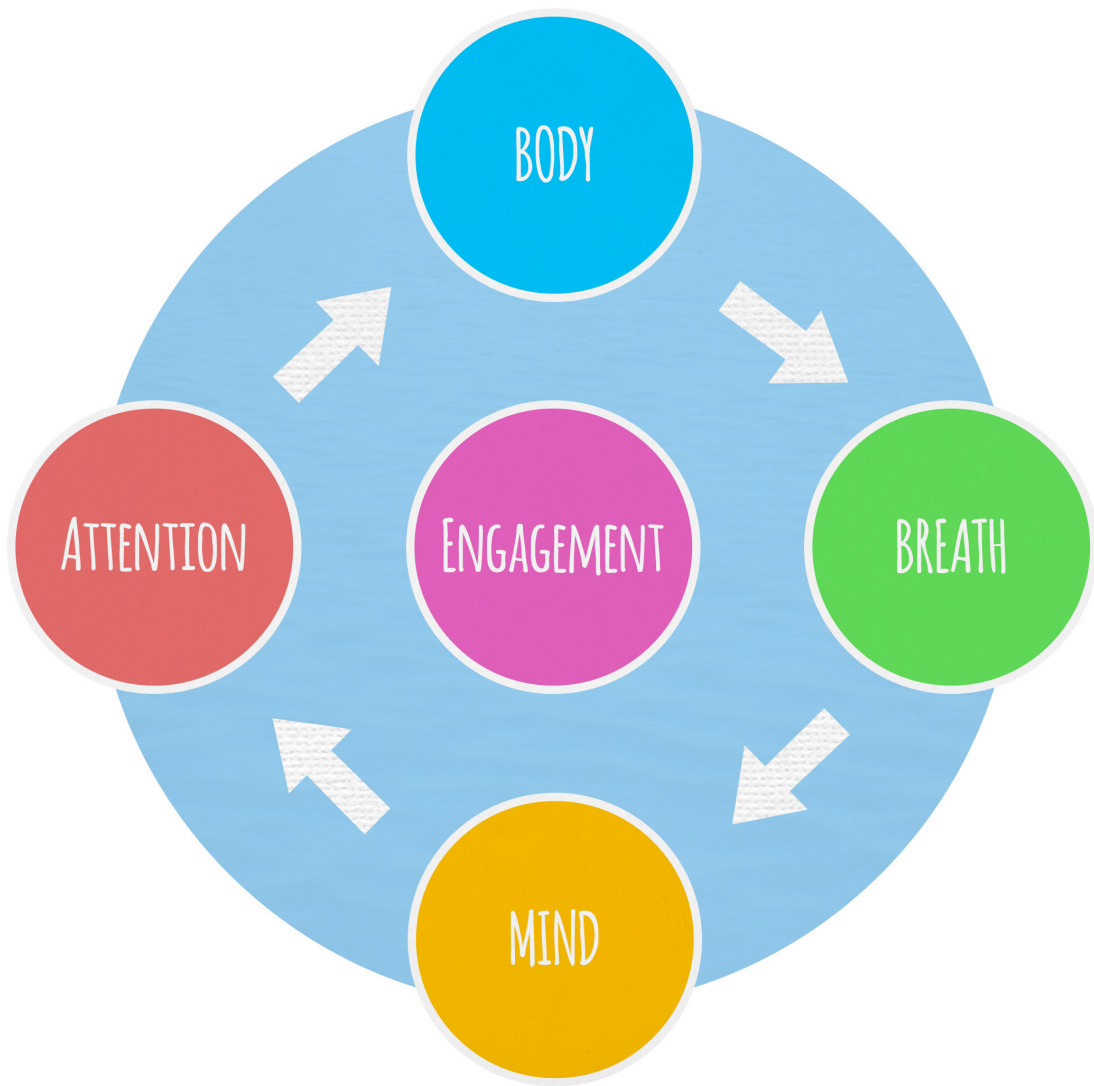




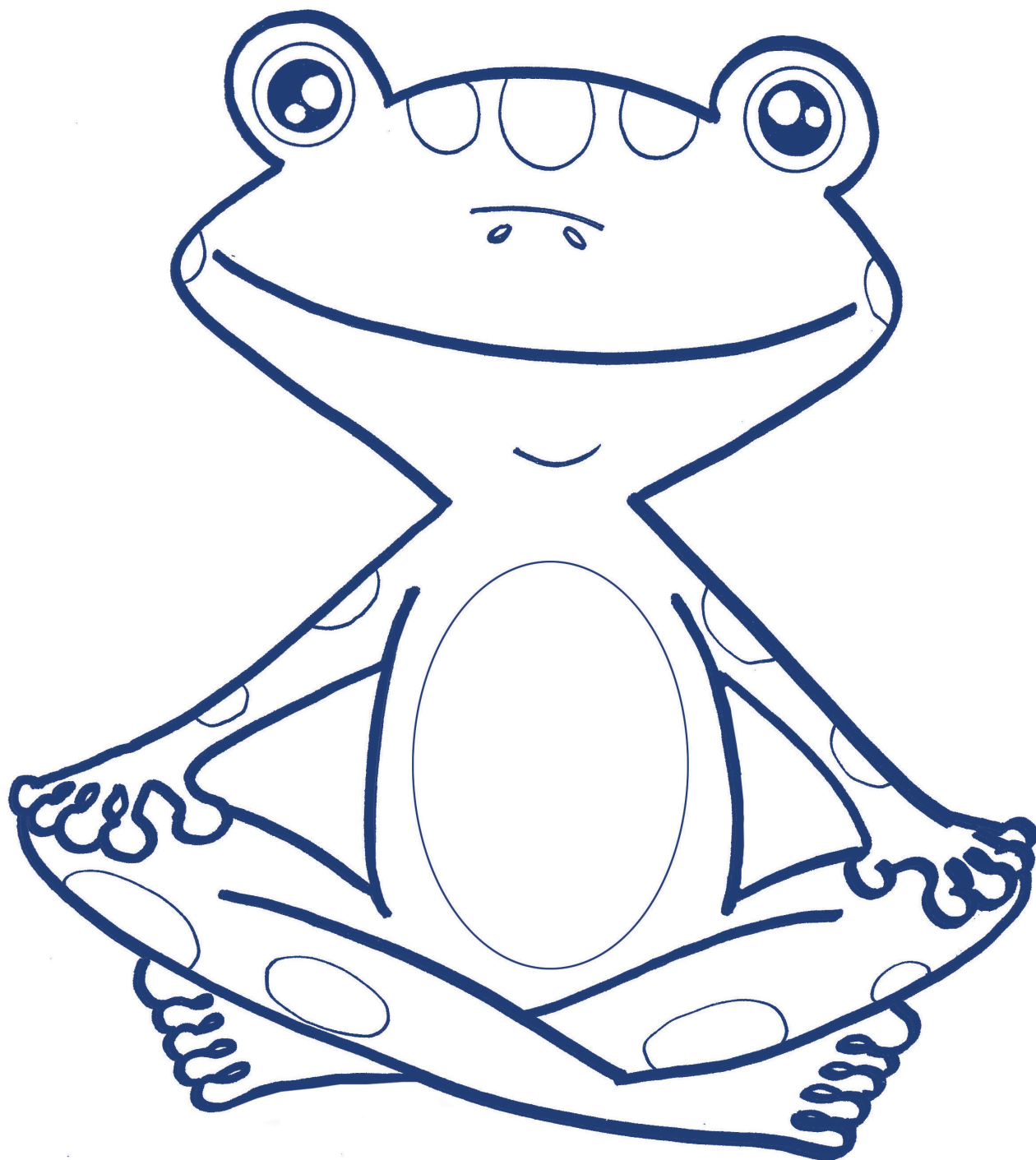
POWER CURRICULUM
Resource Booklet



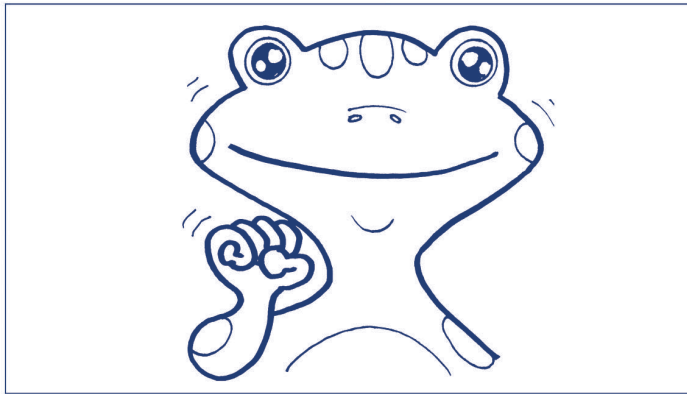
