

# Being Resilient Unit

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## Unit Overview

### Unit Focus:

- The focus of this unit is to explore how to move from situation to situation and adapt as needed without compromising our values.

### Unit Outcomes: By the end of the Unit learners will be able to:

- Define Resilience
- Understand that all things come to pass
- Acknowledge that I am stronger than I think
- Determine how to be adaptable

### Unit Weekly Themes:

- What Do I Believe About Myself?
- The Ebb & Flow of Life: Managing Change
- Positive Self-Talk: I Am Ok As I Am
- Being Adaptable

### Affirmations

- I shift my perspective and I see God working in everything.
- I know that nothing is permanent, so I let go and let God.
- I am strong, I am powerful, I am brave.
- Grounded in God, I am stable through all experiences.

### Bible Quotes

- Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go. Joshua 1:9
- For God gave us a spirit not of fear but of power and love and self-control. 2 Timothy 1:7
- I can do all things through him who strengthens me. Philippians 4:13
- Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Proverbs 3:5-6

### Unity/Fillmore Quotes

- **Revealing Word p44**  
courage--A spiritual quality that enables one to remain poised and centered in God amidst great difficulties and danger. The realization that the almighty God of the universe is a spiritual presence which is constantly striving to express in and through us fills us with new courage and a fearlessness that is beyond description.
- **Revealing Word p118**  
So in taking control of the forces within, keep on the affirmative side. Let the preponderance of your thought be positive, and do not spend much time saying, "I am not." You may find it helpful sometimes to say, "I am not afraid," but more often you should say, "I am bold, fearless, courageous."

- **Revealing Word p123**

The lion symbolizes courage, fearlessness, initiative, life. We must have the courage to enter fearlessly into the overcoming life and into the understanding of things. But courage alone will not do. We must have reverence of spiritual things--a devotional attitude--in order to receive spiritual inspiration.

- **Myrtle Fillmore's Healing Letters p31**

God abides in your mind as the wisdom that will reveal the way to you if you will quiet your thoughts from their ceaseless outer searching for ways and means. God not only gives you wisdom, God is the wisdom that can direct you into paths of peace and plenty. Faith is ever active, and it should be made the truth substance of every idea. We should have faith in our own power, capacity, and ability; if we are to have this faith our thoughts must be centered in the great universal Mind. Success lies in God.

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## Children's Lessons

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### #1 - "What Do I Believe About Myself"

#### Opening Experience

Welcome to our first unit on "Being Resilient."

Resilience means that you are strong enough and flexible enough to face the hard things in life without becoming overwhelmed or wanting to quit. When we are willing to try again, we grow stronger and stronger. We all have difficult things happen and our first Unity Principle tells us that God is in all things and is everywhere, even within us helping us grow stronger each day.

We begin this week by looking at what we believe about ourselves and the importance of seeing the best in ourselves. When we are feeling low or feel bad about ourselves, we need to pause and change our thoughts. We can do this by feeling what we feel and then choosing more positive thoughts that help us see the good within us. The Prayer for Protection is a good reminder that God is always with us, helping us to grow stronger.

#### Activity Choices

- **Wellbeing For Children: Confidence And Self-Esteem**
  - What does it mean? <https://www.youtube.com/watch?v=pdjaxS4ME2A>
- **How to Feel Positive About Yourself**
  - <https://biglifejournal.com/blogs/blog/children-positive-attitude>
- **Prayer for Protection:**
  - Help the children learn the Prayer for Protection
    - The Light of God surrounds me
    - The Love of God enfolds me
    - The Power of God protects me
    - The Presence of God watches over me
    - Wherever I Am, God is and all is well

- To help your child achieve goals and develop more *long-term* positive thinking, try using Dr. Oettiengen's **WOOP strategy**:
  - **Wish** - Help your child come up with a goal she would really like to accomplish.
  - **Outcome** - Engage your child in visualizing the best outcome that could result from accomplishing this goal. What would this outcome look like? What would it feel like?
  - **Obstacle** - Take wishing and visualizing a practical step further by generating a list of obstacles that could prevent your child from reaching the goal. These obstacles could include wanting to give up or getting distracted by something, like wanting to play with toys or check a cell phone.
  - **Plan** - Finally, make a plan for dealing with these obstacles if/when they occur. Have your child say or write sentences like *If/when [Obstacle] , then I will [Plan to overcome the obstacle]* .
- **Identify Your Emotions:**
  - [https://www.youtube.com/watch?v=bP4\\_XoPFOZA](https://www.youtube.com/watch?v=bP4_XoPFOZA)

## Meditation Zone

- **Becoming Peaceful**
  - [https://www.youtube.com/watch?v=ZBnPlqQFPKs&list=RDLVa8cMUg83EAI&start\\_radio=1&rv=a8cMUg83EAI](https://www.youtube.com/watch?v=ZBnPlqQFPKs&list=RDLVa8cMUg83EAI&start_radio=1&rv=a8cMUg83EAI)
- **Attitude Box**
  - Supplies
    - Container
    - Markers
    - Stickers
    - Slips of colorful paper
  - Create an attitude box by decorating any type of box or container that you can find in your house and have permission to use.
  - Each day think about what makes you shine. Write it down on the slips of paper or draw a picture of it and put it in the box.
  - On days when you are feeling low, go to your attitude box and look at what it is filled with to remind you that even though you are feeling low, you still shine like a star.
- **Sacred Table Activity:**
  - Set up your sacred table. Begin by finding an electric candle

## Media Room

### Today we will watch the video:

- *The Reflection in Me* <https://www.youtube.com/watch?v=D9OOXCu5XMg>

### Reflection Questions

- How does the story begin?
- What did the mirror say?

