



## LESSON HANDOUT

### Feelings Scenarios

**SCENARIO:** You just got a good grade on a test. Feelings: cheerful, delighted, ecstatic, excited, jubilant, thrilled, pleased, amazed, shock, astounded, unexpected

**SCENARIO:** You just got a bad grade on a test. Feelings: unhappy, heartbroken, dismal, pessimistic, dejected, distraught, livid, rage, objection, bewildered

**SCENARIO:** Your friend just threw up in the hallway. Feelings: revulsion, compassion, devotion, upset

**SCENARIO:** You cannot get your friend to understand your point of view. Feelings: frustrated, distraught, exasperated, troubled

**SCENARIO:** You look really good in your outfit today. Feelings: confident, joyful, peppy

**SCENARIO:** You hate what you are wearing today. Feelings: detest, distraught, glum

**SCENARIO:** You just won a tournament but do not want to brag. Feelings: in high spirits, satisfied, thrilled

**SCENARIO:** You think everyone is talking about you. Feelings: anxiety, concern, unease

**SCENARIO:** Your parents will ground you if you do not get an A. Feelings: dread, panic, bitter

**SCENARIO:** You have no friends in your lunch period. Feelings: lonely, unhappy, abandoned

**SCENARIO:** You do not feel like talking to anyone today. Feelings: melancholy, depressed

**SCENARIO:** Your arm hurts you because you got stitches. Feelings: hurt, pain, down

**SCENARIO:** You did a great job, but no one notices. Feelings: resentful, infuriated, grieved

**SCENARIO:** You have no feelings and do not care about anything. Feelings: despondent, depressed, pain

**SCENARIO:** You think everyone is stupid. Feelings: loathing, dislike, angry

**SCENARIO:** You know you make people laugh a lot. Feelings: playful, appreciation, enjoyment

**SCENARIO:** You have so many ideas for the art project. Feelings: creative, excited, blissful

**SCENARIO:** You found a present for you on your desk. Feelings: curiosity, unexpected, overjoyed

**SCENARIO:** You are eating your favorite food. Feelings: glad, very strong liking, blissful

**SCENARIO:** They stopped making your favorite candy. Feelings: unforeseen, wistful, bewildered



# HABIT HANDOUT

## Emotions, Thoughts and Behaviors

<i>I feel...</i>	<i>What does it look or feel like?</i>	<i>What makes you feel this way?</i>	<i>How do you behave or act when you have this feeling?</i>	<i>What can you value about this feeling?</i>
<b>Anxious</b>	Fast heartbeat, sweaty palms, mind racing	Deadline of a project, being in trouble	Rushed, yell at people	Feel motivated to do my best, study harder for the test, practice soccer more
<b>Appreciated</b>	Big smile, proud	A friend tells me I helped them through a hard time, an adult praises me	I become more helpful	Other people recognize me and my actions
<b>Scared</b>				
<b>Bored</b>				
<b>Brave</b>				
<b>Mean</b>				
<b>Embarrassed</b>				
<b>Kind</b>				
<b>Surprised</b>				
<b>Ignored</b>				
<b>Insecure</b>				
<b>Hurt</b>				
<b>Hopeless</b>				



# HABIT HANDOUT

## Emotions, Thoughts and Behaviors (Continued)

<i>I feel...</i>	<i>What does it look or feel like?</i>	<i>What makes you feel this way?</i>	<i>How do you behave or act when you have this feeling?</i>	<i>What can you value about this feeling?</i>
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Excited

Horrible

Empty

Funny

Jealous

Wronged

Angry

Betrayed

Clever

Creative

Energetic

Impulsive

Frustrated

Tired



# HABIT HANDOUT

## Emotions, Thoughts and Behaviors (Continued)

<i>I feel...</i>	<i>What does it look or feel like?</i>	<i>What makes you feel this way?</i>	<i>How do you behave or act when you have this feeling?</i>	<i>What can you value about this feeling?</i>
Good				
Hyper				
Hopeful				
Overwhelmed				
Optimistic				
Pessimistic				
Numb				
Nice				
Judgmental				
Tense				
Worthy				
Stressed				
Undervalued				



# HABIT HANDOUT

## Emotions, Thoughts and Behaviors (Continued)

<i>I feel...</i>	<i>What does it look or feel like?</i>	<i>What makes you feel this way?</i>	<i>How do you behave or act when you have this feeling?</i>	<i>What can you value about this feeling?</i>
Quiet				
Unsocial				
Motivated				
Social				
Pain				
Pressured				
Paranoid				
Ignored				
Isolated				
Humble				
Shame				
Confident				
Misunderstood				
Valued				



## LESSON HANDOUT

### What Are My Character Strengths?

*Every person has all of the following 24 character strengths in varying degrees. For each of the 24 character strengths listed below, read the description and determine whether the description is definitely you, is mostly you, you do not know, is kind of you or is not you at all. Circle the best response.*

