

ALIVE & WELL

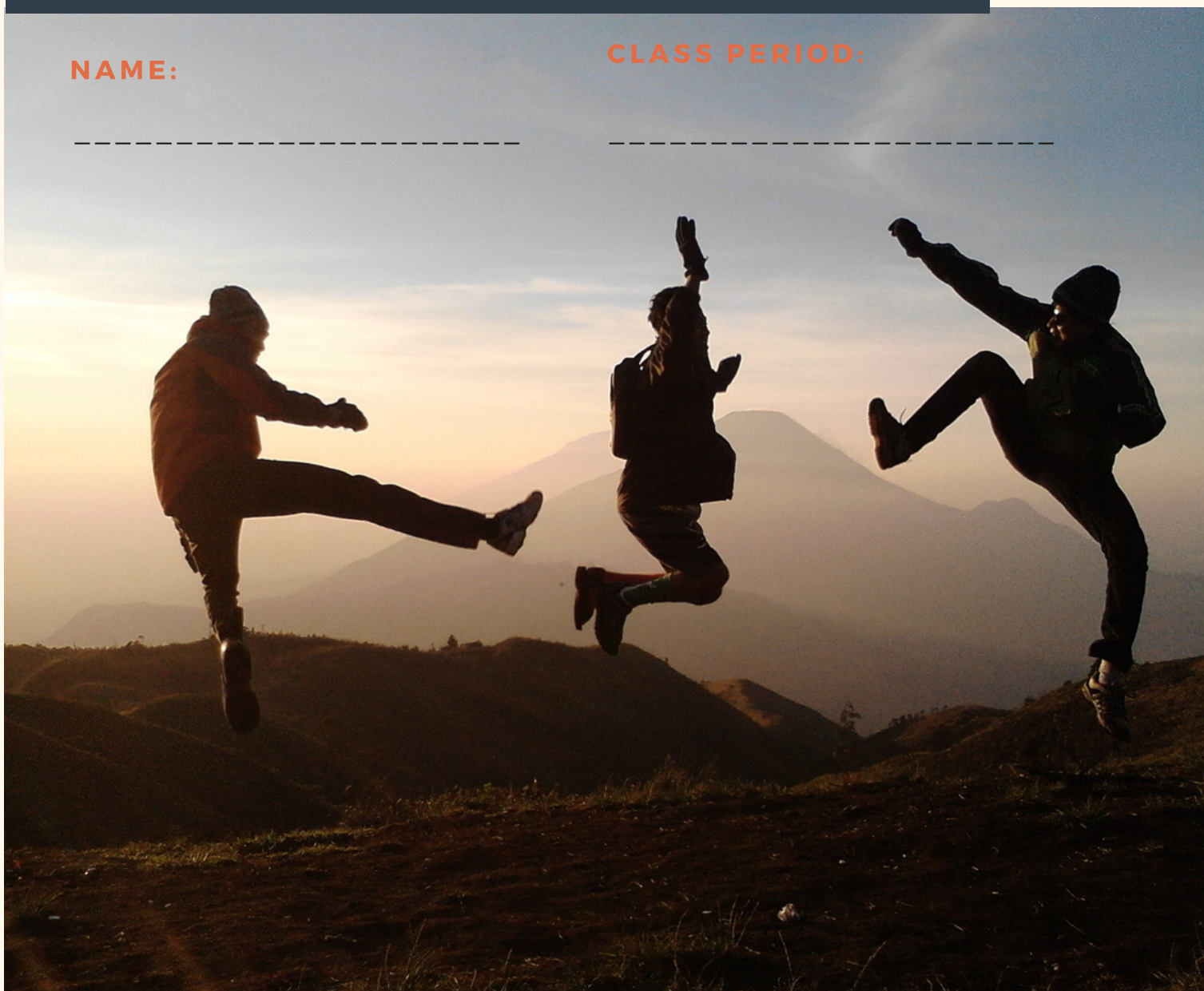
HELPING TEENS MAKE
HEALTHY CHOICES



GROWING UP 5TH GRADE

NAME:

CLASS PERIOD:



THANK YOU TO OUR SPONSORS



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



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



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



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



Providing fueling solutions for wholesale and retail customers.



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



Making a positive impact on our community.



Making a lasting difference in Wells County.