- How did the child respond?
- What did the mirror continue to say?
- What affect to you think the mirror's words had on the child?
- What does your reflection say to you?
- What would it be like if your reflection said great things to you and you believed all of them?

## Creation Station Activities

- **Believe in Yourself:**
  - [https://www.youtube.com/watch?v=\\_WyB4jkcnhI](https://www.youtube.com/watch?v=_WyB4jkcnhI)
- **Boost Your Confidence:**
  - <https://www.youtube.com/watch?v=ZyEWpyQC4rM>
- **My Superpower** (Handout)
  - If you could have ONE superpower, what would it be? What would you do with your new power?
- **Mythical Creature**
  - <https://kids.nationalgeographic.com/games/personality-quizzes/article/which-mythical-creature-are-you>

**CREATIVE WRITING**

If you could have ONE superpower, what would it be? What would you do with your new power?



**3 REASONS MY  
SUPERPOWER ROCKS**

**3 THINGS I WILL DO  
WITH MY SUPERPOWER**

**OVERALL,  
MY SUPERPOWER IS...**

## #2 - “The Ebb & Flow of Life: Managing Change”

### Opening Experience

Have you ever gotten used to something being a certain way and then it changes? How do you feel about the change? Do you accept it or do you struggle with it? This lesson invites us to learn how to go with the flow, because change is a constant in our life. The more we adjust to the ebb and flow of life, the more joy, peace, and happiness we will have. No matter what occurs, we have the power to overcome it, learn from it, and to grow stronger.

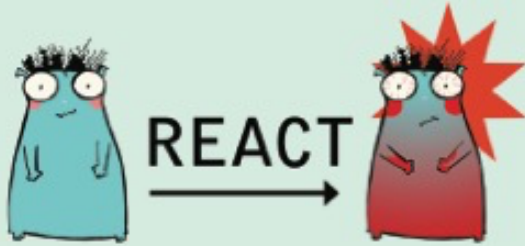
Let’s start today by moving to the music! Watch the video, find a dance that works for you and just go with the flow! In this room we will explore the importance of being flexible and what it means to go with the flow.

### Activity Choices

- **Go with the Flow**
  - <https://www.youtube.com/watch?v=v7SOfNU3Ey4>
- **A calm body** = a calm mind. The video will lead you in some moves.
  - <https://www.youtube.com/watch?v=LHjpGCj0PuM>
- **Creating a Space** (Handout)

# CREATING A SPACE FOR reflection, CHOICE & possibilities.

When something happens we react right away without thinking or weighing our choices.



When something happens we have a space to reflect, think of our choices, and make decisions that reflect our values.



**HOW WOULD THIS SITUATION LOOK/FEEL IF I ADDED...**



breathing \_\_\_\_\_

love \_\_\_\_\_

patience \_\_\_\_\_

time \_\_\_\_\_

mindfulness \_\_\_\_\_

gratitude \_\_\_\_\_

kindness \_\_\_\_\_

asking for help \_\_\_\_\_

forgiveness \_\_\_\_\_

perspective \_\_\_\_\_

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## Meditation Zone

- **Bring it Down**
  - [https://www.youtube.com/watch?v=bRkILioT\\_NA](https://www.youtube.com/watch?v=bRkILioT_NA)
- **Get In the Flow: Examples of flow state**
  - playing sports.
  - playing games.
  - reading.
  - creative hobbies, such as playing an instrument or drawing.
  - doing crafts and making things.
  - solving puzzles.
  - gardening.
  - Which ones put you into a state of flow?
- **Sacred Table Activity:** Add a box in which you can share your blessings for the world.

## Media Room

- **A Little Spot of Flexible Thinking**
  - <https://www.youtube.com/watch?v=Yv4xniOiQqQ>
- **Reflection Questions**
  - What is this story about?
  - What choice do we have about our thoughts?
  - What does a ridge oak tree tell you about being ridge?
  - What does a flexible palm tree tell you about being flexible?
  - How can we react when change comes?
  - When have you thought like an oak tree? What happened?
  - When have you thought like a palm tree? What happened?
  - What are some things you can do to help you think like a flexible palm tree?
  - How can you prepare yourself to handle change?

## Creation Station Activities

- **Word of the Day – Stubborn**
  - [https://youtu.be/S3pz\\_KKPs7M](https://youtu.be/S3pz_KKPs7M)
- **My Elastic Mind (Handout)**
  - Read the Flexible Mind / Ridge Mind handout. Then using the blank sheet, fill in examples of when you have had a flexible mind and when you have had a ridge mind
- **Crack the Code**
  - <https://kids.nationalgeographic.com/games/action-adventure/article/crack-the-code-1>



## Flexible mind

Loose elastic

I keep an open mind.