Character Strength	Description	Is this me? (Circle one.)
 <b>Appreciation of Beauty and Excellence</b>	<ul style="list-style-type: none"> <li>You see beauty and value in people and the world.</li> <li>You notice the beauty in small things.</li> </ul>	This is definitely me. This is mostly me. I do not know. This is kind of me. This is NOT me.
 <b>Bravery</b>	<ul style="list-style-type: none"> <li>When things get hard or scary, you are strong and push through.</li> <li>You speak up for what is right.</li> </ul>	This is definitely me. This is mostly me. I do not know. This is kind of me. This is NOT me.
 <b>Connection/Purpose</b>	<ul style="list-style-type: none"> <li>You think about your own life purpose.</li> <li>You think about how everything in life is connected.</li> </ul>	This is definitely me. This is mostly me. I do not know. This is kind of me. This is NOT me.
 <b>Creativity</b>	<ul style="list-style-type: none"> <li>You come up with new and unique ways to do things.</li> <li>People look to you for solutions.</li> <li>You are original.</li> </ul>	This is definitely me. This is mostly me. I do not know. This is kind of me. This is NOT me.
 <b>Curiosity</b>	<ul style="list-style-type: none"> <li>You love to ask questions and learn about everything.</li> <li>Some people call you nosy but you just love to explore.</li> <li>You have interest in many things.</li> </ul>	This is definitely me. This is mostly me. I do not know. This is kind of me. This is NOT me.
 <b>Fairness</b>	<ul style="list-style-type: none"> <li>You do not let your feelings rule how you judge others.</li> <li>You treat people according to how you want to be treated (the Golden Rule).</li> </ul>	This is definitely me. This is mostly me. I do not know. This is kind of me. This is NOT me.



## LESSON HANDOUT

### What Are My Character Strengths? (Continued)

Character Strength	Description	Is this me? (Circle one.)
 <b>Forgiveness</b>	<ul style="list-style-type: none"> <li>You know all people (even you) make mistakes.</li> <li>You give people a second chance.</li> </ul>	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 <b>Gratitude</b>	<ul style="list-style-type: none"> <li>When good things happen, you notice them and are thankful.</li> <li>You make sure to thank others when they are kind.</li> </ul>	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 <b>Honesty</b>	<ul style="list-style-type: none"> <li>You speak the truth.</li> <li>You are true to yourself and authentic.</li> <li>You respond to the world based on what you truly believe inside.</li> </ul>	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 <b>Hope</b>	<ul style="list-style-type: none"> <li>You are optimistic.</li> <li>You know that problems are temporary and your actions can solve them.</li> <li>You see good things in the future.</li> </ul>	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 <b>Humility</b>	<ul style="list-style-type: none"> <li>You know when you are good at something but do not brag.</li> <li>You are modest.</li> </ul>	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 <b>Humor</b>	<ul style="list-style-type: none"> <li>You like to make people smile and laugh.</li> <li>You enjoy funny things.</li> </ul>	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>



## LESSON HANDOUT

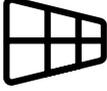
### What Are My Character Strengths? (Continued)

Character Strength	Description	Is this me? (Circle one.)
 <b>Kindness</b>	<ul style="list-style-type: none"> <li>You enjoy helping people.</li> <li>You are generous with your time and the things that you have.</li> <li>You care about others.</li> </ul>	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 <b>Leadership</b>	<ul style="list-style-type: none"> <li>You organize group activities.</li> <li>You inspire people to do their best.</li> <li>You encourage people to get things done.</li> </ul>	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 <b>Love</b>	<ul style="list-style-type: none"> <li>You value close relationships.</li> <li>You enjoy giving and receiving love.</li> </ul>	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 <b>Love of Learning</b>	<ul style="list-style-type: none"> <li>You are always looking to learn more.</li> <li>Sometimes you look things up and get lost in the research.</li> </ul>	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 <b>Open-Mindedness</b>	<ul style="list-style-type: none"> <li>You are good at considering all perspectives of a situation before responding.</li> <li>You do not jump to conclusions.</li> <li>You are able to change your mind when given new information.</li> </ul>	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 <b>Perseverance</b>	<ul style="list-style-type: none"> <li>You rarely give up—especially when things get tough.</li> <li>You finish what you start.</li> </ul>	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>



## LESSON HANDOUT

### What Are My Character Strengths? (Continued)

Character Strength	Description	Is this me? (Circle one.)
 <b>Perspective</b>	<ul style="list-style-type: none"> <li>You appreciate seeing all the sides of situations and people.</li> <li>You give good advice.</li> <li>You can see the “big picture.”</li> </ul>	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 <b>Prudence</b>	<ul style="list-style-type: none"> <li>You think about risks before making decisions.</li> <li>You are careful.</li> <li>You are cautious.</li> </ul>	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 <b>Self-Regulation</b>	<ul style="list-style-type: none"> <li>You can control your emotions and impulses.</li> <li>You think before you act.</li> </ul>	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 <b>Social Intelligence</b>	<ul style="list-style-type: none"> <li>You know why people do the things they do.</li> <li>You are tuned into people’s motives, moods and behaviors.</li> </ul>	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 <b>Teamwork</b>	<ul style="list-style-type: none"> <li>You can set your own goals and desires aside for the betterment of the group.</li> <li>You are loyal.</li> <li>You feel responsible for the people you are within a group.</li> </ul>	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>
 <b>Zest</b>	<ul style="list-style-type: none"> <li>You are enthusiastic.</li> <li>You make people feel energized and excited about life.</li> </ul>	<p>This is definitely me.</p> <p>This is mostly me.</p> <p>I do not know.</p> <p>This is kind of me.</p> <p>This is NOT me.</p>



LESSON HANDOUT

What Are My Character Strengths? (Continued)

SIGNATURE STRENGTHS (This is me.)

Horizontal lines for writing signature strengths.

OCCASIONAL STRENGTHS (This is mostly me.)

Horizontal lines for writing occasional strengths.



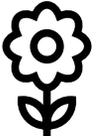
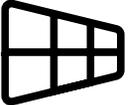
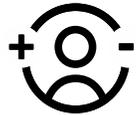
DISCUSSION QUESTIONS

- 1 Share your signature strengths. Are these strengths accurate? Why?
2 Share a time when something went well in your life because you used one of your signature strengths.
3 Share a time in your life when something went wrong and you could have used one of your signature strengths to help the situation.
4 Which strengths will you star as your top THREE strengths? Why?
5 Which character strengths do you want to improve upon? How will you practice them?



