



**ALIVE AND WELL 7TH GRADE  
3 SESSION STUDENT NOTES**

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**THE  
JOURNEY  
OF LIFE**

**NAME:** \_\_\_\_\_

**CLASS PERIOD:** \_\_\_\_\_

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**HELPING TEENS MAKE HEALTHY CHOICES**

# THANK YOU TO OUR SPONSORS



*Providing you with the latest and best in outdoor power equipment and parts.*



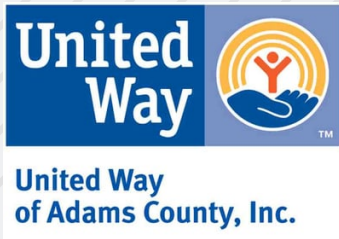
*An Indiana based community bank providing personal, business, and agribusiness services.*



*Inspiring people and communities to build and distribute charitable funds for good.*



*Getting your commercial and industrial HVAC job done right the first time.*



*Making a positive impact on our community.*



*Enhancing the quality of life in Huntington County.*



*Providing fueling solutions for wholesale and retail customers.*



*Making a lasting difference in Wells County.*



*Saving marriages, strengthening families, and empowering individuals towards hope and wholeness.*



*Making a positive impact on our community.*



# POSITIVE SELF TALK

## QUOTE:

Today is going to be a \_\_\_\_\_ day!

- 1 We do not see the world as it \_\_\_\_\_, we see the world as we \_\_\_\_\_.
- 2 Our view of ourselves \_\_\_\_\_ the way we see the world, and \_\_\_\_\_ the way we interact with everyone around us.
- 3 Your quality of \_\_\_\_\_ is determined by the quality of your \_\_\_\_\_.  
This starts with the way you communicate with \_\_\_\_\_.
- 4 Whether you think you can or you can't, you're \_\_\_\_\_. ~ Henry Ford
- 5 Steps to Creating Empowering \_\_\_\_\_:
  1. Acknowledge your negative \_\_\_\_\_.
  2. \_\_\_\_\_ your negative voice.
  3. Talk \_\_\_\_\_ to your negative voice.
  4. \_\_\_\_\_ a positive message.

# SUBCONSCIOUS MIND

## **SESSION 2** HOMEWORK: LIFE CHANGE STARTS WITH ME

**QUOTE:** You upgrade your brain just like you upgrade a \_\_\_\_\_.

**1** Neuroplasticity: The ability for our brain to change and \_\_\_\_\_.

**2** Conscious mind: Decisions we make that we are \_\_\_\_\_ of.

**3** Subconscious mind: Decisions we make that we are NOT \_\_\_\_\_ of.

**4** Lesson from the balloon on a string demo: Creating a new habit is extremely \_\_\_\_\_ at first, but over time it becomes much \_\_\_\_\_.

**5** Teens should be getting \_\_\_\_\_ hours of sleep every night.

**6** 5 Stages of sleep:

1. \_\_\_\_\_

2. Heart rate \_\_\_\_\_

3 & 4. \_\_\_\_\_ and restorative sleep: helps you to remember basic facts like faces and places.

5. REM Sleep: helps you to remember things for \_\_\_\_\_, have more control over your \_\_\_\_\_ and strengthens your \_\_\_\_\_ system.

# STRESS COPING IDEAS

## SESSION 2



### SQUARE BREATHING

Breathe in for 4 seconds, hold for 4 seconds, breathe out for 4 seconds, hold for 4 seconds, and repeat until your heart rate has returned to normal.



### JOURNAL

Do not filter your thoughts, just write all your emotions down so your brain can process the world around you.



### LISTEN TO MUSIC

Listen to slow, quiet, classical music to help lower your heart rate and blood pressure.



### GO ON A WALK

Do not listen to anything, just breathe the in the fresh air and give your brain a chance to reset.



### COLOR A PICTURE

The repeated pattern of moving the crayon, marker, or colored pencil back and forth is a great stress reducing activity.



### TALK TO A TRUSTED ADULT

Ultimately, talking to someone is the only way you will feel better with the repeated stress in your life. Find a parent, guidance counselor, teacher, youth pastor, or other adult to share your life struggles.

# Positive Impact

**QUOTE:** What comes easy won't \_\_\_\_\_. What lasts won't come \_\_\_\_\_.

**1:** You must \_\_\_\_\_ your past to \_\_\_\_\_ your future.

**2:** Believing in \_\_\_\_\_ is the first secret to \_\_\_\_\_.

**3:** "Those who are happiest are those who do the \_\_\_\_\_ for others." ~ *Booker T. Washington*

**4:** Never underestimate your \_\_\_\_\_. Never overestimate your \_\_\_\_\_.

**5:** 5 Sure-fire ways to not let failure define you:

1. Understand my \_\_\_\_\_.
2. Put \_\_\_\_\_ thoughts into my mind everyday.
  - a. Your input determines your \_\_\_\_\_.
3. Put \_\_\_\_\_ in its place.
  - a. Failure is an event, not a \_\_\_\_\_.
4. Turn \_\_\_\_\_ into a chance to learn.
  - a. Failure is \_\_\_\_\_ if we learn from it.
5. Become better for the \_\_\_\_\_.