I accept that we all have different ideas and am open to new opinions and choices.

I am patient.

I let the person finish explaining without interrupting.

I listen attentively.

I keep my mind flexible and open to new possibilities.

I am open to new things.

I give time for questions and explanations.

I allow time for the information to sink in.

## Rigid mind

Tight elastic

I have already decided without listening to the other person.

My opinion is the best.

I don't want to take the time to listen to others.

I'll interrupt because I'm right.

I don't need to listen to other people's opinions.

My mind is closed and rigid.

I am afraid of new things.

I know everything already and don't give the other person the chance to explain.

I make choices quickly and without giving time for the information to sink in.

**Flexible mind**  
Loose elastic



Lined writing area for the 'Flexible mind' section, consisting of 15 horizontal white lines within a blue border.



**Rigid mind**  
Tight elastic

Lined writing area for the 'Rigid mind' section, consisting of 15 horizontal white lines within a red border.

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## #3 - “Positive Self-Talk: I Am Ok As I Am”

### Opening Experience

Today we will explore self-talk. What are the stories you are telling yourself about yourself? Are they positive and empowering or do they tend to be negative and disempowering? Using positive self-talk is a way to train our brains to recognize our strengths. *At its core, positive self-talk is a coping mechanism that empowers kids to reframe their thinking, nurtures resilience, and builds self-esteem. As an essential part of [social-emotional learning](#), positive self-talk is about so much more than fostering a positive attitude. Overall, the goal of positive self-talk is to train the brain to recognize strengths, opportunities for improvement or growth, and reasons to try again.*

We have lots of thoughts that go through our minds all the time. Our thoughts can affect how we feel about ourselves or how we react to life situations, but we are not our thoughts. The activities here invite us to pause and observe our thoughts before we react to or act upon them and to look at how we can train our brains to look for the good.

### Activity Choices

- **You Are Not Your Thoughts**
  - This video explains some of the things you can try when you feel overwhelmed by your thoughts. After the video, take a few moments to observe your thoughts with curiosity, paying attention to how each one makes you feel. Paying attention to your thoughts and sorting through them takes practice and patience.
  - <https://www.youtube.com/watch?v=g0UXjdZd9GU>
  
- **Attitude Inventory**
  - Taking an “attitude inventory” is a lot like taking the inventory of a store or your child’s closet. In this case, you’re asking your child to take stock of what traits are and are not present in people with certain types of attitudes.
  - <https://www.verywellfamily.com/positive-attitude-activities-2086648>
    - Give your child a piece of paper and a pencil and ask them the following questions, one at a time. (If your child is not yet able to write well, they can dictate her answers to you.)
    - Write down the name of someone you think typically has a good attitude. What clues tell you this person has a positive attitude and why do you think they’re like that?
    - Write down the name of someone you think typically has a poor attitude. What signs indicate this person has a negative attitude?
    - When you think of the person with a negative attitude, what things or which people do you think put that person in that mood?
    - Do you think you can have a bad attitude one day and a good one the next? Why or why not? What influences that?
    - Do you have to have a bad attitude if things aren’t going your way, or do you think it’s possible to have a good attitude even when things you don’t like are happening? Tell me why.
    - Are there things in your life you’d like to change to help you have a more positive attitude?
    - If negative stuff is happening to you, are there things you can do to keep your outlook positive? Tell me about a few of them.
  
- **Growth Mind-Set (Handout)**

# Growth Mindset Activity #4

Directions: The thought bubbles in the left column show the thoughts of a person with a fixed mindset who tends to use negative self-talk. Rewrite each statement in a way that shows positive self-talk.

<p>I'll never be good at this.</p>	
<p>I hate making mistakes.</p>	
<p>This is too hard. I quit.</p>	
<p>The last time I tried this, I failed. It will be a waste of time to try again.</p>	
<p>Failing at something makes me feel like a loser.</p>	
<p>Everyone can do this except me. I give up.</p>	
<p>I'll never be good at this, so it'll be a waste of time to practice.</p>	



## #4 - "Being Adaptable"

### Opening Experience

Change happens all the time. When we resist change, it can cause problems. Our first Unity principle says: "There Is Only One Power and One Presence In The Universe, God, Who Is All Good And Active In Everything, Everywhere." When we remember that God is always with us, it makes it easier to manage change.

During the opening experience, there is a video on how to manage change and a song about being flexible. Life can throw us curve balls so being flexible can be helpful

### Activity Choices

- **Kids Uncomplicated: Coping with Change For Kids!**
  - <https://www.youtube.com/watch?v=g0UXjdZd9GU>
  
- **I Am Adaptable:**
  - Materials and Resources
    - Paper for each youth
    - Pencil/crayon/marker
    - Timer
  
  - 1. Take 1 to 3 minutes and draw 5 circles and use your imagination to turn the circle into anything you can think of. For example: one circle can be a tree, an alien, or something from your imagination. The goal is not a perfect drawing, but an image that really uses the imagination.
  