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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



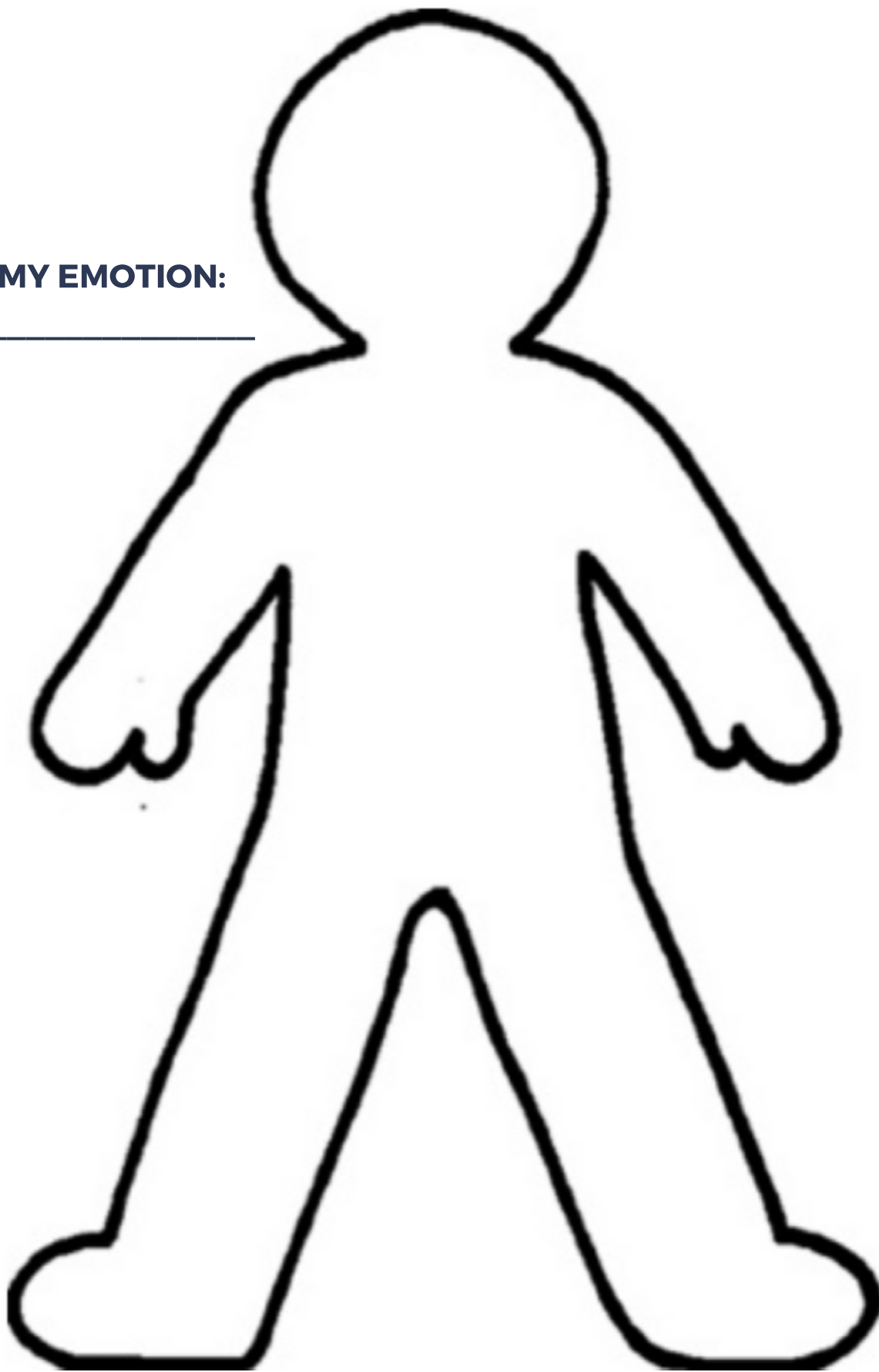
IT IS HEALTHY TO ACCEPT ALL OF OUR DIFFERENT _____

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 _____."

Name: _____

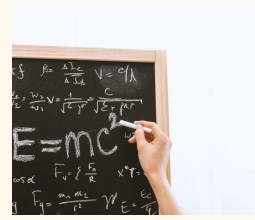
WHICH KIND OF SMART ARE YOU?



Picture



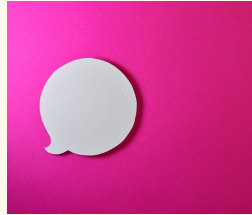
Nature



Number



People



Word



Life



Body



Self



Music

Due Session 3

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.”

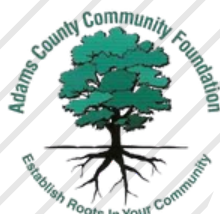
~ ALBERT EINSTEIN

Parent's Signature: _____

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of Adams County, Inc.**

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Making a lasting difference in Wells County.



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of Wells County**

Making a positive impact on our community.

NAME: _____

PARENT SIGNATURE: _____

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? _____

