



**6TH GRADE  
STUDENT NOTES  
3 SESSIONS**

# Planning for a Bright Future

**STUDENT NAME:**

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**Class Period:**

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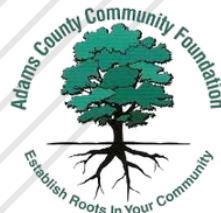
# THANK YOU TO OUR SPONSORS



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.



United Way of Adams County, Inc.

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.



United Way of Wells County

Making a positive impact on our community.

*Student Notes Session 1:*

# UNDERSTANDING ME

Quote: Your emotions make you \_\_\_\_\_.

1.3 Regions of the brain:

- o \_\_\_\_\_
- o \_\_\_\_\_
- o \_\_\_\_\_

2. Steps to reactivate the thinking region of the brain:

- o \_\_\_\_\_.
- o Take \_\_\_\_\_.
- o \_\_\_\_\_ it to \_\_\_\_\_ it.

3. The first step in \_\_\_\_\_ your emotions is to \_\_\_\_\_ exactly what it is that you are \_\_\_\_\_.

- o Ask yourself: \_\_\_\_\_ am I feeling? \_\_\_\_\_ am I feeling this way? \_\_\_\_\_ happened in my past to make me have these feelings?

4. What emotion were you feeling the last time you regretted your actions? What happened to your body when you felt this way?

5. If we let our negative emotions build up, they will eventually \_\_\_\_\_.

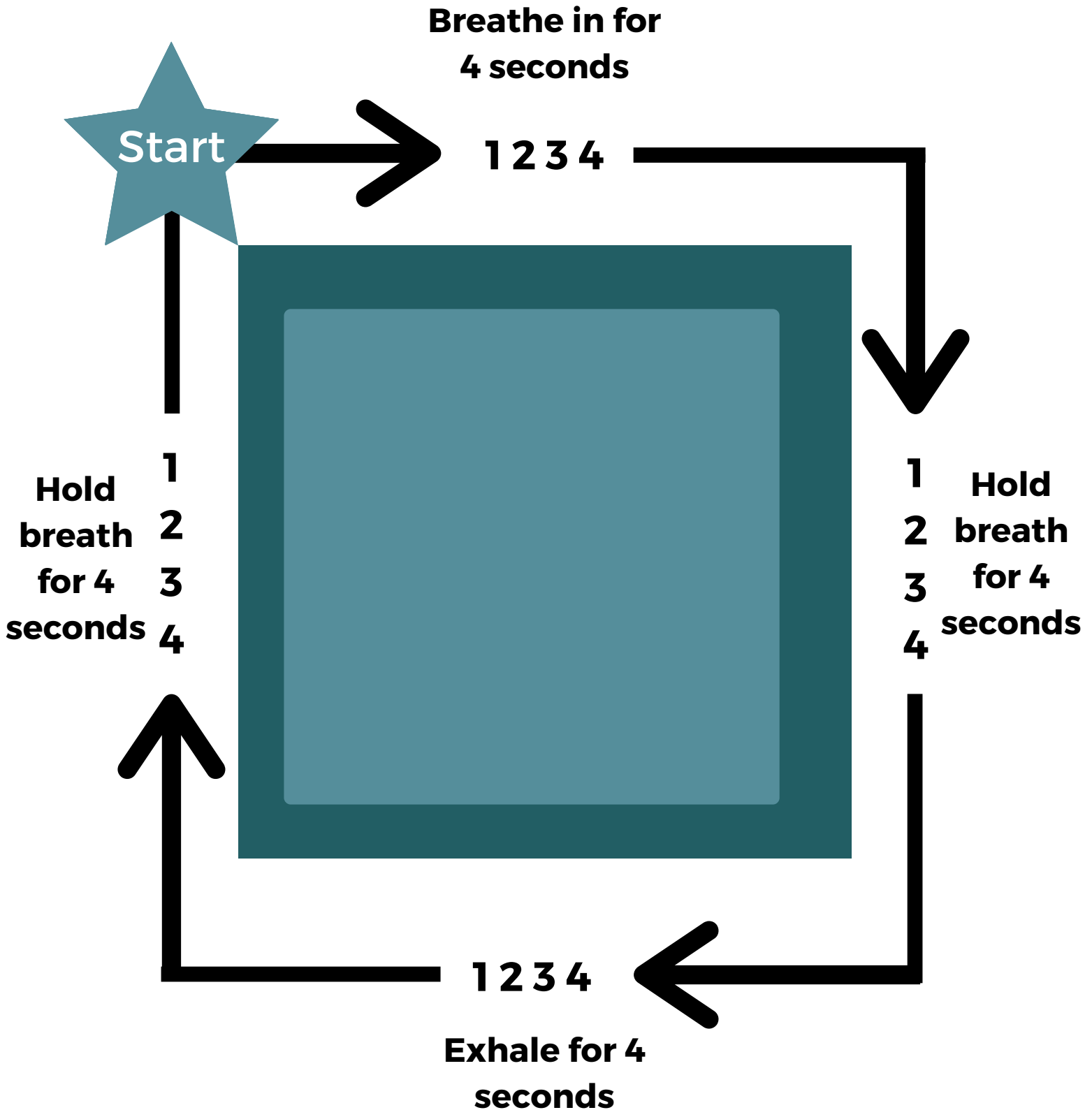
- Positive Stress** Ex. studying for a test or standing up to peer pressure
- Tolerable Stress** Ex. minor car wreck, natural disaster, or death of a loved one
- Toxic Stress** Ex. chronic neglect, abuse or chronic exposure to violence