Five Principles of Health and Wellness



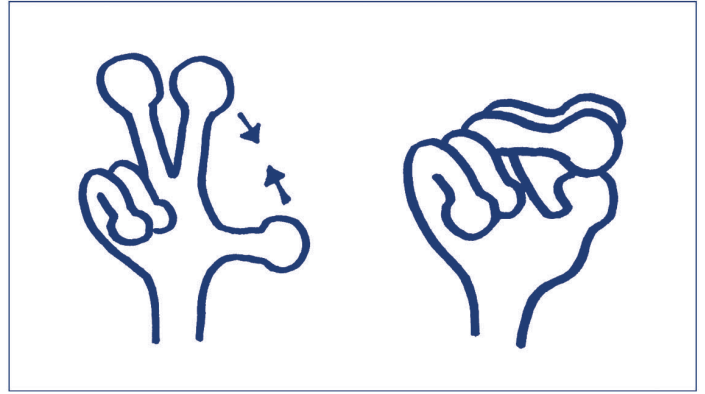
Seated Mountain



Silent Symbols



"Yes!"



"No."



Celebration or showing excitement!



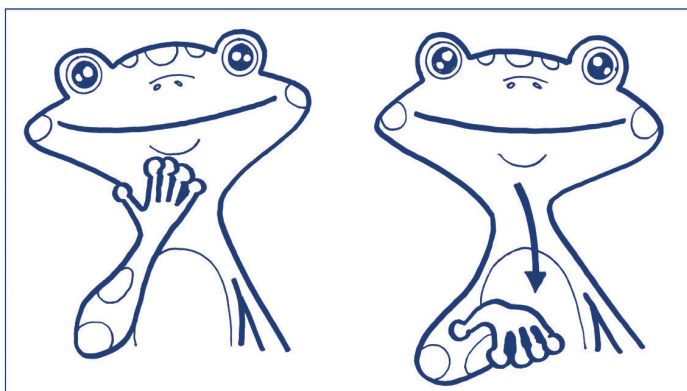
Sending kind support



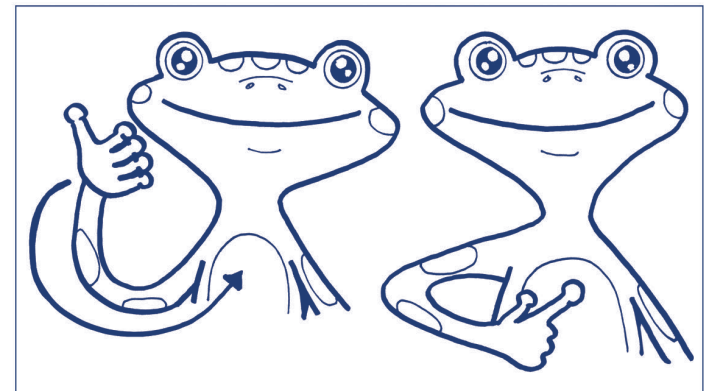
I agree or me too!



