

Supplemental Materials

Daily Affirmations

Heart Talk Agreement

Memo

Supplemental #1

I Support You

Building Trust lasting 15 min

Directions:

1. Have the You'ers stand in two lines facing one another approximately two feet apart.
2. Have them extend their arms so that one person's arm is next to the arm of the person facing the opposite direction. (They should not link hands.)
3. Ask for a volunteer. The volunteer will stand at the end of the line and will lay down (face up) across the arms of the people at the end of the line until he or she is being supported totally by the rest of the group.
4. The group will move the person down the length of the line until they have reached the end. When they are all the way to the end, the last two people in the line can either help them stand, or lay them gently on the ground.
5. Give everyone a chance to experience the exercise.
6. Debrief.

Supplemental #2

I Support You

Building Trust lasting 30 min

Materials:

String, rocks

Preparation:

Lay two strands of string (12 feet long) side by side (four inches apart). Secure with rocks.

Directions:

1. Divide the group into two teams. Have the teams stand within the four inch area between the two strings – one team on the left and one team on the right.
2. Let the teams know that they have to move their entire team to the other side of the line without letting their feet leave the area between the two lines. If their feet leave the area, they will have to start again.
3. Halfway through the game, blindfold two of the participants on each team and select two participants on each team who cannot speak. In this way, the teams will have to find alternate methods for communicating as they accomplish their goal of moving to the opposite side of the line.
4. Ask for feedback when the exercise is finished.

Supplemental #3

I Forgive You
Ritual lasting 15 min

Materials:

Rocks

Preparation:

None

Directions:

1. Let the participants know that they are going to be participating in a forgiveness exercise.
2. Invite them to sit quietly for a few minutes and let the one person they most want to forgive come to mind.
3. When they are ready, invite them to take a short (five minute) walk and select a stone that they feel most represents their relationship with that person. Ring the bell when five minutes have passed.
4. When they return, ask them to sit in a circle. One at a time, have each person walk to the center of the circle, hold up the stone, and explain why this particular rock represents the relationship they have had with the person they want to forgive.
5. Ask the person in the center if he or she is completely ready to forgive and release the past they have had with this person.
6. If the person is ready, ask him or her to place the rock in your keeping until the end of the exercise.
7. If the person is not ready, let the person know that the stone will need to remain with him or her until the day the stone can truly be released.
8. Give each person the chance to participate in the process.
9. When everyone has had a chance to participate, take a walk together and find a place where the stones can be laid to rest (In a ravine, stream, or rocky area).
10. Sing "I release and I let go" if you know the song or say a prayer of release. You might say;

Spirit of Truth, we now willingly and lovingly release the past to your care and keeping. We know that this person has been here for our growth and so we thank them for their gifts to us. We bless them, we behold the Christ in them, and we release them to their highest good now. And so it is. Amen
11. Lay the rocks down, have a moment of silence and return to your family area.

Supplemental #4

I Remember You
Memory game lasting 15 min

Materials:

None

Preparation:

None

Directions:

1. Have the group sit in a circle.
2. Select a person to begin the exercise.
3. That person must use his or her own name and the name of an animal in a sentence. They need to use the same first letter of the alphabet of his or her name.
4. When that person is finished, he or she points to another participant and that person repeats what the previous person has said and then adds his or her own sentence.
5. The process continues until everyone has participated.

Example

First person

Kathleen kindly kept a kangaroo

Second person

Kathleen kindly kept a kangaroo
Gene gently gave it a goose

Third person

Kathleen kindly kept a kangaroo
Gene gently gave it a goose
Kira kept kidding

Fourth person

Kathleen kindly kept a kangaroo
Gene gently gave it a goose
Kira kept kidding
Anthony ate the antelope

Fifth person

Kathleen kindly kept a kangaroo
Gene gently gave it a goose
Kira kept kidding
Anthony ate the antelope
Sue swam swiftly with the swordfish

I am a being of light

I let my light shine

Who I am makes a
difference

I honor the Christ in you

My thoughts are prayers

I salute the divine (1)

I am one with you

I am at peace
with who I am

I celebrate my life

I celebrate your life

I behold your beauty

My thoughts are prayers

I salute the divine⁽²⁾

I am creative

I am a mystery

I am more
than I ever dreamed

I am remembering the
Christ

My thoughts are prayers

I salute the divine (3)

God and I are one

I appreciate you

I appreciate myself

I belong to the light

My thoughts are prayers

I salute the divine⁽⁴⁾

I am one with all life

I give and receive in love

My thoughts are prayers

I salute the divine (5)

I am aware

I am

I am listening

Together, we can do
anything

I am aware of you

I am poetry in motion⁽⁶⁾

I make wise choices

— I choose love

I choose forgiveness

(7)

I am free and
unlimited

I am creating a
New World

I am creating a
reign of Unity now

I choose to awaken
and live!⁽⁸⁾

Heart Talk Agreement

We agree to support each other in sharing our most intimate feelings,

knowing that the more we are open and honest, the more magnificence there is in our relationships.

We agree to listen intently with all the love and compassion that is available to us.

We will not judge or condemn, and we will create a safe and loving environment in which to share.

We respect the delicacy and privacy of
that which is shared and we will never
use it at a later time as a weapon.

We support each other
in being all that we each desire.

We support experiencing all the love,
happiness, joy, and enthusiasm that is of
our choosing.

We accept this in our lives now,
and so it is.

Memo

Tomorrow, we will begin our new clothing policy. For the first time in school history, all students will be allowed to come to school dressed in the following ways:

- ◆ You may wear men's or women's clothes no matter which gender you are.
- ◆ Bare feet, hiking boots, and slippers are completely acceptable.
- ◆ If you wish to expose your belly, you must have a ring in your navel.

In addition:

- ◆ Dredlocks are now required.
- ◆ All people with brown eyes will have to wear gold jewelry.
- ◆ All people with blue eyes must only wear silver jewelry.
- ◆ Green-eyed people cannot wear jewelry at all.

We sincerely hope this new policy will meet with your approval. If not, you may meet with the principle tomorrow morning at 9:00 AM.