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

# Square Breathing

Session 1



# STRESS RELIEVING IDEAS

Session 1

01

## GIVE YOURSELF MORE TIME

Stress can happen simply by 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 of silence every day to give your brain a break

# UNDERSTANDING OTHERS

*I have learned that 2 people can look at the exact same thing and see something totally different.*

1. Worldview - The way we \_\_\_\_\_ the world (our lens).

## My Personal Worldview

Religion	
Family	
Friends	
Teachers	
Personality	

## EMPATHY MAPPING



Created by Dr. Brandie Oliver, 2017

2. Our worldview \_\_\_\_\_ the way we see the world.

3. Understanding \_\_\_\_\_ should increase our desire to find \_\_\_\_\_.

4. When we see someone harming themselves or another person (either physically or emotionally) we should \_\_\_\_\_ them in an \_\_\_\_\_ way.

5. Seek to \_\_\_\_\_ before being \_\_\_\_\_.

6. Whole body listening means you are 100% \_\_\_\_\_ in the conversation.

## Whole Body Listening

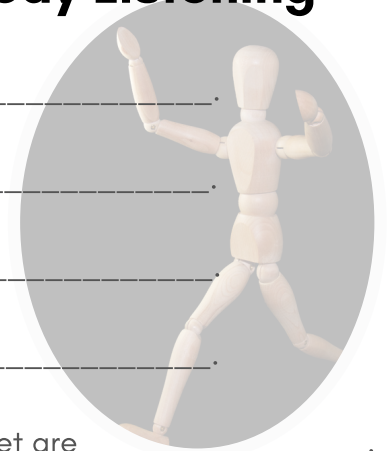
Eyes are \_\_\_\_\_.

Ears are \_\_\_\_\_.

Brain is \_\_\_\_\_.

Mouth is \_\_\_\_\_.

Hands and Feet are \_\_\_\_\_.



