formed.	Mountains can remind us that when we spend time in holy places, we can feel close to the Lord.
15	Thursday	1/5/2023	Science	Geology	Landforms	A plain is a broad area of relatively flat land. A delta is where a river empties into a body of water. A plateau is an area of relatively high flat land. And a desert is a dry area that gets less than 10 inches of rain a year.	If we follow Jesus Christ, He will lead us across life's plains, and He will give us the courage to leave the plateau and climb safely back to our heavenly home.
16	Monday	1/9/2023	Science	Geology	Lithosphere	The lithosphere of the earth is the land. When studying lithosphere, "relief" is the difference between the highest and lowest	In the gospel, relief is the help we receive through Jesus Christ. We can

						elevations in an area. Of all the continents, Asia has the greatest differences in elevation.	become like Jesus as we help provide relief to the people around us.
16	Tuesday	1/10/2023	Science	Geology	Pacific Lithosphere	There are three types of islands in the Pacific Ocean: continental islands, high islands made from volcanoes, and low islands made from coral.	Beautiful things like islands, talents, and faith take time to grow.
16	Wednesday	1/11/2023	Science	Geology	Volcanos and Geysers	Although they're dangerous, geysers and volcanoes help the earth. They demonstrate that the earth is always changing.	The gospel of Jesus Christ is a constant in this changing world. It can help us relieve our stress in healthy ways.
16	Thursday	1/12/2023	Science	Geology	Earthquakes and Tsunamis	Earthquakes occur when the earth's plates scrape against each other. Tsunamis occur when earthquakes happen on the ocean floor.	Everyone experiences fear, but faith and hope in Jesus Christ help us through our fears.
17	Monday	1/16/2023	Martin Luther King Day				
17	Tuesday	1/17/2023	Growth	Entrepreneurship	A world of problems to solve	Every person faces a host of common problems every day. Noticing and understanding these problems is the first step to creating a successful business.	Heavenly Father has given us spiritual gifts that we can use to bless the lives of others.
17	Wednesday	1/18/2023	Growth	Entrepreneurship	What solutions can I offer?	Understanding the details of a problem prepares me to create a great solution that people will want to buy. The solution could be a good or a service.	We are God's hands on earth as we serve others using all our "heart, mind, and strength."
17	Thursday	1/19/2023	Growth	Entrepreneurship	Finances: Income and Expenses	Money is a tool to use. My business needs to make money to keep creating value for others. If I plan my expenses, income, profit, and pricing, I'm preparing to use money wisely.	All things on earth belong to the Lord. We are His stewards. The Lord expects us to make good use of the spiritual and temporal blessings He gives us.
17	Friday	1/20/2023	Growth	Entrepreneurship	Marketing: Communicating my solution	I can be honest and persuasive in helping people understand how my solution will solve their problem.	If we seek to learn from Him, the Lord will speak to us in ways that we can understand.
18	Monday	1/23/2023	Growth	Entrepreneurship	Understanding a problem deeply	People "hire" products and services to do something for them. To be successful, I need to understand the problem better than anyone else.	When we are compelled to be humble, Heavenly Father will bless us. However, when we choose to be humble, the blessings will be even greater.
18	Tuesday	1/24/2023	Growth	Entrepreneurship	How can I improve existing solutions?	Many problems already have solutions available, but I can learn from the strengths and weaknesses of current solutions to create a better solution.	We have a rich heritage of faith from those who have come before us. Recognizing their foundation of faith with gratitude helps us rise even higher.
18	Wednesday	1/25/2023	Growth	Entrepreneurship	Finances: Record Keeping	Good record keeping helps me recognize what works and what doesn't. It helps me see how I can realistically improve my business.	Keeping personal records can help us and our posterity recognize God's goodness and see ways to come closer to Him.
18	Thursday	1/26/2023	Growth	Entrepreneurship	Marketing: Pitching My "Why" and My Secret Sauce	I can help people see the value of my solution by showing them the big reason I	Through our words and actions, we can help others recognize and remember that Jesus Christ is the

						offer it, the secret sauce I bring with it, and the difference it will make in their lives.	perfect solution to all of life's problems.
19	Monday	1/30/2023	World Studies	North America	Geography and Physical Features	North America is a diverse continent with five geographical regions. It is home to mountains, plains, islands, and many unique animals.	Jesus Christ is the rock upon which we must build our foundation.