  - 2. Now try this activity, one that requires you to adapt.
  
  - 3. Entrepreneurs don't always know what challenges they will face. They have to make changes, or adapt, when problems come up to find new ways to make their ideas work. This is called ADAPTABILITY.
  
  - 4. Again draw 5 circles and using you imagination to turn the circle into anything you can think of but without using your hands!
  
  - 5. You can use your elbows, toes, or you can use with paper, tape, and scissors. You can you're your hands to build tools, but you cannot use your hands in any way while drawing.
  
  - 6. Think about what this activity means to you.
  
- **I Am Flexible (Song)**
  - <https://www.youtube.com/watch?v=LTryB55xbbY&list=PLwyT-LaJuDs8CmJjPCqG1Mt22TzKf5XBk&index=8>

### Meditation Zone

- **On/Off**
  - <https://www.youtube.com/watch?v=1ZP-TMr984s>

- **Adaptability**
  - <https://youtu.be/EOZArioSgX0>
- **Sacred Table Activity:**
  - Find an object that reminds you to be adaptable.
  - Put the object on or near your sacred table.

## Media Room

- *Beautiful Oops*
  - <https://www.youtube.com/watch?v=2fZjMYdQjGM>
- **Reflection Questions**
  - What is happening in the story?
  - What was being celebrated in the story?
  - How can a mistake be something good?
  - Think about a mistake you have made. How can you turn it into something good?
- **My Oops**
  - Supplies
    - Tissue paper
    - Glue
    - Paper
  - Action
    - Invite the children to tear the paper into random shapes and glue it on to the paper
    - Once their paper is covered, invite them to share their creations and to see all of the different shapes and designs.
    - Encourage them to be creative in what they see.

## Creation Station Activities

- **One Step at a Time** (Handout)
- **Try Out Some of the Brain Games**
  - <https://www.mindgames.com/Brain+Games>
- **A New Way of Thinking**
  - Make up a new game.
    - Invent new games by slightly changing the rules, or by taking rules from one game and adding them to another.
    - Changing the rules in a game can be very difficult for children who are inflexible. For these children, it is important to play or create games in which rules do change frequently. For example, play a memory game in which players must match opposite images, rather than ones that are alike. Play a basketball “shooting” game in which players get 2, 3, 4, or 5 points depending on the type of shot that is taken.
    - You can even create some absurd challenges, like play horseshoes with a soccer ball, or trying to play baseball using a kickball and no gloves.
    - You can even add a timed element to one of your child’s favorite games, changing the strategies needed to win.
    - After playing, make sure to discuss with your child how he needed to apply different strategies as the rules changed.





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# Tweens & Teens Lessons

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## #1 - “What Do I Believe About Myself?”

### Opening Experience

Welcome to our first unit on “Being Resilient”. Resilience is the ability to face, overcome and become strengthened by the challenges we face. We all face challenges but by being resilient, we can more easily overcome them without being overwhelmed.

We begin this week by looking at what we believe about ourselves and how to activate positivity.

Viktor Frankl stated,

“Everything can be taken from a man but one thing: the last of his human freedoms – to choose one’s attitude in any given set of circumstances. To choose one’s way”

### Activity Choices

- **Activation of Positive Emotions**
  - <https://www.youtube.com/watch?v=fcMsFCT4oa0&list=RDLVEQpK-mkcMfg&index=15>
  
- **What is Your Purpose**
  - Complete the online worksheet: <https://www.josnierop.nl/wp-content/uploads/discover-your-ikigai-worksheet.pdf>
  
- **A Reflection on Opposites**
  - Use the **Reflection on Opposites** worksheet to understand where your actions are focused.
    - Do most of your activities focus on the present or the future?
    - Do your hobbies, pastimes, and other actions exist only for you, or do you share them more widely?
    - Do you connect with the world mostly through giving or receiving? Can you improve the balance?
    - Do you approach life with a fluid or a fixed mindset?
    - Is your thinking only logical, or do you engage with your feelings?
    - Do you only help people you do not know, or do you also help those close to you?
    - Are you actively pursuing your goals or waiting for them to happen?
    - Could you focus your life more outwardly and adopt a change mindset while embracing your emotions?

### Meditation Zone

Welcome to the Meditation Zone. Let’s pause a moment and explore some ways to help our mind and heart to bring us into alignment with our Spirit. When all parts of us are in sync, we can more easily deal with what every is happening in our life.

- **Heart Coherence Meditation:** <https://www.youtube.com/watch?v=8jsdmiCxS-Y>

- **Try Some Resilience Activities**
  - <https://marieskelton.com/resilience-activities-for-the-workplace/>
- **Sacred Table**
  - In the room you are in, find a space that you can clear to place items on that you feel represent resilience to you. This can be anything from a book to a picture, or even a toy. If you like, put a cloth over the surface to mark out your space first, and place your items on top of it. Add a candle to your table.

## Media Room

Resilience is what motivates us to keep trying even when we fail. Watch the video of Hayden and hear his story. Then reflect on what your story of resilience would be.

