

ALIVE & WELL

HELPING TEENS MAKE
HEALTHY CHOICES



GROWING UP 5TH GRADE

NAME:

CLASS PERIOD:



My Personal Health Goal

Name:

My Goal:

In each box mark a + for every day that you did well with your personal health goal, and a - for every day you could have done better.

Week 1

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 2

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 3

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 4

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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Week 5

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Week 6

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SESSION 1

**UNDERSTANDING
MYSELF AND
OTHERS**

**"I don't like
that man. I
must get to
know him
better."
~ Abraham Lincoln**

1. Respect means treating a person like a _____.
2. Whole body listening:
 - a. My eyes are _____
 - b. My ears are _____
 - c. My brain is _____
 - d. My mouth is _____
 - e. My hands and feet are _____
3. Body language: Communicating with our movements, gestures and _____.
4. When there is a _____ in communication, you need to choose to fill the gap with _____ instead of suspicion.
 - a. Can you help me _____.
5. Self-discipline begins with the mastery of your _____. If you don't control what you _____, you can't control what you do.
6. _____: The ability to understand and share the feelings of others.
7. Ask an adult for help when you can't seem to _____ it out, or when someone is going to get _____.



HOMEWORK: UNDERSTANDING OTHERS

NAME IT TO TAME IT



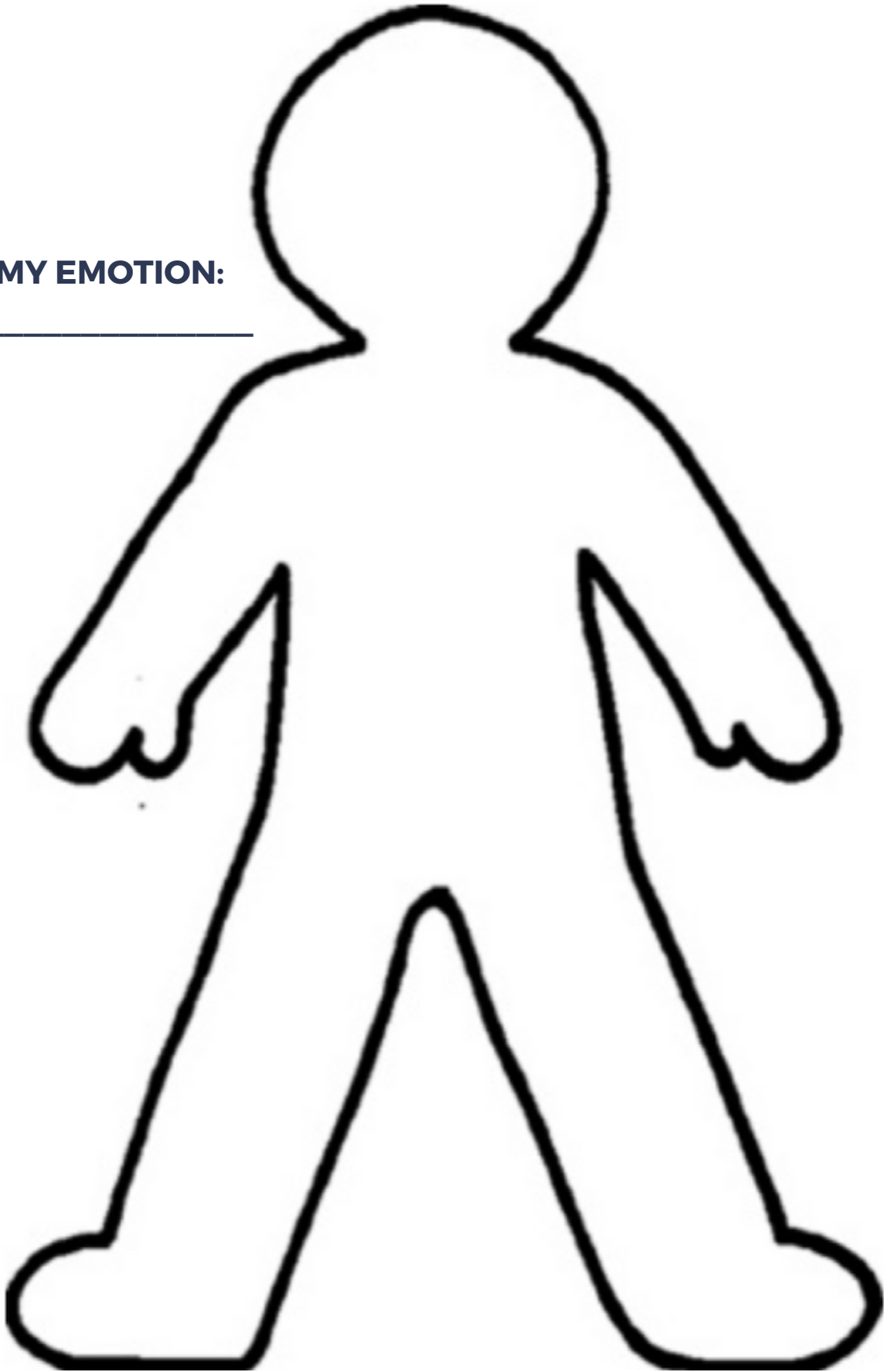
IT IS HEALTHY TO ACCEPT ALL OF OUR DIFFERENT _____

1. Snap Decisions: Decisions you make without _____ about the consequences.
2. Reflective decisions: Decisions you _____ through.
3. Write down 2 circumstances in the last week where you made a snap decision, when you should have made a reflective decision:
 - a. _____
 - b. _____
4. Steps to calm down:
 - a. _____ react immediately.
 - b. Take some _____ breaths.
 - c. Express your _____ in a productive way.
5. "Stress comes from _____; it is your reaction to circumstances, not the circumstances themselves."
~ Brian Tracy

HOW DOES MY BODY FEEL?

What happens to my body when I feel: sad, mad, angry, lonely, scared

MY EMOTION:



annoyed, frustrated, embarrassed, confused, disappointed, jealous, or guilty.

Draw what your strong emotion feels like In each area of your body