19	Tuesday	1/31/2023	World Studies	North America	Cultural and Historical Landmarks	Important landmarks across Canada, the United States, Mexico, Central America, and the Caribbean represent the unique history, culture, people, and values of each country.	Jesus Christ used symbols in his teachings to help us understand eternal truths.
19	Wednesday	2/1/2023	World Studies	North America	Common and Traditional Clothing	Clothing in North America is worn for many different reasons. North Americans dress for functionality, for the weather, and to express themselves or their cultures.	If we turn to God, He can strengthen us and help us prepare for temptations and trials.
19	Thursday	2/2/2023	World Studies	North America	Common and Traditional Food	North American food is the product of many cultures and people from different places. It is a combination of old classics and new interpretations.	We are each a product of our choices and experiences. When we choose to do what's right, we become closer to who God wants us to be.
20	Monday	2/6/2023	World Studies	North America	Games and Recreational Activities	Games and recreational activities in North America help children learn and celebrate cultural traditions.	Gospel traditions keep us connected to our families and to God.
20	Tuesday	2/7/2023	World Studies	North America	Agriculture and Industry	The agricultural industry in North America is large and diverse because of a variety of natural resources and climates.	Faith is like a seed. If we act on our faith, it will grow.
20	Wednesday	2/8/2023	World Studies	North America	Daily Life for Children and Adults	Most people in North America are descended from a mix of ethnicities and nationalities—a unique heritage that influences their daily lives.	Sacred scriptures help us understand where we came from spiritually.
20	Thursday	2/9/2023	World Studies	North America	Family Roles and Culture	North American parents work hard to create a good life for their children.	The Lord loves effort. We must strive to keep the commandments and become more like Jesus Christ.
21	Monday	2/13/2022	History	Revolution & Change	Prelude to the Restoration: Liberty or Captivity	Jesus Christ's true gospel could only be taught in lands where the people had religious freedom. God established religious freedom in the United States so the gospel could spread throughout the world.	True freedom comes from living the gospel of Jesus Christ. As we become free through living the gospel, we help bring greater liberty to our land.
21	Tuesday	2/14/2022	History	Revolution & Change	The French and Indian War	The French and Indian War is an important part of history because it helped unite the 13 colonies. This war prepared George Washington to lead the colonies in the Revolutionary War.	The Lord wants us to have our "hearts knit together in unity and in love one towards another."
21	Wednesday	2/15/2022	History	Revolution & Change	Taxation and Resistance	The colonists resisted and fought against taxes from Great Britain because they had no representatives in the British government. Their resistance paved the way for the Revolutionary War.	We show love and respect to others when we listen to them.

21	Thursday	2/16/2022	History	Revolution & Change	Prelude to the Revolution	The tension between the American colonists and Great Britain finally became so bad that a battle took place at Lexington and Concord. This battle was the beginning of the American Revolutionary War.	We must be willing to make sacrifices to do whatever work God asks us to do.
		2/20-2/24	Winter Break				
22	Monday	2/27/2023	History	Revolution & Change	The Declaration of Independence	John Adams, Thomas Jefferson, and Caesar Rodney played an important part in the creation of the Declaration of Independence, one of the most important freedom documents ever written.	Integrity is having the courage to act according to what you believe.
22	Tuesday	2/28/2023	History	Revolution & Change	Miracles of the Revolution	The Revolutionary War needed many miracles for the American colonists to defeat the British. These miracles helped lead to the formation and independence of the United States of America.	We can trust God's prophecies or promises about the future. God always keeps His promises.
22	Wednesday	3/1/2023	History	Revolution & Change	Patriots of the revolution	During the American Revolutionary War, brave men and women contributed to the fight for freedom and stood for the cause of liberty.	God can help us fight the good fight and endure to the end.
22	Thursday	3/2/2023	History	Revolution & Change	General George Washington and the End of the War	The British General Cornwallis surrendered at the Battle of Yorktown. This battle was the last major battle of the American Revolutionary War. General George Washington was a good leader because he was a good man.	A true leader serves others.
23	Monday	3/6/2023	Science	Anatomy	Introduction to Human Anatomy and the Body Systems	Human anatomy is the study of the parts of the body, and physiology is the study of how these parts of the body function. Multiple body systems work together to make the human body function properly.	Each member of your family, your church, or any group makes a difference.