LESSON HANDOUT

Character Strengths Bingo

 Appreciation of Beauty and Excellence	 Bravery	 Connection/Purpose	 Creativity	 Curiosity	 Fairness
 Forgiveness	 Gratitude	 Honesty	 Hope	 Humility	 Humor
 Kindness	 Leadership	 Love	 Love of Learning	 Open-Mindedness	 Perseverance
 Perspective	 Prudence	 Self-Regulation	 Social Intelligence	 Teamwork	 Zest

**LESSON HANDOUT****Pleasant, Good, Meaningful Life**

*Take some time to think of the happiness in your life. List the ways you are happy in the corresponding boxes below:*

**PLEASANT LIFE**

The little things in life that make you happy. Examples: getting a good grade, having fun with friends, eating your favorite food.

**GOOD LIFE**

What you are good at (a skill) that makes you get lost in the moment and lose track of time; flow. Examples: playing a sport, art, writing.

**MEANINGFUL LIFE**

Using what you are good at to help others. Examples: cooking a meal for a soup kitchen, writing for a school newspaper, volunteering at a preschool.



## HABIT HANDOUT

### Attitude of Gratitude

**GRATITUDE IS A FEELING OF APPRECIATION OR THANKFULNESS.**

*What is the secret to happiness? There is no secret. There is only science. And science tells us that creating a habit of gratefulness makes us “more energetic, emotionally intelligent, forgiving, and less likely to be depressed, anxious, or lonely.”<sup>30</sup> Science also tells us that if we do not switch up our habit daily, we get bored and stop doing it. Below is a list of 180 gratitudes to do every day of the school year. If you create the attitude of gratitude in your classroom, science says you will have a happier classroom.*

#### DISCUSSION QUESTIONS FOR END OF YEAR

1. What did you value about doing this exercise?
2. What did you learn about yourself while doing this exercise?

#### DAILY GRATITUDES

1. List 3 things you are grateful for about your parents.
2. List 3 things you are grateful for about your family.
3. List 3 things you are grateful for about friendship.
4. List 3 things you are grateful for about your enemies.
5. List 3 things you are grateful for about your sense of sight.
6. List 3 things you are grateful for about your sense of hearing.
7. List 3 things you are grateful for about your sense of smell.
8. List 3 things you are grateful for about your sense of touch.
9. List 3 things you are grateful for about your sense of taste.
10. List 3 things you are grateful for about your body.
11. List 3 things you are grateful for about your health.
12. List 3 things you are grateful for about your school.
13. List 3 things you are grateful for about your teachers.
14. List 3 things you are grateful for about the earth.
15. List 3 things you are grateful for about time.
16. List 3 things you are grateful for about music.
17. List 3 things you are grateful for about TV.
18. List 3 things you are grateful for about your cell phone.
19. List 3 things you are grateful for about technology.
20. List 3 things you are grateful for about books.
21. List 3 things you are grateful for about nature.
22. List 3 things you are grateful for about rain.
23. List 3 things you are grateful for about the sun.
24. List 3 things you are grateful for about vacation.
25. List 3 things you are grateful for about grocery stores.
26. List 3 things you are grateful for about animals.
27. List 3 things you are grateful for about pets.
28. List 3 things you are grateful for about your bed.
29. List 3 things you are grateful for about your mistakes.
30. List 3 things you are grateful for about your wins.
31. List 3 things you are grateful for about your disappointments.
32. List 3 things you are grateful for about your losses.
33. List 3 things you are grateful for about your tears.
34. List 3 things you are grateful for about your fears.
35. List 3 things you are grateful for about your pain.
36. List 3 things you are grateful for about snow.
37. List 3 things you are grateful for about movies.
38. List 3 things you are grateful for about strangers.
39. List 3 things you are grateful for about laughter.
40. List 3 things you are grateful for about love.
41. List 3 things you are grateful for about life.
42. List 3 things you are grateful for about your house.

<sup>30</sup> Shawn Achor, *The Happiness Advantage: How a Positive Brain Fuels Success in Work and Life* (New York: Crown Publishing Group, 2010), 98.



