

6TH GRADE ALIVE & WELL

Planning For a Bright Future

Students will receive a note taking packet and Parent Talk homework assignments designed to promote parent/pre-teen discussions.



Session 1: Understanding Me

Quote: Your emotions make you human.

3 Regions of the Brain: Primitive Region, Feeling Region, Thinking Region

Flipping Your Lid: When a situation causes a heightened emotional response, the feeling region of the brain takes over. This is when we must re-engage our thinking brain before we make decisions we will later regret.

Ask Yourself: What am I feeling? Why am I feeling this way? What happened in my past to make me have these feelings? What can I do to make this situation better?

I-Messages: Communicating our feelings without blaming another person.

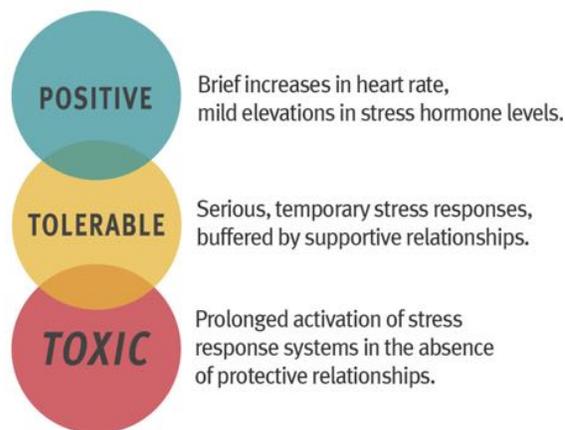
Body Language: Over 90% of our communication is non-verbal. This comes across through our tone, eyes, breath, and body language.

If we let our negative emotions build up, they will eventually explode!

Stress management tips: Use square breathing, listen to music, get enough sleep, exercise, take a walk, eat healthy, practice good time management, talk to friends and a trusted adult.

Tell someone
your secret
struggle to
get on the
path of
healing

3 Types of stress



Parent Talk Assignment:
Think Sheet

Ask your student about

- *Areas of the Brain* video
- The bottle it up demo
- I message scenarios
- Square breathing

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Session 2: Understanding Others

Quote: I've learned that 2 people can look at the exact same thing and see something totally different. - Unknown

Content:

- My background affects the way I view the world.
- Others have a different worldview than I do.
- Respect - treating people as if they are valuable.
- Empathy - putting yourself in another's shoes.

Empathy Mapping: What does this person see? What might this person be hearing? What emotions might this person be feeling? What might this person be thinking?

Seek to understand before being understood.

Whole Body Listening:

- My eyes are focused
- My ears are listening
- My brain is engaged
- My mouth is quiet
- My hands and feet are still

Ask your student about

- The red and green glasses
- The water glass demo
- The green peanut butter story
- Empathy mapping scenarios

Parent Talk Assignment: *Worldview: The Way I See the World*

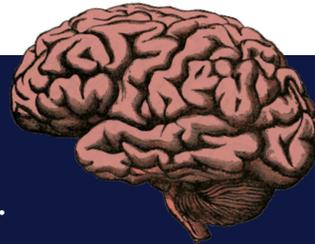
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Session 3: My Place In This World

Quote: Everybody is a genius . But if you judge a fish by its ability to climb a tree, it will live its whole life believing that it is stupid. ~Albert Einstein



Content:

- We each have talents and abilities that can make the world better.
- Tips for finding my strengths.
- Neuroplasticity - My brain is capable of changing and growing in positive and negatives ways.
- The importance of trying new things which can form new brain pathways.
- Failure is actually a good thing. It is an important step in learning.

To reach my potential I should set goals.