STRESS RELIEVING IDEAS

01

GIVE YOURSELF MORE TIME

Stress can come simply from rushing from one activity to another. Try waking up 10 minutes earlier, or getting ready 10 minutes before you have to leave so you are calmer when you walk out the door.

02

GET MORE SLEEP

Put your device in a different room to prioritize sleep in your life. Try going to bed 30 minutes earlier. Spend the last 30 minutes before bed device-free.

03

PHYSICAL ACTIVITY

Go for a walk. Try yoga. Go running. Lift weights. Being physically active can increase endorphins, which is a natural way to relieve stress.

04

PRACTICE DEEP BREATHING

Getting oxygen into your brain is a great way to feel better and think more clearly.

05

DEVELOP QUALITY RELATIONSHIPS

Sharing your hopes, dreams, fears and insecurities with a trusted friend is a great way to relieve built up stress and anxiety in your life.

06

TALK TO A TRUSTED ADULT

The adults in your life will understand your struggles more than you think they will. Try sharing what is really going on with your parents or guidance counselor.

07

HAVE WHITE SPACE

Stress can often develop when we don't allow our brains time to process the world around us. Give yourself at least 30 minutes every day when you are not inputting, but instead process the world around you.

STRESS COPING IDEAS



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 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.

UNIQUELY YOU



Quote for the day: Everyone has a unique _____, but few explore it.

9 Different Types of Intelligences:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____

Neuro-plasticity: Your brain's ability to change and _____.

"If you never did you _____. These things are fun, and fun is _____."

BE YOURSELF



Quote: Be the best you that you can be.

1. Every decision you make has _____.

2. Setting _____ helps keep you on the _____ path.

3. Goals are something I want to _____.

4. Two of my goals:

a. _____

b. _____

5. Self-Control: _____ myself do what is _____.

6. Once you get into a _____ it is very _____ to
get _____ of it.

7. Things I should DODGE:

a. _____

b. _____

c. _____

d. _____

8. To dodge bad things, I must _____ think about the _____
and use _____.

STEPS TO MAKING A GOOD DECISION

Name: _____

	PROS	CONS
1. _____ YOUR GOAL		
2. GATHER _____		
MY DECISION: _____ _____		

CONSIDER THE CONSEQUENCES (POSSIBLE CONSEQUENCES):