## HABIT HANDOUT

### Attitude of Gratitude (Continued)

43. List 3 things you are grateful for about mornings.
44. List 3 things you are grateful for about evenings.
45. List 3 things you are grateful for about late nights.
46. List 3 things you are grateful for about the past.
47. List 3 things you are grateful for about the present.
48. List 3 things you are grateful for about the future.
49. List 3 things you are grateful for about your skills.
50. List 3 things you are grateful for about your religion.
51. List 3 things you are grateful for about your values.
52. List 3 things you are grateful for about your knowledge.
53. List 3 things you are grateful for about your hobbies.
54. List 3 things you are grateful for about your accomplishments.
55. List 3 things you are grateful for about your childhood.
56. List 3 things you are grateful for about food.
57. List 3 things you are grateful for about something you recently learned.
58. List 3 things you are grateful for about doctors.
59. List 3 things you are grateful for about museums.
60. List 3 things you are grateful for about cars.
61. List 3 things you are grateful for about beaches.
62. List 3 things you are grateful for about mountains.
63. List 3 things you are grateful for about babies.
64. List 3 things you are grateful for about calculators.
65. List 3 things you are grateful for about candy.
66. List 3 things you are grateful for about vegetables.
67. List 3 things you are grateful for about fruit.
68. List 3 things you are grateful for about food.
69. List 3 things you are grateful for about clouds.
70. List 3 things you are grateful for about trains.
71. List 3 things you are grateful for about airplanes.
72. List 3 things you are grateful for about electricity.
73. List 3 things you are grateful for about language.
74. List 3 things you are grateful for about firefighters.
75. List 3 things you are grateful for about police.
76. List 3 things you are grateful for about google.
77. List 3 things you are grateful for about GPS.
78. List 3 things you are grateful for about history.
79. List 3 things you are grateful for about holidays.
80. List 3 things you are grateful for about clothes.
81. List 3 things you are grateful for about imagination.
82. List 3 things you are grateful for about intelligence.
83. List 3 things you are grateful for about medicine.
84. List 3 things you are grateful for about neighbors.
85. List 3 things you are grateful for about pajamas.
86. List 3 things you are grateful for about peace.
87. List 3 things you are grateful for about plants.
88. List 3 things you are grateful for about recycling.
89. List 3 things you are grateful for about restaurants.
90. List 3 things you are grateful for about roads.
91. List 3 things you are grateful for about seasons.
92. List 3 things you are grateful for about shopping.
93. List 3 things you are grateful for about soap.
94. List 3 things you are grateful for about spell check.
95. List 3 things you are grateful for about stores.
96. List 3 things you are grateful for about texting.
97. List 3 things you are grateful for about toothbrushes.
98. List 3 things you are grateful for about tweezers.
99. List 3 things you are grateful for about water.
100. List 3 things you are grateful for about sports.
101. List 3 things you are grateful for about weather forecasts.
102. List 3 things you are grateful for about Wi-Fi.
103. List 3 things you are grateful for about yesterday.
104. List 3 things you are grateful for about today.
105. List 3 things you are grateful for about tomorrow.
106. List 3 things you are grateful for about magic.
107. List 3 things you are grateful for about board games.
108. List 3 things you are grateful for about playing cards.
109. List 3 things you are grateful for about art.
110. List 3 things you are grateful for about acceptance.
111. List 3 things you are grateful for about organization.



## HABIT HANDOUT

### Attitude of Gratitude (Continued)

112. List 3 things you are grateful for about generosity.
113. List 3 things you are grateful for about encouragement.
114. List 3 things you are grateful for about accountability.
115. List 3 things you are grateful for about smiles.
116. List 3 things you are grateful for about change.
117. List 3 things you are grateful for about fun.
118. List 3 things you are grateful for about boredom.
119. List 3 things you are grateful for about comfort.
120. List 3 things you are grateful for about hope.
121. List 3 things you are grateful for about patience.
122. List 3 things you are grateful for about honesty.
123. List 3 things you are grateful for about photographs.
124. List 3 things you are grateful for about surprises.
125. List 3 things you are grateful for about dreams.
126. List 3 things you are grateful for about kindness.
127. List 3 things you are grateful for about challenges.
128. List 3 things you are grateful for about sleep.
129. List 3 things you are grateful for about compliments.
130. List 3 things you are grateful for about freedom.
131. List 3 things you are grateful for about writing.
132. List 3 things you are grateful for about listening to others.
133. List 3 things you are grateful for about empathy.
134. List 3 things you are grateful for about feelings.
135. List 3 things you are grateful for about perspectives.
136. List 3 things you are grateful for about creativity.
137. List 3 things you are grateful for about apologies.
138. List 3 things you are grateful for about forgiveness.
139. List 3 things you are grateful for about weekends.
140. List 3 things you are grateful for about Mondays.
141. List 3 things you are grateful for about Fridays.
142. List 3 things you are grateful for about respect.
143. List 3 things you are grateful for about memories.
144. List 3 things you are grateful for about excitement.
145. List 3 things you are grateful for about nervousness.
146. List 3 things you are grateful for about conflict.
147. List 3 things you are grateful for about thoughts.
148. List 3 things you are grateful for about compassion.
149. List 3 things you are grateful for about opinions.
150. List 3 things you are grateful for about electricity.
151. List 3 things you are grateful for about questions.
152. List 3 things you are grateful for about strength.
153. List 3 things you are grateful for about weakness.
154. List 3 things you are grateful for about receiving gifts.
155. List 3 things you are grateful for about giving gifts.
156. List 3 things you are grateful for about breathing.
157. List 3 things you are grateful for about rules.
158. List 3 things you are grateful for about breaking rules.
159. List 3 things you are grateful for about chores.
160. List 3 things you are grateful for about promises.
161. List 3 things you are grateful for about email.
162. List 3 things you are grateful for about running.
163. List 3 things you are grateful for about tools.
164. List 3 things you are grateful for about fire.
165. List 3 things you are grateful for about bicycles.
166. List 3 things you are grateful for about carnivals.
167. List 3 things you are grateful for about space.
168. List 3 things you are grateful for about your bedroom.
169. List 3 things you are grateful for about your grandparents.
170. List 3 things you are grateful for about optimism.
171. List 3 things you are grateful for about pessimism.
172. List 3 things you are grateful for being good at.
173. List 3 things you are grateful for about money.
174. List 3 things you are grateful for about your town.
175. List 3 things you are grateful for about government.
176. List 3 things you are grateful for about clocks.
177. List 3 things you are grateful for about remote controls.
178. List 3 things you are grateful for about clean laundry.
179. List 3 things you are grateful for about traffic.
180. List 3 things you are grateful for about gratitude!



MIDDLE/HIGH SCHOOL  
**LESSON HANDOUT**

## Growth Mindset

*Example: Your alarm does not go off, and you miss the bus for school.*

**FIXED MINDSET STATEMENT**

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I can never get up on time.