To be successful I need to

- Be balanced
- Be focused
- Be flexible

Parent Talk Assignments:

9 Multiple Intelligences
Chasing My Dreams

Ask your student about

- *Personal Mastery: Finding Your Strengths* video
- *Neuroplasticity* video
- *Famous Failures* video
- The mop demo
- Their name acrostic listing their talents

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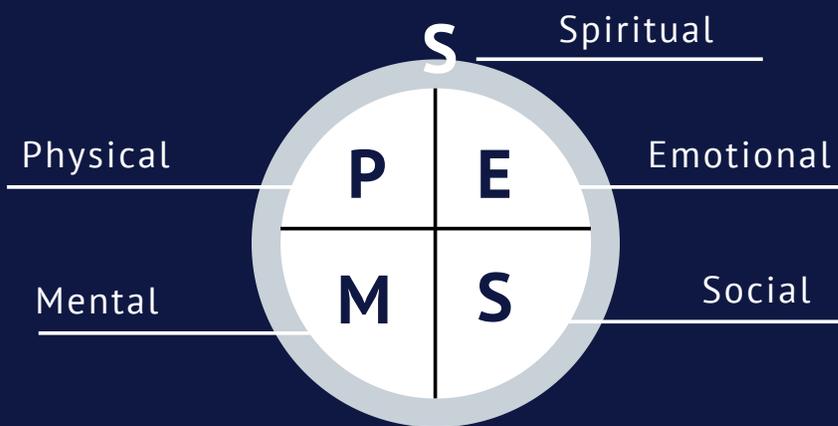
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Session 4: Goals & Maturity

Quote: If you aim at nothing, you will hit it every time.

The Whole Person Circle



Maturity

Spiritual: Respecting beliefs & values

Emotional: Self-control vs immediate gratification

Social: Defining boundaries & resisting negative peer pressure

Physical: Body changes are automatic

Mental: Setting goals & making good decisions

Ask your student about:

- The lifesaver demo
- Emotional needs
- Snap vs reflective decisions
- The marshmallow video

Set SMART goals

Specific
Measurable
Achievable
Relevant
Timely

Parent Talk Assignment: I Have Some Questions & Steps to Making a Good Decision

Next week, we will be presenting the topics of puberty and abstinence in your pre-teen's class. We believe that it is very important for young people to discuss these issues with their parents/guardians. The purpose of this activity is to "break the ice" to help you have these conversations with your student.

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SESSION 5: PUBERTY, ABSTINENCE & PERSONAL HEALTH GOALS

Quote: My sexuality is a special gift worth respecting and protecting.

Content:

- **Video:** *You, Your Body & Puberty*
- **Define:**
 - **Pituitary Gland** - The gland in our brains that controls our growth.
 - **Puberty** - The stage of life when a child begins to develop into a young man or woman.
 - **Hormones** - Special chemicals in the body that cause changes to occur.
 - **Ovaries** - The organ where the female's eggs are stored.
 - **Uterus** - The female organ in which a baby grows.
 - **Menstruation** - The shedding of the lining of the uterus.
 - **Testes** - The organs where the male sperm cells are produced.
 - **Fertilization** - The process of a sperm joining an egg.
- **Abstinence** - Saving intimate sexual contact for marriage. This helps you create positive relationships.

Ask Your

Student About:

- The puberty video
- Changes that happen in the whole person circle as you mature
- Abstinence

Parent Talk Assignments:

*My Personal
Health Goal*

Puberty is a very important time in life. Be sure to share your questions and concerns with a trusted adult.

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Session 6: Love & Infatuation, Steps of Affection

Quote: Love takes time to grow, infatuation comes and goes.

Content: Love vs. Infatuation (a crush), Setting Limits, Abuse

Love is long-term, committed, and thinks of the other person's needs.

Infatuation is short-term, no commitment, thinks of one's own needs.

Save sexual involvement for the loving, committed relationship of marriage. Infatuation is normal, fun and exciting - but can be hurtful when a person mistakes infatuation for love and becomes physically involved in a relationship based on infatuation.

