



BEAST SCHOOL CLIMATE

BELIEVE EXPECT ACT SUPPORT TRUST

BEAST



STUDENT DEVELOPMENT MODULE

The Beast Student Development Module

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Author: Robert L. Kirton, Ed.D.

Graphic Illustrator: D. Isha Kirton

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For more information contact:

DNA Educational Solutions LLC

Info@DNAEducationalSolutions.com



Welcome to the BEAST Student Development Module

Grounded in the core values of **The BEAST—Believe, Expect, Act, Support, and Trust**, this module is designed to help you grow into your best self—at school, at home, and in life. Through Social Emotional Learning (SEL), you'll build the mindset and tools needed for personal and academic success.

This module will help you develop important life skills—such as setting goals, making responsible choices, managing emotions, and building healthy relationships.

You'll have opportunities to journal, reflect on your progress, and speak with trusted adults like teachers, mentors, or family members for extra guidance and support.

This is more than a workbook—it's a journey of growth. With the BEAST mindset and the SEL foundation, you'll learn how to believe in yourself, expect excellence, act, support others, and build trust along the way.

Get ready to embark on a journey of self-discovery and growth. The Beast Student Development Module is here to support you. Embrace the opportunity to learn, grow, and reach your full potential.



TABLE OF CONTENTS

I. The Leader Self-Awareness

Self-Awareness Activities and Strategies:
Recognizing emotions, strengths, and areas of growth.

II. The Raft Self-Management

Self-Management Activities and Strategies
Regulating emotions, setting and achieving goals and demonstrating self-discipline.

III. The Jungle Social Awareness

Social Awareness Activities and Skills:
Showing empathy, understanding diverse perspectives and respecting others.

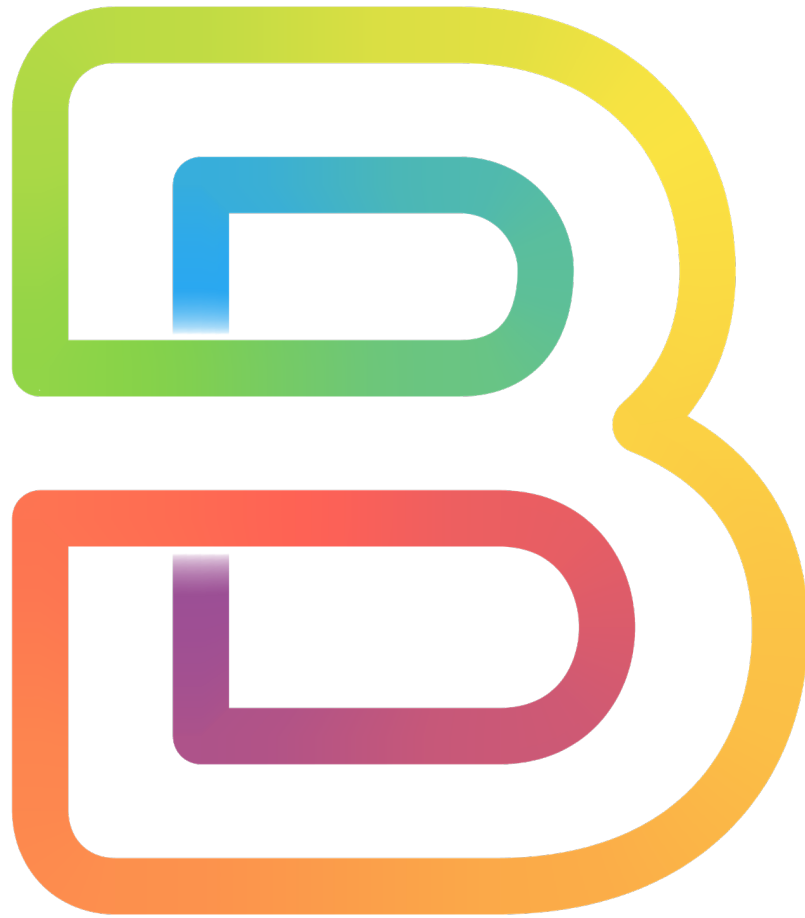
IV. The Friends Relationship Skills

Relationship Skills and Activities:
The ability to establish and maintain healthy and rewarding relationships with diverse individuals and groups.