**GROWTH MINDSET STATEMENT**

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Tomorrow I will get up 10 minutes earlier.

1. You do not get picked for the school baseball team.

**FIXED MINDSET STATEMENT**

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**GROWTH MINDSET STATEMENT**

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2. You fail your driver's exam.

**FIXED MINDSET STATEMENT**

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**GROWTH MINDSET STATEMENT**

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3. Your teacher notices that you are doing really well in a subject and assigns a challenging leadership project and you are afraid to fail.

**FIXED MINDSET STATEMENT**

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**GROWTH MINDSET STATEMENT**

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4. Your friend's mom offers you a job at her office after school, and you worry you do not know enough to be successful.

**FIXED MINDSET STATEMENT**

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**GROWTH MINDSET STATEMENT**

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5. Everyone in class seems to understand the material and you do not.

**FIXED MINDSET STATEMENT**

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**GROWTH MINDSET STATEMENT**

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MIDDLE/HIGH SCHOOL  
**LESSON HANDOUT**

## Sharing Stress

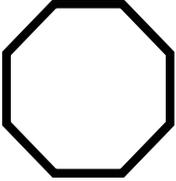
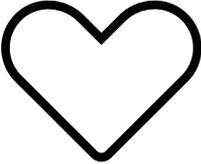
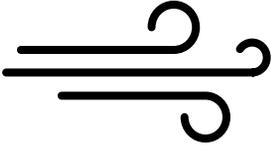
- 1 List a few things in your life that make you stressed.
- 2 List some things that give you anxiety.
- 3 What does your body feel like when you have stress and anxiety?
- 4 What do you do to help relieve your anxiety and stress?





LESSON HANDOUT

Be Your Own Boss

STOP	FEEL	BREATHE
		
<p>Do not respond immediately.</p>	<p>In your own mind, identify your feeling.</p>	<p>Take a few deep breaths.</p>
THINK THREE		RESPOND
		
<p>Do not react until you think of three ways to respond.</p>		<p>Choose one and use "I" statements.</p>

**BE YOUR OWN BOSS SCENARIOS**

- You are in Target and see a shirt you want to buy, but you are saving up to buy a skateboard.
- You are in an argument with your sister, and she hits you.
- You find yourself continuously eating while binge watching a show.
- The person sitting next to you in class keeps tapping their pen on the table.
- An acquaintance wrote something untrue about you on social media.
- You called and texted a friend with an urgent question, but they have not gotten back to you yet.
- You lose something your mom loaned you, and she yells at you when you tell her.
- Create your own scenario.



# HABIT HANDOUT

## What? Why? How?

*Mistakes happen. We do not always handle problems the right way. Take a moment to answer the following questions:*

WHAT went wrong?

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WHY did it go wrong?

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HOW can I fix it next time?

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# LESSON HANDOUT

## ABC

**SOME ADVERSITY IS BIG, AND SOME ADVERSITY IS SMALL. YOUR BELIEFS ABOUT THE ADVERSITY DETERMINE THE CONSEQUENCE, OR THE FEELINGS, YOU WIND UP HAVING ABOUT THE EVENT.**

*Directions: For the following adversities, fill out possible beliefs and consequences that could come from the adversity. When possible, try to have positive self-talk for an optimistic outcome.*

**adversity:**  
A CHALLENGING OR  
DIFFICULT EVENT THAT  
HAPPENS.

**beliefs:**  
THE THOUGHTS YOU  
HAVE ABOUT THE DIFFI-  
CULTY. NOT FEELINGS.  
JUST THOUGHTS.

**consequences:**  
THE FEELINGS YOU  
HAVE AND THE ACTIONS  
YOU TAKE IN RESPONSE  
TO THE ADVERSITY.

### NOTE

You might need to fill out the adversity, the consequence and THEN the belief. It may take some reflection even to realize what your belief is about a particular situation.

**Adversity:** Your sibling walks into your room without knocking.

**Belief:** \_\_\_\_\_

**Consequence:** \_\_\_\_\_

**Adversity:** The zipper on your backpack is stuck, and you cannot open it.

**Belief:** \_\_\_\_\_

**Consequence:** \_\_\_\_\_

**Adversity:** Your parent/guardian tells you that you cannot go to a friend's house after school.

**Belief:** \_\_\_\_\_

**Consequence:** \_\_\_\_\_

**Adversity:** You fail an important math test.

**Belief:** \_\_\_\_\_

**Consequence:** \_\_\_\_\_

**Adversity:** You see a mean comment that someone you know wrote about you online.

**Belief:** \_\_\_\_\_

**Consequence:** \_\_\_\_\_

**Adversity:** Someone breaks up with you.

**Belief:** \_\_\_\_\_

**Consequence:** \_\_\_\_\_



# HABIT HANDOUT

## I Am an Optimist

*Use this handout when you want to help yourself be an optimist.*

Write a brief description of the adversity (problem or difficulty).

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What do you believe about the problem? What is your self-talk? What can you change about your beliefs?

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Remembering that the problem is only temporary, how can you change your feelings about the situation or what actions can you take to make the situation better, even if it is only a little better?

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**LESSON HANDOUT****SMART Goal**

Directions: In the GoalStorm box, brainstorm some academic or personal goals you would like to achieve. Choose one goal, and write it on the “SMART Goal” line. Fill in each letter of the SMART acronym to plan how you will achieve your goal.