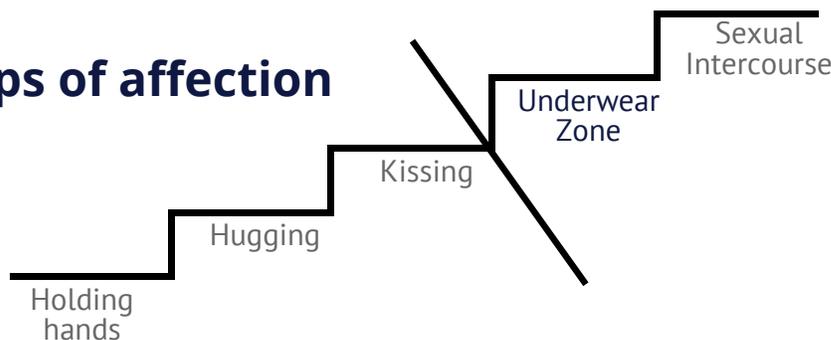
Pornography - Pictures or videos where a person's private parts are not covered. Frequent viewing of pornography can affect the brain.

Modesty - Keeping the private parts of your body covered.

Secondary abstinence means a person chooses to stop crossing the line and decides to make a fresh start by choosing abstinence.

Sexual abuse is when someone touches another person in the "underwear zone" without permission or they force a person to touch them. Abuse is never the victim's fault. It must be reported so it can be stopped and both people can get help.

The steps of affection



Most junior high and high school relationships do not progress into marriage. If a line of affection has not been drawn, the risks and consequences will be greater in the "whole person circle".

Parent Talk Assignments:
Alive & Well Media Assignment

Ask your student about

- The differences between love and a crush
- The love potion demo
- The power of hormones
- The healthiest place to draw their line

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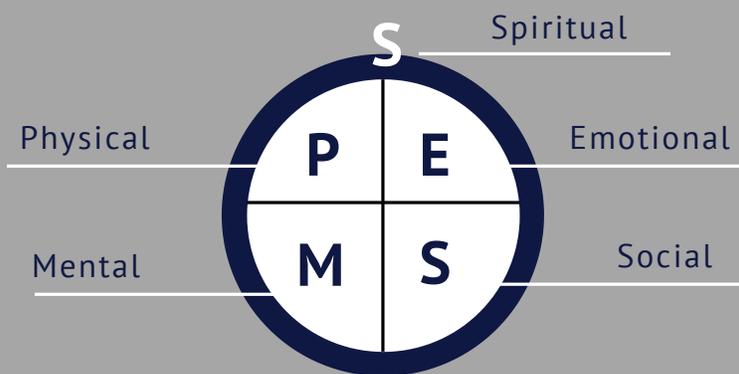
Session 7: Possible Consequences

Quote: Let the choices you make today be choices you can live with tomorrow.

Content: Possible physical, emotional, and mental consequences of sexual involvement, Basic STI information (definition, transmission, symptoms, prevention), Abstinence

STI's: 40 years ago there were only 2 common sexually transmitted infections. Today there are over 25 named STIs with many different strains. 1 in 4 sexually active teens has an STI. Why? They are transmitted through body fluids getting into body openings and skin to skin contact in the underwear zone. This is why it is important to draw your line no further than kissing.

Secondary Abstinence: If a person has been sexually involved, they can STOP and START OVER by deciding NOW to wait until marriage for sexual intimacy. To make this decision, they may have to change some things in their life, but it will be worth it!



Sexual activity can have consequences in all parts of the whole person circle.

Parent Talk Assignments:

Character Qualities

This is a great chance to build your student's self-esteem.

Ask your student about

- The possible whole person consequences of sexual activity
- The HIV/AIDS analogy
- *Casual Consequences* video



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Session 8: Friendship & Technology



**Quote: Show me your friends,
and I'll show you your future.**

Content:

- Mirror Neurons encourage us to follow others
- Self-esteem: What is it? How can you strengthen it?
- Factors that will help me build better relationships
- Improving my character - what is on the inside counts
- Respectful communication
- Texting & social media - my digital footprint

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Assignments:
*Keep talking and
listening to your
kids. You are the
most influential
person in your
child's life.***

**Ask your
student about:**

- Their self-esteem
- Their favorite forms of media
- Good and bad experiences they have had with technology