V. The Fire Responsible Decision-making

Responsible Decision-Making Activities and Skills: Making ethical choices, considering consequences, and evaluating actions.

Resources



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**The abilities to understand
one's own emotions,
thoughts, and values
and how they influence
behavior across contexts.**

Believe

I. Self Awareness

The Leader



However as it goes,
one day while they were at play, Hyena
said: "We need a leader!"
"Who should be the leader?"



BEAST MODE



Believe in yourself, build on your strengths and address your struggles, strive to be the best you can be.



Expect excellence, not perfection of yourself and others, start with excellence as a core value.



Act on what you know what is right, Develop a Daily Action Plan for Success.



Support your team—friends, classmates, and family—by being reliable, encouraging, and celebrating their successes as your own.



Trust is earned and happens overtime. Be true to your word and follow through with your actions.



BEAST Mode: Trust



Trust is a two-way street and earned over time. Be true to your word and follow through with your beliefs and convictions.

List 2-3 people you trust for advice, guidance and direction.

1.

2.

3.

Learning Styles

What's Your Learning Style?

List your top 3 learning styles.

VERBAL

Words are your strong point. You prefer using words in speech and in writing.

VISUAL

You prefer to use pictures, diagrams images, and spatial understanding to help you learn.

MUSICAL/ AUDITORY

You prefer using sounds or even music, even rhythms to help you learn.

PHYSICAL/ KINAESTHETIC

You use your hands, body and sense of touch to help you learn. You might act things out.

LOGICAL/ MATHEMATICAL

Learning is easier for you to use logic reasoning, systems and sequences.

SOCIAL

You like to learn new things as part of a group helps you learn. Explaining your understanding to a group helps you to learn.

SOLITARY

You like to work alone. You use self study and prefer your own company when learning.

COMBINATION

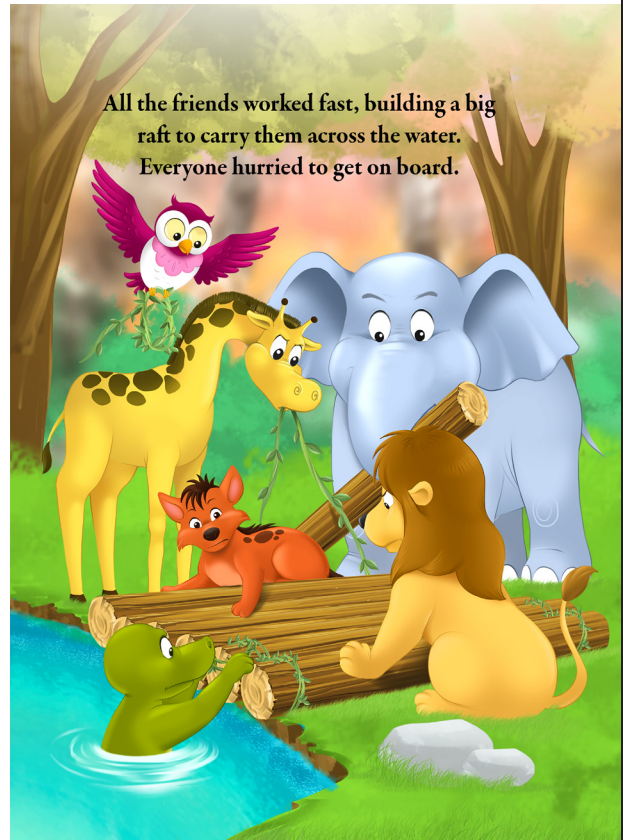
Your learning style is a combination of two or more of the styles.

Descriptive Writing Picture Prompt #2

Write a response describing this scene.
Use sensory words, including nouns, adjectives, and adverbs, to make the scene come to life.