**GOALSTORM:****SMART GOAL:** \_\_\_\_\_**S**

Specific

**M**

Measurable

**A**

Attainable

**R**

Realistic

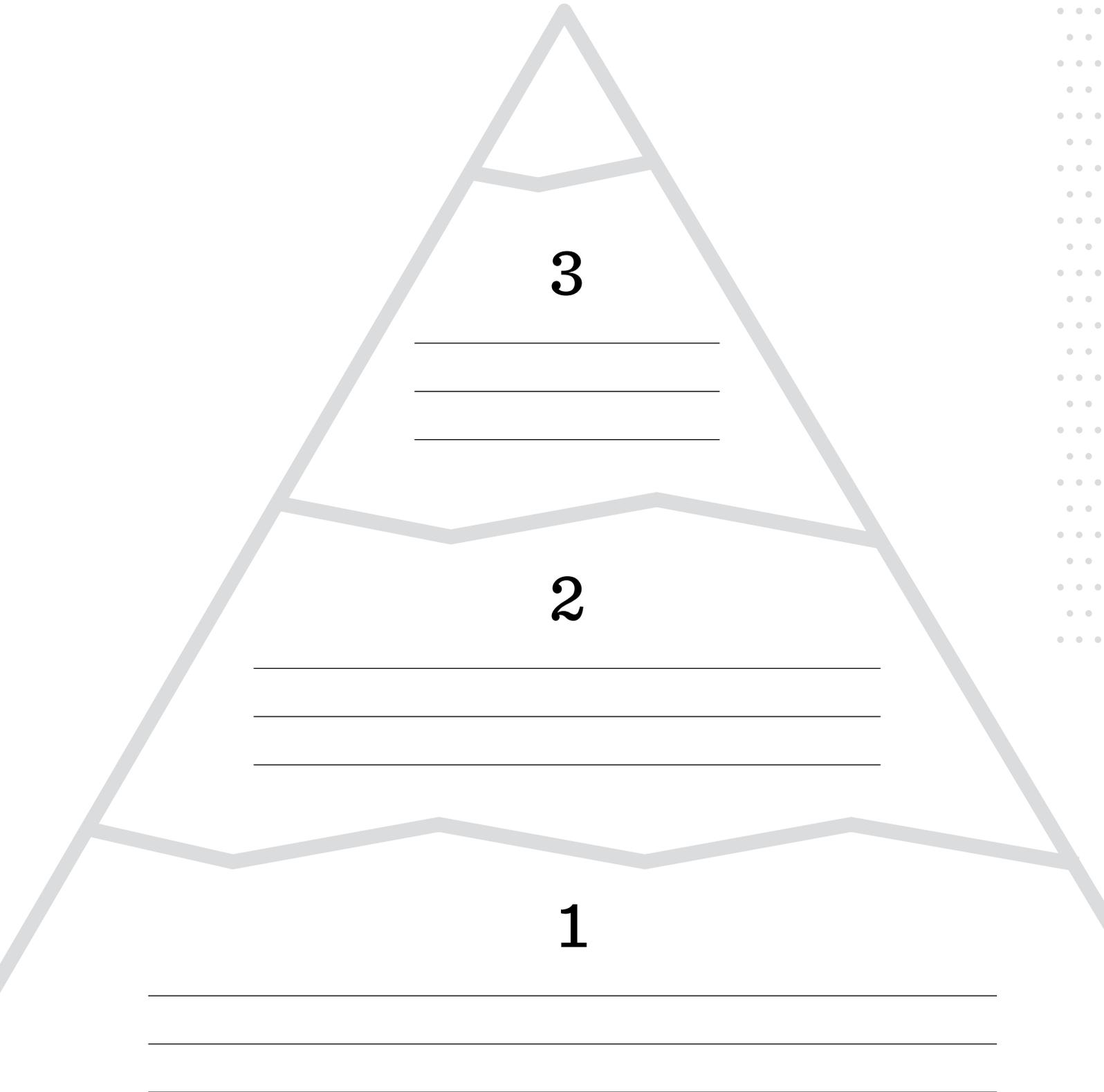
**T**

Timely



**LESSON HANDOUT**

**Goal Climbing**





## LESSON HANDOUT

### How to Be Empathetic

*Directions: Using the guidelines and examples of empathetic questions, have a conversation with your partner. The pair share questions can be used as a jumping-off point for the conversation.*

#### GUIDELINES

- 1 Actively listen.
  - Block out all surrounding noise and distractions.
  - Directly face the person you are listening to, and listen with your whole body.
  - Be attentive, and display good posture.
  - Make eye contact.
- 2 Listen without judgment.
- 3 Do not offer advice or try to fix any problems.
- 4 Do not think or worry about what you will say next.
- 5 Be curious and ask questions that are open-ended.
- 6 Even if you have not had the same experience, imagine what it must feel like.<sup>48</sup>

#### EXAMPLES OF EMPATHETIC QUESTIONS AND STATEMENTS

- 1 Tell me more.
- 2 How are you impacted by that?
- 3 How do you feel?
- 4 What difficulties are you having?
- 5 What do you enjoy about that?
- 6 What have you learned about yourself?
- 7 How did you overcome that?

#### PAIR SHARE QUESTIONS

- 1 Share who you live with and how you feel about them.
- 2 Share a time that you felt a strong feeling.
- 3 Share a challenge you have had in your life.

#### NOTE

You might think in your mind, I cannot imagine experiencing that, as your partner shares their story. If you are having difficulty putting yourself in your partner's shoes, focus on the values that you have in common and the feelings that you can relate to, to help you "feel with" your classmate.

<sup>48</sup> Adapted from Elliot D. Cohen, "How to Be Empathetic," *Psychology Today*, May 17, 2015, <https://www.psychologytoday.com/us/blog/what-would-aristotle-do/201505/how-be-empathetic>.