**Personality Quiz:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

**Results:** \_\_\_\_\_

\_\_\_\_\_



# I NEED HELP!

*A secret struggle can tear a person apart. Be sure to talk to a trusted adult, your school counselor, or one of the organizations listed below.*

*For more helpful websites, visit [aliveandwellteens.com](http://aliveandwellteens.com) or [211.org](http://211.org).*

## ABUSE



**NATIONAL DOMESTIC VIOLENCE/ABUSE HOTLINE**

TEXT: loveis to 22522  
1.800.799.SAFE  
1.866.331.9474



**INDIANA CHILD ABUSE AND NEGLECT HOTLINE**

1-800-800-5556



**NATIONAL SEXUAL ASSAULT HOTLINE**

hotline.rainn.org  
800-656-HOPE

## BULLYING



**STOP BULLYING .GOV**  
stopbullying.gov  
1-800-273-TALK



**NATIONAL EATING DISORDERS ASSOCIATION**  
nationaleatingdisorders.org  
call or text: (800) 931-2237

## EATING DISORDERS

## COUNSELING

LOOKup

**LOOK UP INDIANA**  
Chat or text a soul medic  
Text LOOKUP to 494949  
or visit: [lookupindiana.org](http://lookupindiana.org)



**CROSSWINDS (FAMILY COACHING AND COUNSELING)**  
Crosswindseyouth.org  
855.927.7963



**RENOVATE COUNSELING SERVICES**  
renovatecounseling.org  
260.307.5030

## PORNOGRAPHY



**X3 WATCH**  
x3watch.com



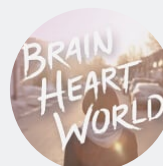
**NF COMPANION**  
App for Android



**COVENANT EYES**  
covenanteyes.com



**FIGHT THE NEW DRUG**  
fightthenewdrug.org



**BRAIN, HEART, WORLD**  
brainheartworld.org

## ONLINE PREDATOR



NATIONAL CENTER FOR MISSING & EXPLOITED CHILDREN

[cybertipline.org](http://cybertipline.org)  
1-800-843-5678

## SELF HARM



SAFE ALTERNATIVES  
800-DONT-CUT  
[selfinjury.com](http://selfinjury.com)



NATIONAL SUICIDE PREVENTION LIFELINE  
1-800-273-8255  
[suicidepreventionlifeline.org](http://suicidepreventionlifeline.org)

## SEX TRAFFICKING



SHARED HOPE INTERNATIONAL  
[sharedhope.org](http://sharedhope.org)  
1-866-437-5433



HUMAN TRAFFICKING IN OUR BACKYARD  
[InOurBackyard.org](http://InOurBackyard.org)  
888-3737-888  
Text: HELP to 233733

## STI TESTING



THE HOPE CLINIC  
[hopeandanswers.com](http://hopeandanswers.com)  
Berne:  
260.589.3561  
Decatur:  
260.728.4191



A HOPE CENTER  
[ahopecenter.org](http://ahopecenter.org)  
Call or Text:  
224.585.3544

## UNPLANNED PREGNANCY

Check your local Health Department for valuable resources.



BARB HARTSELL  
Pregnancy Counselor  
Bethany Services  
[bhartsell@bethany.org](mailto:bhartsell@bethany.org)  
260.820.3404



THE HOPE CLINIC  
Berne or Decatur  
[thehopeclinic.net](http://thehopeclinic.net)  
B: 260.589.3561  
D: 260.728.4191  
24/7 Help Line:  
1.800.395.HELP



HELPING HANDS  
Pregnancy Resource  
Bluffton, IN  
[helpinghandscpc.org](http://helpinghandscpc.org)  
260.824.4263



A HOPE CENTER  
Fort Wayne  
[ahopecenter.org](http://ahopecenter.org)  
24/7 Help Line:  
260.422.3544





# Becoming a Difference Maker

Homework Session 3

What is a personal strength you believe you have?

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How could you use that strength to make a difference in another person's life?

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How many hours per week or month could you commit to this endeavor?

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How do you predict this could improve your own life?

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Who would you need to contact to help you make this dream a reality?

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Who can hold you accountable to be sure you make those connections?

-----

Name: -----

Parent Signature: -----

# PLEASE THANK FOUR OF OUR SPONSORS:



**NATIONAL  
OIL & GAS, INC.**

*Providing fueling solutions for  
wholesale and retail customers.*



**United Way  
of Wells County**

*Making a positive impact  
on our community.*



**First Bank  
of Berne**

*An Indiana based community bank  
providing personal, business, and  
agribusiness services.*



**FELGER HART, INC.**

*Getting your commercial and  
industrial HVARC job done right the  
first time.*

Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_

*Subconscious Mind*

# LIFE CHANGE STARTS WITH ME

## Homework Session 2

What is one bad habit I would like to break or one change I would like to make in my life?