23	Tuesday	3/7/2023	Science	Anatomy	Skeletal System and Bones	The skeletal system consists of 206 bones that provide structure, support, movement, and protection to the body.	The organization of the Church provides structure, support, movement, and protection in our lives.
23	Wednesday	3/8/2023	Science	Anatomy	Muscular System	We have different types of muscles that work in groups to make our bodies move. Exercise and movement are essential to give our muscles flexibility, strength, and stamina.	We need to exercise our spiritual muscles to keep them healthy and strong.
23	Thursday	3/9/2023	Science	Anatomy	Respiratory and Lungs	The respiratory system is comprised of several body parts responsible for exchanging gases in the body. Many conditions can change the way the lungs function.	We can keep our minds healthy and clean as we bring good thoughts in and send bad thoughts out.
24	Monday	3/13/2023	Science	Anatomy	The Integumentary and Immune Systems	Pathogens like bacteria, viruses, and fungi can get into our bodies and make us sick. The immune system protects the body from sickness by fighting pathogens.	When we trust the Holy Ghost to guide us, we build and strengthen our protection against sin.

24	Tuesday	3/14/2023	Science	Anatomy	Circulatory System and Blood	The heart is a strong muscle that pumps blood throughout the body. Blood is essential for good health. The heart, blood vessels, and blood in the circulatory system deliver “goods” and remove “wastes” throughout the body.	The most important thing we can sacrifice, or give, to God is a broken heart and a contrite spirit.
24	Wednesday	3/15/2023	Science	Anatomy	Endocrine System	The endocrine system is a collection of tiny glands in the body that release chemicals called hormones. Hormones regulate essential functions in the body.	The Book of Mormon is an example of the truth “that by small and simple things are great things brought to pass.”
24	Thursday	3/16/2023	Science	Anatomy	Nervous System	The nervous system is responsible for receiving and sending information throughout the body. This information helps us learn, grow, be safe, and stay healthy.	We can be messengers for Heavenly Father. We can deliver help to those in need.
25	Monday	3/20/2023	Growth Level 1	Liberty and Law	Life and Liberty	We each have the gift of life and liberty. I can choose what to do with my life.	Agency is a gift from God. We must learn to use it righteously.
			Growth Level 2 & 3	Liberty and Law	Life and Liberty	We each have the gift of life and liberty. Each person can choose what to do with their life.	Moral agency is a gift from God. We must learn to use it righteously.
25	Tuesday	3/21/2023	Growth Level 1	Liberty and Law	Property	Our property can help us have more liberty.	Stewardship means taking care of the blessings God has given us.
			Growth Level 2 & 3	Liberty and Law	Property	Our property helps us become greater agents with more liberty.	Stewardship means taking care of the blessings God has given us.
25	Wednesday	3/22/2023	Growth Level 1	Liberty and Law	Law and Rights	Rights are the power to do something. Laws are meant to protect our rights.	God gives us laws or commandments. If we keep the commandments, we will have more liberty and joy.
			Growth Level 2 & 3	Liberty and Law	Law and Rights	Life, liberty, and property are our first rights. Laws are meant to protect our rights. Laws help us claim our rights and gain more liberty.	God gives us laws or commandments. If we keep the commandments, we will have more liberty and joy.
25	Thursday	3/23/2023	Growth Level 1	Liberty and Law	Government and Responsibilities	Good governments protect my rights.	We are protected when we follow the prophet.
			Growth Level 2 & 3	Liberty and Law	Government and Responsibilities	The government and I are both responsible for protecting my rights.	I am accountable for my own actions and the way I use my agency.
26	Monday	3/27/2023	Growth Level 1	Liberty and Law	Creating the Constitution	The Founding Fathers made the Constitution to protect the life, liberty, and property of each person.	The Spirit can lead us to do important things in our lives.
			Growth Level 2 & 3	Liberty and Law	Creating the Constitution	The United States Constitution was a new experiment that was based on successful government principles from history. It was set up to protect the life, liberty, and property of each citizen.	Just as the Founding Fathers were inspired by God to create the Constitution of the United States, we can be inspired to do important things in our lives.
26	Tuesday	3/28/2023	Growth Level 1	Liberty and Law	The Bill of Rights	The Bill of Rights were changes made to the Constitution to protect the people’s rights.	The Bill of Rights were changes made to the Constitution to protect the people’s rights.