## LESSON HANDOUT

### The Dollar Street

*Directions: Using The Dollar Street website (<https://www.gapminder.org/dollar-street/matrix>), find the following families and answer the corresponding questions.*

#### NOTE

You may want to use the search bar on the main page ([www.gapminder.org](http://www.gapminder.org)) to find the specific families by name.

#### 1 Find the Chaurasia family that lives in New Delhi, India.

- What is their monthly income? \_\_\_\_\_
- What is the occupation of the primary wage earner in the family? \_\_\_\_\_
- Find the picture of the water outlet in the home and use three words to describe it. \_\_\_\_\_
- What is the next item they plan to buy? \_\_\_\_\_
- Where do they fall on The Dollar Street income scale? \_\_\_\_\_

#### 2 Find the Raju family that lives near Thanlyin in Myanmar.

- What is their monthly income? \_\_\_\_\_
- What is the occupation of the primary wage earner in the family? \_\_\_\_\_
- What is the heat source for cooking? \_\_\_\_\_
- Describe the table they use for entertaining guests. \_\_\_\_\_
- What is the next item they plan to buy? \_\_\_\_\_
- Where do they fall on The Dollar Street income scale? \_\_\_\_\_

#### 3 Find the Xi family that lives in the Yunnan province of China.

- What is their monthly income? \_\_\_\_\_
- What is the occupation of the primary wage earner in the family? \_\_\_\_\_
- What do they use as fuel for their stove? \_\_\_\_\_
- Use three words to describe the plate of food in their home. \_\_\_\_\_
- Where do they fall on The Dollar Street income scale? \_\_\_\_\_

#### 4 Find the Poma family that lives in the La Paz region of Bolivia.

- What is their monthly income? \_\_\_\_\_
- What is the occupation of the primary wage earner in the family? \_\_\_\_\_
- What do they dream of purchasing? \_\_\_\_\_
- Choose one of the pictures of their home and describe it. \_\_\_\_\_
- Where do they fall on The Dollar Street income scale? \_\_\_\_\_

#### 5 As a group, choose a family not listed above. Have a conversation using the following questions:

- What are some major differences between their lives and yours?
- What are some similarities between their lives and yours?
- What were some feelings you had when looking at the items in their home?
- What do you think children in this family, or culture, do for fun?
- What are some challenges you think this family faces?



## LESSON HANDOUT

## The Dollar Street Answer Key

- 1 Find the Chaurasia family that lives in New Delhi, India.
  - a. What is their monthly income? **\$753**
  - b. What is the occupation of the primary wage earner in the family? **graphic designer**
  - c. Find the picture of the water outlet in the home and use three words to describe it.
  - d. What is the next item they plan to buy? **house**
  - e. Where do they fall on The Dollar Street income scale? **middle**
  
- 2 Find the Raju family that lives near Thanlyin in Myanmar.
  - a. What is their monthly income? **\$45**
  - b. What is the occupation of the primary wage earner in the family? **rice farmer**
  - c. What is the heat source for cooking? **wood**
  - d. Describe the table they use for entertaining guests.
  - e. What is the next item they plan to buy? **car battery to power the home**
  - f. Where do they fall on The Dollar Street income scale? **bottom**
  
- 3 Find the Xi family that lives in the Yunnan province of China.
  - a. What is their monthly income? **\$781**
  - b. What is the occupation of the primary wage earner in the family?  
**postman and runs a restaurant**
  - c. What do they use as fuel for their stove? **electricity, natural gas and wood**
  - d. Use three words to describe the plate of food in their home.
  - e. Where do they fall on The Dollar Street income scale? **middle**
  
- 4 Find the Poma family that lives in the La Paz region of Bolivia.
  - a. What is their monthly income? **\$265**
  - b. What is the occupation of the primary wage earner in the family? **carpenter**
  - c. What do they dream of purchasing? **refrigerator**
  - d. Choose one of the pictures of their home and describe it.
  - e. Where do they fall on The Dollar Street income scale? **middle**



LESSON HANDOUT

Peer Talk on Peer Pressure

Directions: Read the scenarios below, and construct a firm way to go against peer pressure. Feel free to be humorous or creative.

- 1 You are waiting with a bunch of friends to go to the movies. Some of the kids are vaping and offer the Juul to you. You do not want it. How do you respond?
- 2 You are chilling out after school and playing an online game with several other players. One starts “griefing” on another player, QTpie, and types, “Come on everybody—isn’t QTpie the worst? Say so!” You like QTpie. How do you respond?
- 3 A good friend is unprepared for an individual class assignment, and many kids are sharing their notes with her. Your school has a strict cheating policy, and you think this falls under the definition of cheating. Your friend approaches you for answers a few periods before class. You do not want to share the answers. How do you respond?
- 4 Your teacher is absent, and the class plans to behave obnoxiously for the substitute by rearranging the desks and switching names with each other. You are approached to participate but you feel bad for the substitute. How do you respond?

Brainstorm and create a list of ways you can say no or express polite doubt to your peer group. Jot them down here:

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## LESSON HANDOUT

### One-to-One Strategy

*When there is an interpersonal conflict, the conflict takes place between two individuals. The person who initially looks to solve the conflict is called the initiator, and the person who is being asked to work it out is called the responder.*

#### FOR THE INITIATOR:

##### 1 ASK TO TALK

The initiator requests time to talk with the responder to ensure that both people have time to discuss the issue.

##### 2 CHOOSE ONE ISSUE

By choosing only one issue to focus on, both people can stay focused on the actual issue that caused the conflict. If too many issues are addressed at the same time, the root of the conflict can get lost. This also ensures that the initiator has thought through the problem and decided on the most important issue for them.