\_\_\_\_\_

What could happen to me if I don't make this change?

\_\_\_\_\_

What are some conscious steps I could take to help me break my bad habit or make this life change?

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

What are some distractions that could prevent me from accomplishing my goal?

\_\_\_\_\_

\_\_\_\_\_

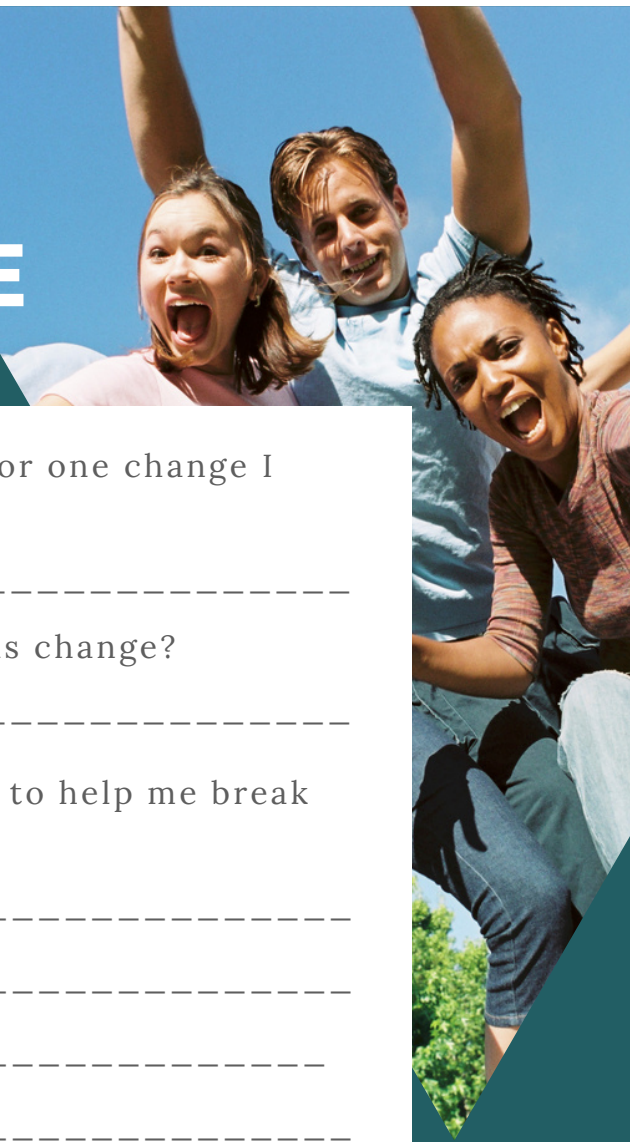
What can I do to overcome these distractions?

\_\_\_\_\_

Who could I share this goal with that could hold me accountable and help me reach my goal?

\_\_\_\_\_

***Conscious Mind: Decisions we make that we are aware of***  
***Subconscious Mind: Decisions we make that we are not aware of***



# PLEASE THANK THREE OF OUR SPONSORS:



*Enhancing the quality of life in  
Huntington County.*



**United Way  
of Adams County, Inc.**

*Making a positive impact  
on our community.*



*Providing you with the latest and best  
in outdoor power equipment and  
parts.*

# SELF TALK PRACTICE

## Homework Session 1

Think of an area of your life where you struggle with self confidence. Answer the questions below to re-frame your thinking from negative, destructive thoughts, to positive, empowering ones.

Get your parents to sign it, and have a conversation with them about what you learned!

Name one area of life where you feel self-conscious:

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What is a negative belief you have adopted in this area?

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Stop, take a deep breath, and think about how this belief has affected your life:

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How can you reframe this belief into a positive one?:

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How can you remind yourself of this new positive belief whenever your negative belief comes back up in the future?:

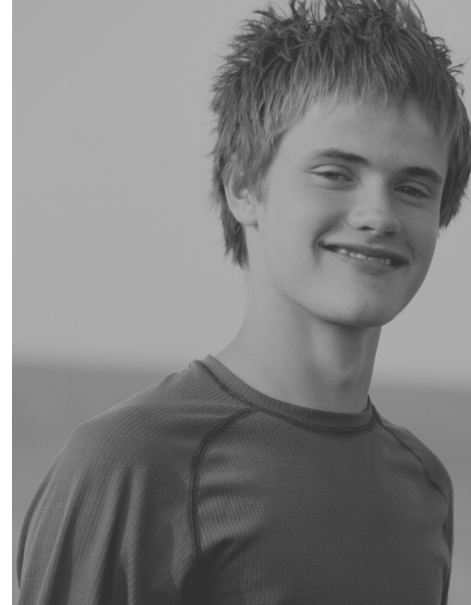
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Who can you share this new belief structure with to help you reframe your beliefs about yourself?:

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Student Name: \_\_\_\_\_

Parent Signature: \_\_\_\_\_



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in Wells County.*



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