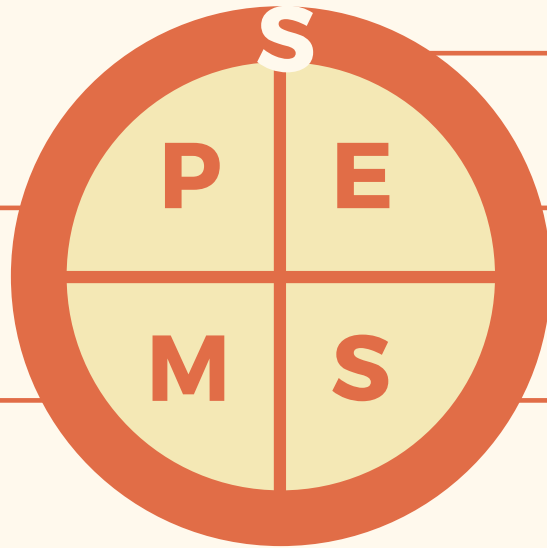
*Can you live with those consequences?

4. _____ YOUR DECISION.

5. EVALUATE YOUR _____

MATURITY

Quote: "You have to do your own growing up, no matter how tall your grandfather was." ~ Abraham Lincoln



Changes that happen during puberty:

Mentally healthy: Putting ----- messages into my mind.

Socially healthy: Not allowing others to ----- my actions.

Emotionally healthy: Using ----- even when I don't feel like it.

Spiritually healthy:

My ----- match my

-----.



HEALTHY RELATIONSHIPS

**TO HAVE GOOD FRIENDS,
YOU MUST BE A GOOD
FRIEND.**

A huge part of having healthy relationships is showing

_____.

1. Respect is learned, earned, and _____.
2. I can work on being more respectful by:

_____.
3. If you expect respect, then be the first to _____ it.
4. You can't take _____ back after you have _____ them.
5. Friends _____.
6. Ways your brain is affected from extended technology use:
 - a. Increased _____
 - b. Limits time with _____
 - c. Affects emotional _____



FRIENDS



ARE YOU A RESPECTFUL PERSON?

TRUE

FALSE

I TREAT PEOPLE THE WAY I WANT TO BE TREATED

I TREAT PEOPLE LIKE THEY ARE VALUABLE

I AM SENSITIVE TO OTHER PEOPLE'S FEELINGS

I NEVER INSULT PEOPLE OR MAKE FUN OF THEM

I NEVER EMBARRASS PEOPLE ON PURPOSE

I AM POLITE

I LISTEN TO WHAT OTHERS HAVE TO SAY

I DON'T JUDGE PEOPLE BEFORE I GET TO KNOW THEM

WANTED: A GOOD FRIEND

In the space below, write a want ad for what you think makes a good friend. You can include things like character qualities, must haves, and "it would be nice if".

RESPECT

Quote for the day: Those who _____ the crowd usually get _____ in it.

1. Self-esteem: My _____ of myself.

2. Things I can fill my life with:

3. Peer pressure can _____ you or _____ you.

4. Seven Steps to _____ a bully:

1. Don't _____ yourself.

2. Talk to a _____ adult.

3. Act _____.

4. Make _____ friends.

5. Avoid _____ situations.

6. Rebuild your _____.

7. Do not resort to _____.

5. Abuse: No one has the _____ to touch you in the underwear zone without your _____.

6. List some ways you can show affection without touching?

7. Modesty: Keeping the _____ parts of my body _____ covered.

MEDIA & TECHNOLOGY

"BE YOURSELF, EVERYONE ELSE IS TAKEN"

SOME TYPES OF MEDIA:



TV



VIDEO GAMES



MUSIC



SOCIAL MEDIA

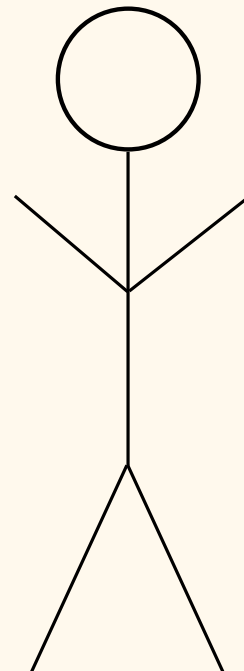
1. Garbage _____, garbage
_____.