- **Writing Your Story**
  - Resilience is what motivates us keep trying, even when we fail. Hayden, an avid, multi-sport athlete, tells his story of his struggle to overcome multiple injuries and the insights he gained in dealing with a series of events that took him far off his chosen path. Hayden Whitcomb is a junior at Sacred Heart Cathedral Preparatory School in San Francisco. An avid athlete, Hayden has played football, rowed crew, and played water polo competitively. He is a leader of SHC's Student Launch Initiative and has recently begun training for Track and Field, specifically discus throwing and shot put. This talk was given at a TEDx event using the TED conference format but independently organized by a local community.
    - <https://www.youtube.com/watch?v=uhAgKONGP8>
- **Reflection Questions**
  - What caused him to put his book aside?
  - What did he do next?
  - Why did he again pick up his book?
  - What is Hayden's message?
  - How does his deeper message relate to your life?
  - What story are you writing about yourself?

## Creation Station

Now, let's get creative! In this section you have the opportunity to rewrite a story you have been telling yourself and explore how you can increase your resiliency.

- **Storytelling Activity**
  - We can adjust our paradigms by re-creating narratives we tell ourselves. We can get stuck in re-playing the same stories, which may not be helpful or productive. By creating a healthier storyline, we foster our sense of control and how we interpret events.
  - Consider an example in your life where you continue to repeat a story that produces worry or anxiety. Try writing out a new version with a more positive interpretation. Recognize how you feel in the process.
    - <https://positivepsychology.com/resilience-activities-exercises/>
- **What's Your Hidden Power? A True Simple Personality Test**
  - <https://www.youtube.com/watch?v=IINEAUTrki4>

## #2 - "The Ebb & Flow of Life: Managing Change"

### Opening Experience

Change is a constant in our lives and the more we adjust to the ebb and flow of life, the more joy, peace, and happiness we will attain. No matter what occurs, we have the power to overcome it, learn from it, and to grow. This week we will explore the power of flow and how it helps us to be resilient.

"Everything vanishes around me, and works are born as if out of the void," said the artist Paul Klee. "Ripe, graphic fruits fall off. My hand has become the obedient instrument of a remote will."

Resilience is the ability to adjust to the changes that occur in life, to be flexible and to spring back from the challenges we face. Today we will learn more about resilience and how we can thrive against all odds.

### Activity Choices

- **What is Resilience?**
  - <https://youtu.be/cusbGK8tnO8>
- **How to Thrive Against All Odds**
  - <https://www.youtube.com/watch?v=yyX6UULJEic>
- **Journal**
  - Grab your journal and think about these two videos.
    - What are they telling you about resilience?
    - What does it mean to thrive against all odds?
    - How does resilience show up in your life?

### Meditation Zone

Welcome to the meditation zone! Have you ever been so focused on something that everything else disappears and your sense of time is irrelevant and the only thing that matters is what is in front of you? This is being in a state of "flow." Let's explore how to activate flow and how it can help us.

*"[Flow is] defined as an optimal state of consciousness where we feel our best and perform our best. Flow refers to those 'in the zone' moments where focus gets so intense that everything else disappears. Action and awareness start to merge. Our sense of self vanishes. Our sense of time as well. And all aspects of performance, both mental and physical, go through the roof."*

- **Activity the Flow State**
  - [https://www.youtube.com/watch?v=IQEzVnDhF\\_c](https://www.youtube.com/watch?v=IQEzVnDhF_c)
- **Flow Activities**
  - **Examples of flow state**
    - playing sports.
    - playing games.
    - reading.
    - creative hobbies, such as playing an instrument or drawing.
    - doing crafts and making things.
    - solving puzzles.
    - gardening.
  - Which ones put you into a state of flow?

- **Sacred Table**

- As we create our virtual Sacred Table, create one at home! Look around you for an item to add to the Sacred table that helps you feel and share the blessings that are all around you. This week add a blessing box. It can be any type of container and add one way to bless the world each week.

## Media Room

Change is a constant in our lives and the more we adjust to the ebb and flow of life, the more joy, peace, and happiness we will attain. No matter what occurs, we have the power to overcome it, learn from it, and to grow. This week we will explore the power of flow and how it helps us to be resilient.

- **Flow Like a River**

- There is the story of a young martial arts student who was under the tutelage of a famous master. One day, the master was watching a practice session in the courtyard. He realized that the presence of the other students was interfering with the young man's attempts to perfect his technique. The master could sense the young man's frustration. He went up to the young man and tapped him on his shoulder. "What's the problem?" he inquired. "I don't know", said the youth, with a strained expression. "No matter how much I try, I am unable to execute the moves properly". "Before you can master technique, you must understand harmony. Come with me, I will explain", replied the master. The teacher and student left the building and walked some distance into the woods until they came upon a stream. The master stood silently on the bank for several moments. Then he spoke. "Look at the stream," he said. "There are rocks in its way. Does it slam into them out of frustration? It simply flows over and around them and moves on! Be like the water and you will know what harmony is." The young man took the master's advice to heart. Soon, he was barely noticing the other students around him. Nothing could come in his way of executing the most perfect moves.