##### 3 STATE THE FACTS ONLY

This step is used to create agreement among the individuals. Facts are indisputable.

##### 4 STATE ASSUMPTIONS

This is the opportunity for the initiator to let the responder know their thoughts regarding the facts of the issue.

##### 5 STATE YOUR FEELINGS

The initiator tells the responder their feelings about the situation.

##### 6 REQUEST FOR CHANGE

This step requires the initiator to make a request for future interactions.

#### FOR THE RESPONDER:

##### 1 AFFIRM THE FACTS ARE TRUE

Let the initiator know if you agree with the facts of the situation.

##### 2 CORRECT ASSUMPTIONS

Let the initiator know if their assumptions were right or wrong.

##### 3 ACKNOWLEDGE FEELINGS/SAY SORRY WHEN AUTHENTIC

Let the initiator know that you hear their feelings about the situation. If you truly feel apologetic, let the initiator know exactly what you are sorry for. Be authentic in your apology.

##### 4 STATE YOUR FEELINGS

Let the initiator know how you feel about the situation.

##### 5 NEGOTIATE CHANGE

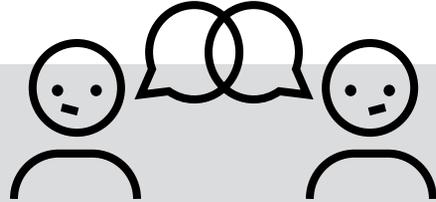
Directly address the request that the initiator made. If you can fulfill the request for the future, let the initiator know. If you cannot fulfill the request, suggest an alternate solution and look to collaborate.



## LESSON HANDOUT

### One-to-One Practice Scenarios

*Directions: As partners, read the following scenarios and practice solving the conflicts using the One-to-One Strategy. Take turns being the initiator and the responder.*



1

You are having a quiet weeknight at home. You notice on social media that your friends are posting pictures of themselves at Dunkin' Donuts, laughing and having fun. It makes you feel really sad that you were not invited to join them. You do not believe you are in a fight with any of them so you wonder why they did not invite you. You decide that instead of blowing it up into a big fight, you will approach your closest friend in the group using the One-to-One Strategy.

2

You and a friend agree to meet after school in front of the auditorium to walk home together. When the bell rings at 2:45 p.m., you go to your locker to collect your belongings. You rush to meet your friend because you do not want to keep them waiting. When you get to the auditorium, your friend is not there. You wait and wait. You repeatedly text and call your friend, but they do not respond. Finally, at 3:30 p.m., you leave feeling furious and walk home alone. Using the One-to-One Strategy, how will you address the situation?

3

There is a huge concert coming to your area. Your friend bought five tickets and invited you to go. It is one of your favorite bands. When you ask your parent for permission, they tell you they do not want you to go because you are too young to go unsupervised to a concert. All your other friends' parents have allowed them to go. You will be the only one not going. You and your parent get into a screaming match. The next day, you decide that if there is any hope of you going at all, you will need to be mature and talk it out with your parent. You decide to try the One-to-One Strategy.

4

Your social studies class has been assigned a group project on African American soldiers during the Civil War. As a group, you decide on your thesis and divide up the work equally among the four members of the group. One of the members, Carmen, is not doing her share of the work. The other members of the group are getting upset, and they have asked you to address the situation. Using the One-to-One Strategy, approach Carmen to solve the problem.

**LESSON HANDOUT****Problem Dissector**

*Use the space to break down the group's proposed problem. Add additional clouds to address questions that could help you understand the root of the problem. Remember, this is a judgement-free space. Your problem is solvable!*

**HOW DID THIS  
HAPPEN?**

**WHAT LED UP  
TO THIS?**

**PROBLEM**

**WHAT IS THE  
TIME FRAME AND  
ENVIRONMENT?**

**WERE THERE  
AVOIDABLE FACTORS  
AND ELEMENTS?**



# LESSON HANDOUT

## Problem Solver

A worksheet template for problem-solving. It features a 2x2 grid of identical sections. Each section consists of a cloud-shaped box at the top containing the text "COULD-DO...". Below the cloud is a rounded rectangular box containing an upward-pointing arrow and the word "ADVANTAGES". Below that is another rounded rectangular box containing a downward-pointing arrow and the word "DISADVANTAGES". The entire grid is set against a background of a dotted pattern on the right side of the page.

**COULD-DO...**

**ADVANTAGES**

**DISADVANTAGES**

**COULD-DO...**

**ADVANTAGES**

**DISADVANTAGES**

**COULD-DO...**

**ADVANTAGES**

**DISADVANTAGES**

**COULD-DO...**

**ADVANTAGES**

**DISADVANTAGES**



MIDDLE/HIGH  
SCHOOL

## LESSON HANDOUT

### Positive Intent/ Negative Impact

Directions: Read the scenario as a group. Fill in the columns.

SCENARIO	What is the intent?	What can you do to take responsibility for the negative impact after it happens?	What can you do to prevent the negative impact in the first place?
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**1** You are excited to hang out with a new friend. You start talking about it in front of some other friends who were not invited. They get quiet and look down.

**2** You are playing volleyball in gym class, and the winning spike hits someone in the face. Your team wins, and you are excited. The person you hit has a big red mark on their cheek.

**3** Your friend talks about being embarrassed when he tripped and fell in the hallway. You laugh but notice he is not laughing with you.

**4** You are working on a project with a group. You know the topic very well, and you are telling everyone what to do. You notice people looking at each other and rolling their eyes.

**5** Every day at lunch you are starving. You run to the lunchroom as soon as the bell rings and head straight for the pizza. You grab two slices and go to pay, when you realize there is a long line that you just cut.