Here are some questions to guide you:

- What is happening and why?
- Who is in the picture and why are they there?
- When and where does this picture take place?
- How is this related Relationship Skills?



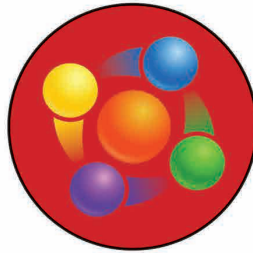
SOCIAL AWARENESS SKILLS



Active Listening: Paying attention to others when they speak, showing genuine interest, and being open-minded to different perspectives.



Conflict Resolution: Developing skills to resolve conflicts peacefully and constructively, including effective communication, negotiation, and finding win-win solutions.



Cultural Sensitivity: Being aware and respectful of different cultures, traditions, and customs, and avoiding stereotypes or biases.



Empathy: Understanding and sharing the feelings of others, being able to see things from their perspective, and showing compassion and kindness.



Respect for Diversity: Recognizing and appreciating the value of different cultures, perspectives, and treating everyone with respect and dignity.



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**The abilities to establish
and maintain healthy and
supportive relationships
and to effectively navigate
settings with diverse
individuals and groups.**

Support

IV. Relationship Skills



Ant Traits

Ants are progressive, and proactive always adapting to their environment and never letting little things like natural disasters get in their way of progress. When we get discouraged, we could all learn a thing or two from the Ant. It's their unsinkable nature that reminds us to keep moving forward for progress.

The Ant teaches us that persistence, adaptability, and steady action will always outlast obstacles.

Your Alignment	
Strengths Under Pressure	
Struggles Under Pressure	
Results vs. Relationships	
Performance Keys	
Best Performance Environment	

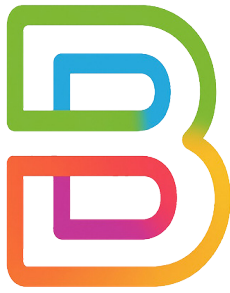


Lion Traits

Lions tend to be charismatic, prideful, protective, and peaceful unless challenged. They are very tactical, well aware of their own strengths and struggles, able to judge a situation and act to their best advantage through wit and skill.

The lion can teach us to be a better leader and the importance of balancing work with family time and relaxation.

Your Alignment	
Strengths Under Pressure	
Struggles Under Pressure	
Results vs. Relationships	
Performance Keys	
Best Performance Environment	



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**The abilities to make caring
and constructive choices about
personal behavior and
social interactions across
diverse situations.**

Trust

V. Responsible Decision-making

Self-Reflection Journal

The Self-Reflection Journal is a personal tool that helps you to focus on your personal experience, reactions, and reflections. The journal is used to Record what happened on a specific date, time, and place. The journal provides a time to Reflect on wins and challenges and to think about what worked and what did not work. The journal provides an opportunity to Review lessons learned and to prepare questions about what you want to learn. The Journal is a place to Respond and to develop personal action plans for success. The Wild Card sections are for you to sketch or express your feelings any way you like.



Important Note: Teachers and parents can counsel, prompt, and make suggestions to students regarding their journal. To achieve student participation encourage students to share journal entries with their parents, teachers, and trusted adults. Sharing is the springboard to building better relationships.

Daily Journal Prompts

Topics:

Achievements

Behavior

Relationships

New Ideas

Core Values

Challenges

Starters:

I used to think . . .

I did not realize . . .

At the time I thought . . .

I did not know . . .

I want to learn more about . . .

After reading _____ I now feel . . .

Questions:

What happened?

Why am I talking about it?

Was it important?

Was it interesting?

Was it useful?

What did I learn from this?

How will it influence me?

Action:

Something you want . . .

A dream you imagine . . .

Improve reading and writing . . .

Improve relationship skills . . .

Meet new friends . . .

Develop a study plan . . .

Clean my room . . .

Wild Card what's important to you:

Draw a picture, sketch or graphic organizer of your life.

How will you achieve your biggest goal?

Record a quote that inspires you and respond.

Write about hopes for the future.

Write a motivational poem.

Write about a person you admire.