- <https://www.youtube.com/watch?v=ibi-9E4hS50>

- **Reflection Questions**

- How does the story begin?
- What did the master notice?
- What did the master tell the student to do?
- How did the student respond?
- Write about a time when you experienced a similar frustration.
- How can you be more like the water?
- How might that affect your life?

## Creation Station

Now let's get create. In this section you have the opportunity to practice getting into the flow as well as figuring out ways to manage change. Everyone manages change in their own way and it is important to figure out what works best for you.

- **How to Get Into the State of Flow**

- <https://www.youtube.com/watch?v=6YBkpnMccrE>

- **Break the Problem Down**

- <https://www.youtube.com/watch?v=ASDBJXDNqvc>

- **Manage Change**

- How do you manage change?

- Explore the ideas below.
  - **Identify your fears.** Our imaginations can get the best of us sometimes, and we might exaggerate the problem. Honestly evaluate the change and consider what the worst-case scenario is. Determine what specifically is making you worried. You might realize that the worst-case scenario is not as bad as you imagined.
  - **Talk about solutions more than feelings.** One of the most common myths of coping with unwanted changes is the idea that we can “work through” our anger, fears, and frustrations by talking about them a lot. This isn’t always the case. In fact, research shows that repeatedly broadcasting negative emotions can make us feel worse. As you talk about the change you are facing, make sure you are focusing on the problem and possible solutions, and avoid focusing solely on your feelings.
  - **Focus on possibilities.** Being optimistic about outcomes doesn’t necessarily mean you have to be happy in the moment. Look long term and see the big picture. Look at the positives that will come out of the change.
  - **Revisit the past.** Think back to times in your past when you have coped with change. How did you cope then? Make a list of things you did or qualities you have that helped you through that change. Then trust yourself to get through this change just as you have gotten through past changes

### #3 - “Positive Self-Talk: I Am OK As I Am”

#### Opening Experience

Today we will explore self-talk. What are the stories you are telling yourself about yourself? Are they positive and empowering or do they tend to be negative and disempowering? Using positive self-talk is a way to train our brains to recognize our strengths.

At its core, positive self-talk is a coping mechanism that empowers kids to reframe their thinking, nurtures resilience, and builds self-esteem. As an essential part of [social-emotional learning](#), positive self-talk is about so much more than fostering a positive attitude. Overall, the goal of positive self-talk is to train the brain to recognize strengths, opportunities for improvement or growth, and reasons to try again.

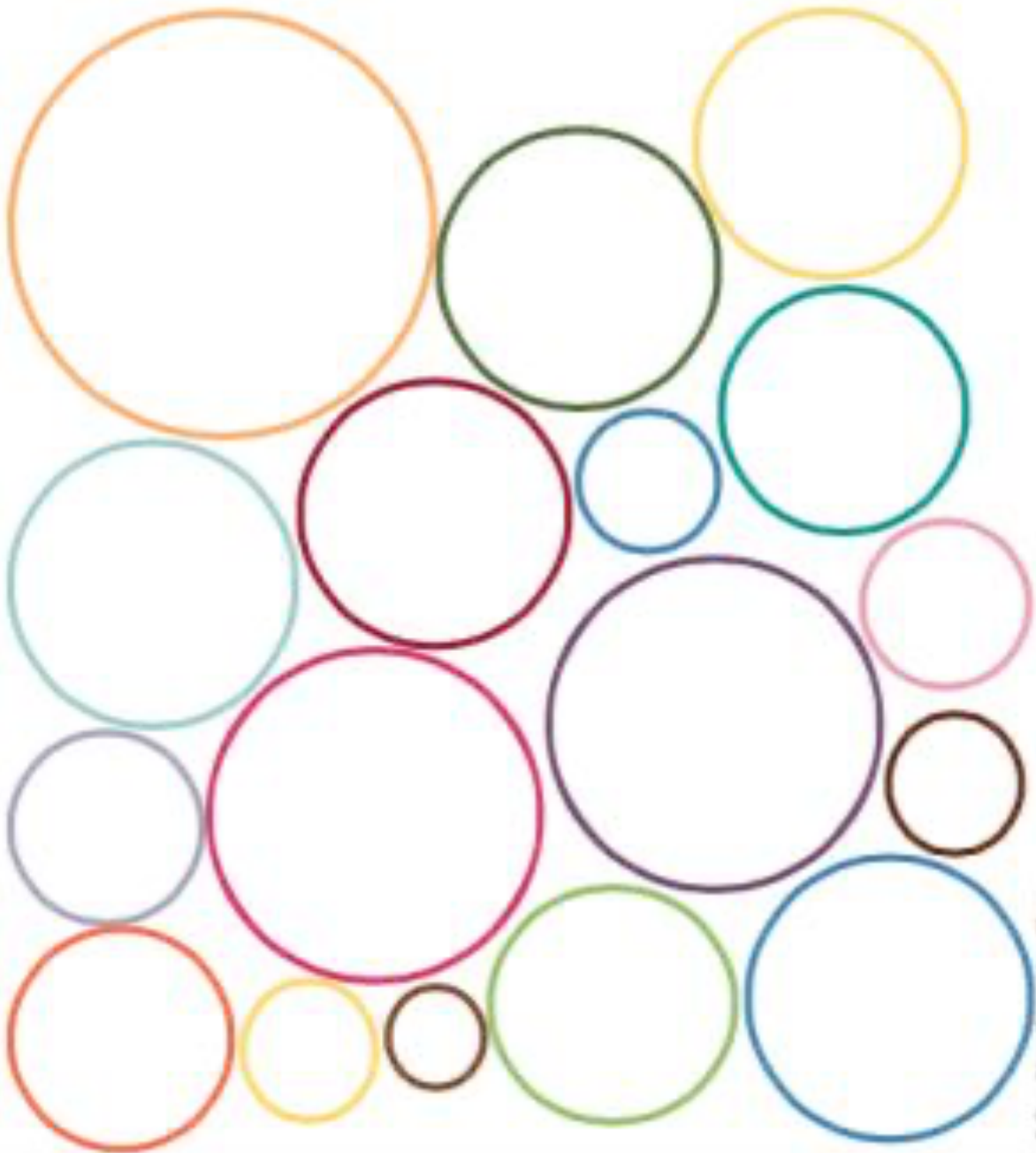
Do you know what positive self-talk is? Do you feel happy with life more than you are anxious about it? What baggage are you carrying around? These are all questions that are explored through the activities today.