2. A mature person uses discernment: The ability to choose what is _____ and avoid what is _____.

3. Technology and media guidelines:

- 1. _____
- 2. _____
- 3. _____

MEDIA KID:



TECHNOLOGY REVIEW



THINK OF THE SHOWS YOU WATCH, GAMES YOU PLAY, AND MUSIC YOU LISTEN TO WHILE YOU ANSWER THE FOLLOWING QUESTIONS:

How many hours per day do you usually spend on a device outside of school work? _____

Do you think this is a good use of your time? _____

If not, then what could you do that would be a better use of time?

What types of messages do you think the shows you watch, games you play, or music you listen to could be communicating to you?

Are these messages that will help you achieve your desired future? _____

If no, are there different games you could play, shows you could watch, or music you could listen to that would help you achieve your dreams? What are they?

7

BULLYING AND TEASING INTERVIEW

Name: _____

Trusted Adult's Name: _____

Tell me about a time when you were bullied or teased:

How did that make you feel? _____

What did you do about it? _____

Did the bullying/teasing stop? How/when? _____

Parent Signature: _____



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NAME: _____

6

QUALITIES OF A GOOD FRIEND



Sometimes we choose friends for the wrong reasons. This assignment is meant to help you take a step back to think about what really matters to you.

1. What character qualities do you think make a person a good friend?

2. From the list you made above, write down every quality that your best friend possesses. If you do not have a best friend then pick the person you hang out with the most.

3. From the list on question 1, write down every quality that you believe you possess.

4. Do your current friend's character qualities match with your answer to question 1?

Yes

No

Sometimes

If yes, you should thank them for being such a good friend. If no or sometimes, maybe it is time to reevaluate your friendship

Parent Signature: _____

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MY PERSONAL HEALTH GOAL

Due Session 6

NAME:

MY GOAL IS:

STEPS TO REACH MY GOAL:

BARRIERS THAT COULD KEEP ME FROM REACHING MY GOAL:

PERSONAL CHOICES I WILL HAVE TO MAKE:

MY PERSONAL ACCOUNTABILITY:

PARENT SIGNATURE: _____

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*Making a lasting difference
in Wells County.*



**United Way
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4

A DAY IN THE LIFE



List at least 10 decisions that you have made in the last 24 hours:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Who or what had the biggest influence over your decision making?

How have your parents/family influenced your decisions?

How would your decisions be different if you were raised by a different family?

What could that teach us about how to treat other people when we don't agree with them?

Are you capable of thinking for yourself, or are you stuck with making the same decisions of those around you? _____

Who is responsible for your life? _____

Are there decisions you have made that seem insignificant? Are they REALLY insignificant?

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Name: _____

WHICH KIND OF SMART ARE YOU?

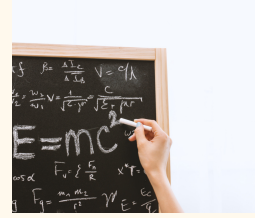
3



Picture



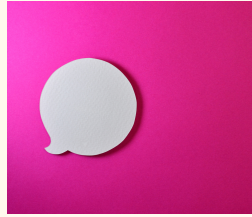
Nature



Number



People



Word



Life



Body



Self



Music

Due Session 4

9 MULTIPLE INTELLIGENCES

Rate each intelligence 1-9.

1 = This is most like me. 9 = This is least like me.

Share with your parents what you have learned about multiple intelligences, and why you chose the numbers you did.

“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

Parent's Signature: _____

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NAME: _____

PARENT SIGNATURE: _____

2

THINK ABOUT IT

Think of the last time you regretted your actions

Describe the situation: _____

What were you thinking and feeling at the time? _____

Who was impacted by your behavior? How? _____

What can you do to make things better? _____

What can you learn from this experience? _____

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NAME: _____

PARENT SIGNATURE: _____

1

UNDERSTANDING OTHERS



Use the scenario provided to answer the questions below. You do not have background information, so use your imagination.

Your best friend asked to copy your Math homework, even though they know how you feel about cheating.

Why do you think your friend could be asking you for the answers?

How can you tell them no without giving them a guilt trip about asking you?

How can you help them understand that it is not okay for them to ask you for homework in the future, while still be encouraging to them in the process?