			Growth Level 2 & 3	Liberty and Law	The Bill of Rights	The first ten amendments to the Constitution are called the Bill of Rights. They were written to protect the people's rights.	Every person is priceless to God and should be treated with fairness and love.
26	Wednesday	3/29/2023	Growth Level 1	Liberty and Law	Fight for Liberty	Every generation must fight for liberty and stand up for what is right.	We can stand up for what is right.
			Growth Level 2 & 3	Liberty and Law	Fight for Liberty	Every generation must fight for liberty and stand up for what is right	We can defend truth every day as we bravely live the gospel and stand up for what is right.
26	Thursday	3/30/2023	Growth Level 1	Liberty and Law	Worldwide Constitutions	When one group of people chooses liberty, it inspires other people to do the same.	We can be good examples to others and share gospel truths.
			Growth Level 2 & 3	Liberty and Law	Worldwide Constitutions	When one group of people become agents of liberty, it inspires other people to do the same.	We can influence others for good by being positive examples and sharing gospel truths.
		4/3-4/7	Spring Break				
27	Monday	4/10/2023	World Studies	Asia	Geography and Physical Features	Asia is the largest and most populated continent. The longest man-made structure and the tallest mountain on earth are in Asia.	The holy temple is the mountain of the Lord.
27	Tuesday	4/11/2023	World Studies	Asia	Common and Traditional Food and Clothing	Beloved food and clothing in Asia add meaning and joy to special occasions and everyday life.	We can find joy and meaning in all the beautiful things that surround us each day.
27	Wednesday	4/12/2023	World Studies	Asia	Work and Recreational Activities	Many cultures in Asia place a high value on hard work. However, Asians of all ages find time to have fun.	Technology is a powerful tool for spreading the word of God and sharing the light of Christ with the world.
27	Thursday	4/13/2023	World Studies	Asia	Family Roles and Daily Life	Many people in Asia are known for their shared high-context culture and respectfulness. They can also be highly group oriented.	As we learn to trust Him, the Lord will help us feel peace amidst uncertainty.
28	Monday	4/17/2023	World Studies	Pacific Islands	Geography and Physical Features	Across the Pacific Islands, you can find volcanoes, coral reef atolls, interesting landmarks, and some of the least visited countries on earth.	God remembers all his children, including those upon the isles of the sea. He will never forget us or leave us.
28	Tuesday	4/18/2023	World Studies	Pacific Islands	Common and Traditional Food and Clothing	Staple starches, tropical fruit, and seafood are the basis of the Pacific Island diet. Pacific Island clothing is often modest, cultural, and comfortable. Pacific Islanders' food and clothing show that they love to connect with their cultures, ancestors, and communities.	God gave us our bodies, so we should respect and take care of them.
28	Wednesday	4/19/2023	World Studies	Pacific Islands	Work and Recreational Activities	In the Pacific Islands, many people earn their livelihood from the land and the ocean. They lead simple, fulfilling lives and focus on the present.	We can be fishers of men as we serve in God's kingdom.

28	Thursday	4/20/2023	World Studies	Pacific Islands	Family Roles and Daily Life	Pacific Islanders are known for being happy people. They respect their traditions, their God, and each other.	Serve God with all your heart, might, mind, and strength.
29	Monday	4/24/2023	History Level 1	World War I	Intro to World War I	World War I was a fight between many countries. It changed the world in many ways.	Christ's Second Coming will bring peace to the whole world.
			History Level 2 & 3	World War I	Intro to World War I	World War I was a worldwide conflict that changed the way the world views borders, warfare, and alliances. It was also known as "The War to End All Wars."	Christ's Second Coming will bring peace to the world. Until then, He teaches us how to have peace in our lives.
29	Tuesday	4/25/2023	History Level 1	World War I	What Caused the War?	Alliances between countries turned a small conflict into a world war.	Our strongest and safest alliance is the one we form with God.
			History Level 2 & 3	World War I	What Caused the War?	World War I had four major causes: militarism, nationalism, imperialism, and alliances.	Our strongest and safest alliance is the one we form with God.
29	Wednesday	4/26/2023	History Level 1	World War I	King Albert of Belgium	Belgium's King Albert led his people in the fight against Germany.	We can be good leaders for others.
			History Level 2 & 3	World War I	The Assassination of Archduke Ferdinand	The assassination of Archduke Ferdinand of Austria-Hungary triggered the beginning of World War I.	The Spirit of Christ can overcome division, hatred, and fear—bringing peace to all men.