#### Activity Choices

- **A Guide to Self-Talk**
  - <https://youtu.be/AJ2YQp3judg>
- **Baggage**
  - Complete the online handout
    - <https://www.thehelpfulcounselor.com/emotional-baggage-free-printable/>
- **Teen Activity:** <https://youtu.be/fLJsdqxnZb0>
- **I Am Awesome:** Complete the handout below.

# I AM AWESOME!

I can write or draw positive things about me.



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## Meditation Zone

Take time each day to check in with our body, can help us identify places of stress. Use the 5-minute body scan to help you be more mindful and then practice some positive affirmations.

- **5-Minute Body Scan Meditation**
  - <https://www.youtube.com/watch?v=wSLuEXsMUOo>
- **Practicing Positive Affirmations**
  - Positive affirmations are belief systems rooted in the universal truth. They are positive statements that teens can repeat to themselves in order to increase self-esteem, promote positive thinking, and change negative self-talk.
  - The healing power of affirmation comes not from saying the positive words aloud, but from internalizing them.
  - Create a list of positive statements about yourself and you can say each day.
- **Sacred Table:** Find an object that connects reminds you to hold positive thoughts and add it to your meditation space.

## Media Room

Welcome to the media room. As you watch the video on how every small kindness matters, think about how you can pay forward kindness and generosity shown to you. Remember, the more we look for those small kindnesses, the more we will see them.

- **See the Good, Every Kindness Matters**
  - <https://www.youtube.com/watch?v=PT-HBI2TVtI>
- **Reflection Questions**
  - What is happening in the video?
  - What do you notice?
  - How did one small act make a difference?
  - Think about a time you saw a small act of kindness. What affect did it have on you?
  - Describe a time you saw something good in a difficult situation. What happened next?
  - Describe a time when you thought something negative about yourself? How did it feel?
  - Describe a time when you acknowledged something positive in yourself? How did it feel?
  - How can caring for and nurturing yourself affect your life?

## Creation Station

When we make a conscious effort to see the good, it allows us to have a change of heart and mind. Even acknowledging one small act of kindness can have a huge effect. Being resilient includes being gentle with ourselves as we grow in understanding of who we truly are.

on paper what faith would look lie if you could see it. Have fun stretching your faith awareness!

- **Power of Positivity**
  - <https://youtu.be/kO1kgl0p-Hw>
- **3 Good Things**
  - According to Fredrickson's broaden-and-build theory (2001), positive emotions can help broaden your momentary thoughts, actions, and attention to your surroundings. One example of this is to foster positive thoughts and emotions. Says Barbara Fredrickson,

PhD, the author of Positivity (2009): *“In our research program, we found that the daily repertoire of emotions of people who are highly resilient is remarkably different from those who are not.”*

- Consider ending your day by reflecting on and writing down 3 good things that happened today.
  - Be intentional about reflecting on the experiences, noting how you felt, and what was the best thing about the experience.
- **A Story About Emotions**
    - <https://youtu.be/SJOjpprbfeE>
  - **Let Your Emotions Out**
    - It is important that you let the emotions flow. Letting negative emotions build up can be critical because an excess of these emotions will lead you towards a negative mindset. When you feel that negative emotions are building within, divert all the negative energy towards an emotional outlet, which could be a number of things—swimming, running, boxing, or anything.

## #4 - “Being Adaptable”

### Opening Experience

The Only Constant in Life is Change. Adaptability refers to a person’s capacity to handle change. How adaptable are you when faced with an unexpected change, are you flexible and able to problem solve? Let’s take a look at how we all can increase our adaptability.

