



RAD

Lesson 6 Teaching Companion

Lesson Summary

Lesson 6 introduces RoAD Blocks, which are the uncomfortable thoughts and feelings that get in the way of doing RAD moves and living according to our values. Earlier lessons taught that uncomfortable thoughts and feelings are a normal part of being human, and that we don't have to get rid of them in order to live a meaningful life. In this lesson, we take that idea further by looking at what happens when those uncomfortable thoughts and feelings **get in the way** of following our values.

Feeling nervous, worried, or unsure is okay — those feelings only become a **RoAD Block** when they stop us from doing RAD moves and lead us toward notRAD moves instead. While life includes normal challenges and inconveniences, RoAD Blocks specifically refer to internal experiences—like fear, worry, self-doubt, or unhelpful thoughts—that stop us from taking actions that matter to us. These RoAD Blocks can lead to notRAD moves, moments when our behaviour goes against our values. The lesson emphasizes that encountering RoAD Blocks is a normal part of being human: everyone experiences uncomfortable thoughts and feelings, and no one can make RAD moves all the time.

The lesson also explains why simply trying to eliminate uncomfortable thoughts and feelings doesn't work. Our mind and body naturally create these reactions to keep us safe, but sometimes they misread situations and signal danger when none exists. Trying to control, avoid, or fight RoAD Blocks often makes them stronger and leaves us feeling stuck, which leads to more notRAD moves. Instead, RAD teaches that the most effective approach is to Accept these RoAD Blocks—acknowledging them without trying to change or suppress them—so we can continue moving toward our values. Accepting RoAD Blocks allows students to act in line with what matters to them, even when discomfort is present. Lesson 6 prepares students for upcoming strategies that will help them stay unstuck and continue making RAD moves in real-life situations.

Extension Ideas

RAD Characters

Have students choose a character from a movie, TV show, book, or video game and complete a short analysis. Students must identify the following:

- The character's core values (e.g., loyalty, bravery, belonging).
- One RAD move the character makes that aligns with those values.
- One notRAD move the character makes that goes against those values.
- The RoAD Block (uncomfortable thought or feeling) that may have led to the notRAD move.
- What a RAD move could have looked like in that moment.

Students can choose their own characters or work from a premade list.

RAD Moves in the Movies

Using images/scenes from well-known movies, students identify values, RAD moves, notRAD moves, and RoAD Blocks. This works best with images that show a character in a moment where they must make a choice or are reacting to a situation. For each image, identify the character's value, describe what is happening in the image, decide if the character's action is a RAD move or a notRAD move, and if it is a notRAD move, identify the Possible RoAD Block. "I'm going to fail."

"What if they laugh at me?"



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RAD Characters

Complete the table based on these popular characters.

Character	Character's Values	A RAD move they did
A notRAD move they did	The RoAD Block that led to the not RAD move	The RAD move they should have made instead...

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Complete the table based on the scenes shown chosen.

Image/Scene	What is happening	RAD or notRAD move? Is the character making a RAD or notRAD move?	Possible RoAD Block (uncomfortable feeling leading to notRAD move)

Possible scenes/images: Moana (hesitating before sailing), Simba in The Lion King (running away), Harry Potter about to confront Voldemort, Miles Morales jumping off the building (Spider-Verse), Elsa running away from Arendelle (Frozen), Miguel reaching for the guitar in Coco, Luke Skywalker training with Yoda, Katniss volunteering for Prim (Hunger Games), Riley in Inside Out sitting alone in class, Shrek leaving the swamp