29	Thursday	4/27/2023	History Level 1	World War I	Changes in Warfare	New weapons made World War I different from all previous wars.	We can choose to help others rather than hurt them.
			History Level 2 & 3	World War I	Changes in Warfare	New weapons and ways of fighting made World War I different from all previous wars.	We can choose to heal wounds rather than cause them.
30	Monday	5/1/2023	History Level 1	World War I	The U.S. Joins the War	When a German submarine attacked a ship full of Americans, the United States decided to join the war.	We must choose each day to follow God.
			History Level 2 & 3	World War I	The U.S. Joins the War	Although the United States was neutral at the beginning of World War I, German submarine attacks and negotiations with Mexico compelled them to join England, France, and Italy in fighting Germany.	We cannot remain neutral in the fight between good and evil. We must choose.
30	Tuesday	5/2/2023	History Level 1	World War I	Animals in the War	Many animals helped in different ways during the war.	Christ gives us many blessings that can help us overcome challenges.
			History Level 2 & 3	World War I	The Spanish Flu	During World War I, a worldwide pandemic caused many to die of sickness, adding to the pain of the war.	Some challenges are manmade, and some are natural. Christ helps us overcome both kinds of challenges.
30	Wednesday	5/3/2023	History Level 1	World War I	The Treaty of Versailles	World War I ended with the Treaty of Versailles.	We can find ways to remember Christ's sacrifice for us.
			History Level 2 & 3	World War I	The Treaty of Versailles	The fighting in World War I ended on November 11, 1918. The peace agreement, the Treaty of Versailles, punished Germany and changed the map of Europe.	God is the eternal judge who will reward and punish with perfect knowledge, justice, mercy, and love.

30	Thursday	5/4/2023	History Level 1	World War I	Leaders and Lessons from World War I	World War I was a time of anger and fighting. But during one Christmas, soldiers on both sides of the war chose to have peace.	The Spirit helps us find peace.
			History Level 2	World War I	Leaders and Lessons from World War I	Honorable leaders from many different countries inspired and guided their people through the difficulties of World War I.	We can learn to love others and live with differences.
			History Level 3	World War I	The League of Nations Debate	The Treaty of Versailles required each country to join an international alliance called the League of Nations. After much debate, the Senate voted against the Treaty, and the U.S. didn't join the alliance.	We can learn to love others and live with differences.
31	Monday	5/8/2023	Science	Physics	An Introduction to Physics	Physics is the study of the interaction between matter and force.	We can choose to be stubborn or steadfast.
31	Tuesday	5/9/2023	Science	Physics	Force and Motion	Force is a push or a pull. Everything in the universe moves or stops moving because of force.	Every day we are pushed or pulled by the Spirit to move or to stop moving. If we obey the Spirit, we will be blessed.
31	Wednesday	5/10/2023	Science	Physics	Newton's First Law of Motion	Newton's first law of motion states that any object in motion will continue to move in the same direction and at the same speed unless acted upon by a force.	As we maintain spiritual momentum, We will experience peace of mind, freedom from fear, and greater unity in our families.
31	Thursday	5/11/2023	Science	Physics	Newton's Second Law of Motion	Newton's second law of motion states that the greater the mass of an object, the more force it will take to accelerate the object.	As children of God, we have been given the gift of agency so that we can act for ourselves. We are not objects to be acted upon.
32	Monday	5/15/2023	Science	Physics	Newton's Third Law of Motion	Newton's third law of motion states that for every action there is an equal and opposite reaction.	It is part of God's plan for us to experience opposition in all things.
32	Tuesday	5/16/2023	Science	Physics	Types of Force: Gravity	There are several kinds of force at work in the universe. A force we experience every day is gravity.	God's priesthood power is a very strong force for good in our lives.
32	Wednesday	5/17/2023	Science	Physics	Types of Force: Friction	There are several kinds of force at work in the universe. A force we experience every day is friction.	There are forces that resist when we try to change, but it gets easier once we're moving in the right direction.
32	Wednesday	5/18/2023	Science	Physics	Types of Force: Magnetism	Magnetism is a force because it pushes and pulls. Magnetic force can pass through non-magnetic materials and can be felt from a distance.	The power of Jesus Christ can reach through any object and throughout space to touch the lives of those in need.