**PARENT TALK ASSIGNMENT  
DUE SESSION 3:**

**WORLDVIEW  
THE WAY I SEE THE WORLD**

# MY PLACE IN THIS WORLD

## STUDENT NOTES SESSION 3

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1. "Everybody is a \_\_\_\_\_. But if you judge a fish by its \_\_\_\_\_ to climb a tree, it will live its whole life believing that it is \_\_\_\_\_." - Albert Einstein

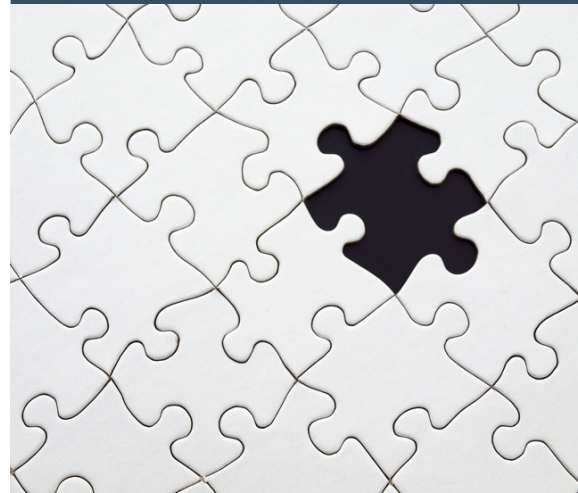
2. We all have gifts and \_\_\_\_\_.

3. Neuroplasticity - The ability for our brain to \_\_\_\_\_ and grow.

4. Neuroplasticity - Your brain is capable of turning a current \_\_\_\_\_ into a future \_\_\_\_\_.

5. "Failure is \_\_\_\_\_ if we \_\_\_\_\_ from it." - *Malcolm Forbes*

*Acrostic of my name pointing out some of my gifts and talents:*



**Session 3 Homework Assignment**  
**9 Multiple Intelligences:**  
**Due Session 4**



# MY PERSONAL HEALTH GOAL

TO BE ACCOMPLISHED DURING SESSION 3

NAME:

MY GOAL IS:

STEPS TO REACH MY GOAL:

OBSTACLES THAT COULD KEEP ME FROM REACHING MY GOAL:

PERSONAL CHOICES I WILL HAVE TO MAKE:

MY PERSONAL ACCOUNTABILITY:



# 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** or 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

## EATING DISORDERS



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

## COUNSELING



**LOOK UP INDIANA**  
Chat or text a soul medic  
Text LOOKUP to 494949  
or visit: 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



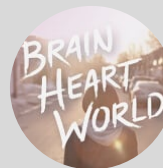
**NF COMPANION**  
App for Android



**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

*Session 3 Homework*

# CHASING MY DREAMS

Always  
**STRIVING**

I would like to experience...

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I could see this standing in the way of me having this experience...

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I am going to take the following steps to move toward my dream...

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

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



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

## WHICH KIND OF SMART ARE YOU?

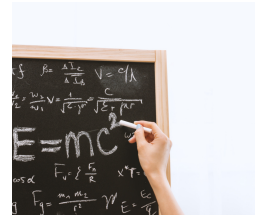
Session 3 Homework



Picture



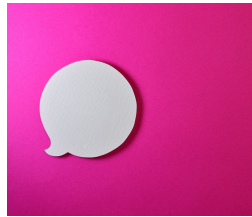
Nature



Number



People



Word



Life



Body



Self



Music

# 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: \_\_\_\_\_



# Worldview

THE WAY I SEE THE WORLD  
SESSION 2 HOMEWORK

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

In the boxes below describe how your understanding of worldview will change the way you:

**Confront others**

**Listen to others**

**Empathize with others**

Parent's Signature: \_\_\_\_\_

# PLEASE THANK THREE OF OUR SPONSORS:



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

*Making a positive impact  
on our community.*



**United Way  
of Wells County**

*Making a positive impact  
on our community.*



*Making a lasting difference  
in Wells County.*

# A&W Think Sheet

*Think of a recent time you regretted your actions.  
Use that scenario to answer the questions below.*



In your own words describe what happened and who was involved:

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**IF WE LET OUR NEGATIVE EMOTIONS BUILD UP,  
THEY WILL EVENTUALLY EXPLODE!**

What did you do that you now regret?:

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How does your behavior need to change?:

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What can you do in the future to ensure a more positive response?:

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How can you make peace with the people involved?:

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**Name:**

**Parent Signature:**

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