“We cannot direct the wind, but we can adjust the sails.” – Dolly Parton.

During the opening experience, there is a video on the benefits of flexible thinking. Life can throw us curve balls so being flexible can be of benefit. Take a look and see what you think.

### Activity Choices

- **Benefits of Flexible Thinking**
  - <https://youtu.be/t5oIKhxLDik>
- **TRUTH Activity**
  - <https://ambassadorleaders.com/toolkit/eq-adaptability>
  - Think of a time when you jumped to a conclusion and said or did something you regret. Reflect on the questions below to assess situations and adapt your opinions and responses to reflect the truth. This practice helps cultivate adaptability.
    - **T**trigger Event - What happened?
    - **R**eference - How did you incorrectly evaluate the situation?
    - **U**nhealthy Response - What did you do or say that you now regret?
    - **T**ruth - What was really going on?
    - **H**ealthy Response - What you can do or say better the next time?



- **TEEN Activity: Emotional Intelligence Test**
  - [https://www.drugsandalcohol.ie/26776/1/Emotional\\_intelligence\\_questionnaire-LAL1.pdf](https://www.drugsandalcohol.ie/26776/1/Emotional_intelligence_questionnaire-LAL1.pdf)

## Meditation Zone

Welcome to the Meditation Zone! Being adaptable can be hard work, let's pause a moment and do a little practice with letting go. Then try the simple adaptability exercise.

- **Meditation on Letting Go**
  - <https://youtu.be/3YuOMmxbc9M>
- **Journal Activity**
  - Sometimes it is hard to change or to accept change. For this exercise, cross your arms, (fold your arms together, as if you are bored or waiting for something.)
  - Once you have completed this task, fold your arms the other way, reversed of what you just performed.
  - Journal on the questions below...
    - How did it feel when you were asked to cross your arms the other way?
    - Did it come naturally or did you have to stop and think about it?
    - Were you comfortable with doing this differently from your normal process?
    - What are some things that make people resistant to change?
    - What does this tell you about change?
- **Sacred Table: As we create our virtual Sacred Table, create one at home!**
  - Find an item in your home that reminds you of what puts you into flow. Add it to your sacred table.

## Media Room

When we greet each new experience with, if not welcome arms, at least with willingness, we discover that we are stronger than we believed and are more adaptable than we previously considered.

- **The Guest House by Rumi**
  - <https://www.youtube.com/watch?v=ZCsciFR5IAo>
- **Reflection Questions**
  - What do you think this poem means?
  - Who might the unexpected visitor be?
  - What does the author say they have come?
  - What is he asking us to do?
  - How do you feel about this invitation?
  - How easy or hard is it to be grateful for all that comes to our door?
  - How would this practice better your life?

## Creation Station

Keeping your brain flexible can not only be healthy it can be fun as well. Move through the space exploring the activities.

- **What Was Your Flexible Thinking Moment Today?**
  - Complete the handout below.
  
- **Bounce Back**
  - In a spacious area near a wall, bounce a ball against the wall so that it comes back to you.
  - Did you ever doubted the ball would fail to bounce back up?
  - Use the bouncy ball to remind you that you too are able to bounce back from challenges.
  
- **Brain Teasers**
  - <https://sharpbrains.com/brainteasers>

# FLEXIBLE THINKING

## STRETCH BREAK



Cognitive flexibility has also been positively linked to mindfulness and meditation. Studies show even brief mindfulness moments can help learners examine inflexible thoughts or where they might be harboring tension in their physical body posture may be helpful to enhance flexible thinking.

Try this simple mindfulness exercise as a "Stretch Break" when you need help with greater flexibility. Record it on a smartphone or read each step silently as you begin to relax.

### STRETCH BREAK SCRIPT

- Begin by finding a comfortable seat with your feet touching the floor or standing with your feet firmly on the ground.
- If you feel comfortable, close your eyes. Or find a spot ahead to gently rest your eyes.
- Take a deep breath in through the nose and then let it out through the mouth.
- Again, take another slow, deep breath in and out. Don't rush this step. It's the foundation for the rest of this mindfulness practice.
- On the next out-breath, begin to notice where your feet contact the floor. Notice any tension or sensations in your feet. How are they feeling right now? Are you feeling flexible or tight? Do you feel tension or like your feet are gripping tightly to something? If so, try to let go.
- Take a few more breaths.
- Next, follow the breath upwards. Begin to explore your belly and chest. What sensations do you feel right now? Do you feel tingling, tightness, or discomfort? Are you holding onto something? If so, take another deep breath and let go. Take a few more breaths. Imagine your in-breath and out-breath traveling deep into your belly and your chest. With each breath, you feel lighter and more flexible to face what's ahead.
- Now, take one more breath and travel up to your head. What are you feeling in your neck? Your face? The very tip-top of your head? Imagine your breath coming out of your nose. What does it feel like? Are you holding tension or tightness? Take another slow deep breath and relax.
- Feel free to stay here, examining any other parts of your body as you need. When you're ready, gently open your eyes and check around the room. Rejoin your activities more relaxed and ready for flexible thinking.