I'm sorry



Thank you!



You're welcome!

Volume Scale

4

**Outdoor or
Emergency Voice**



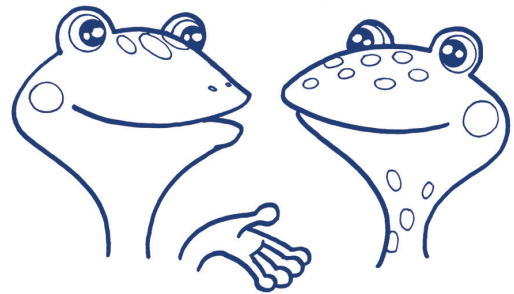
3

**Presentation
Voice**



2

Quiet Talking



1

**Whisper
Voices**

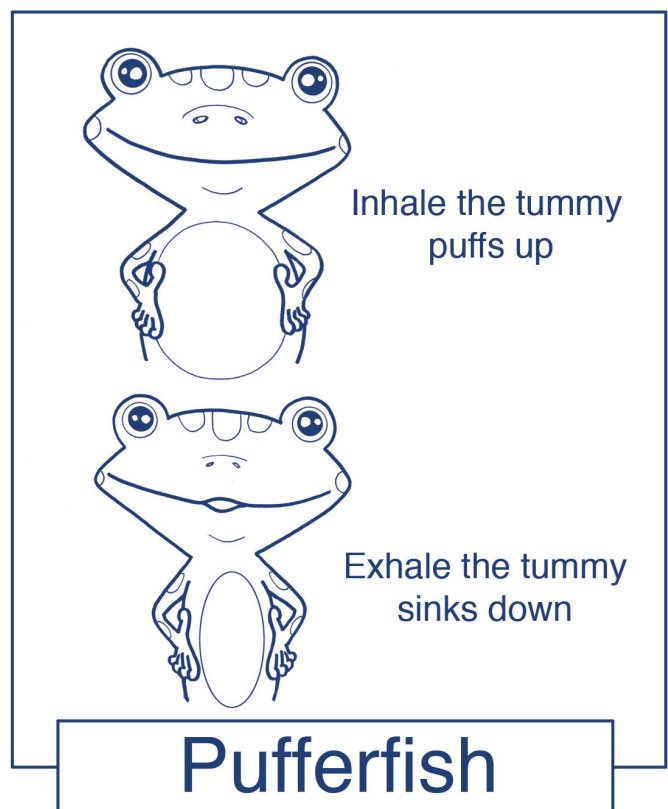
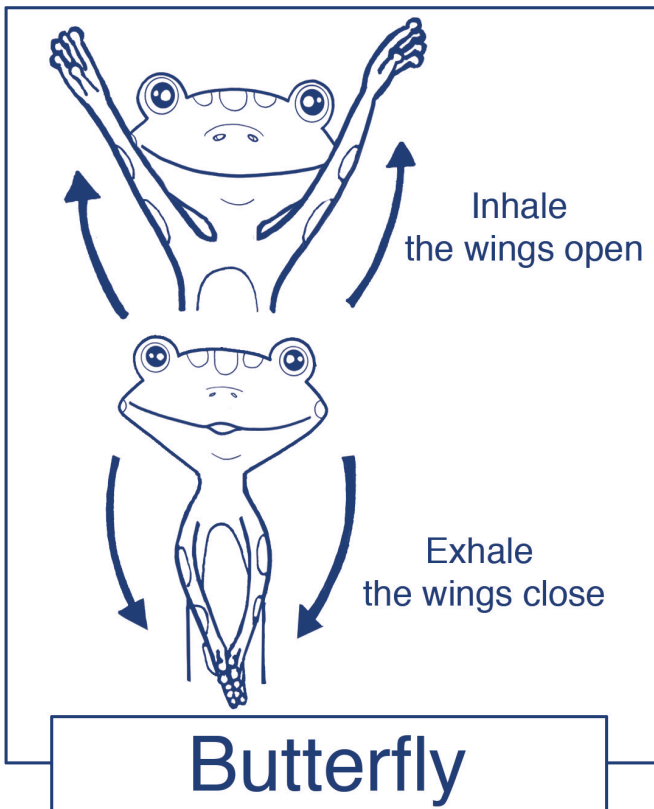
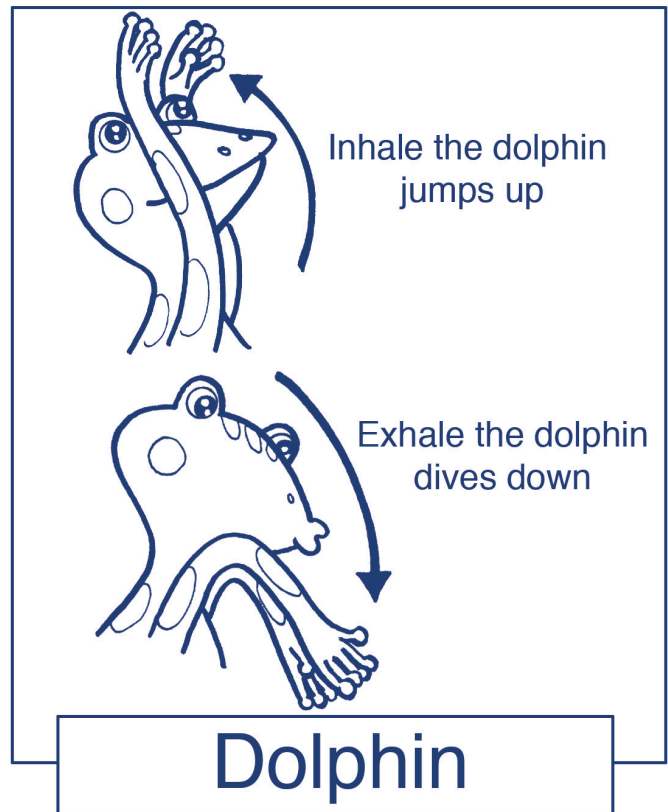
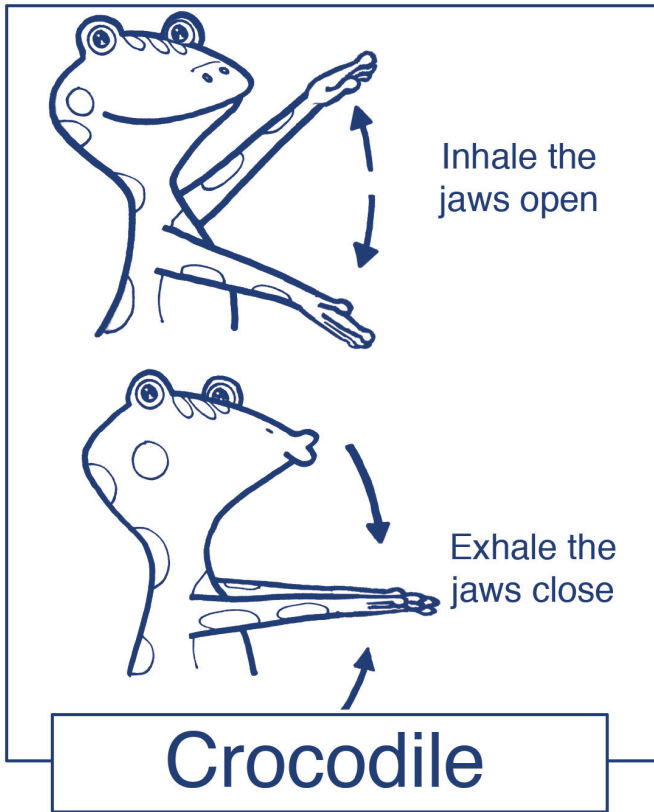


0

Silent

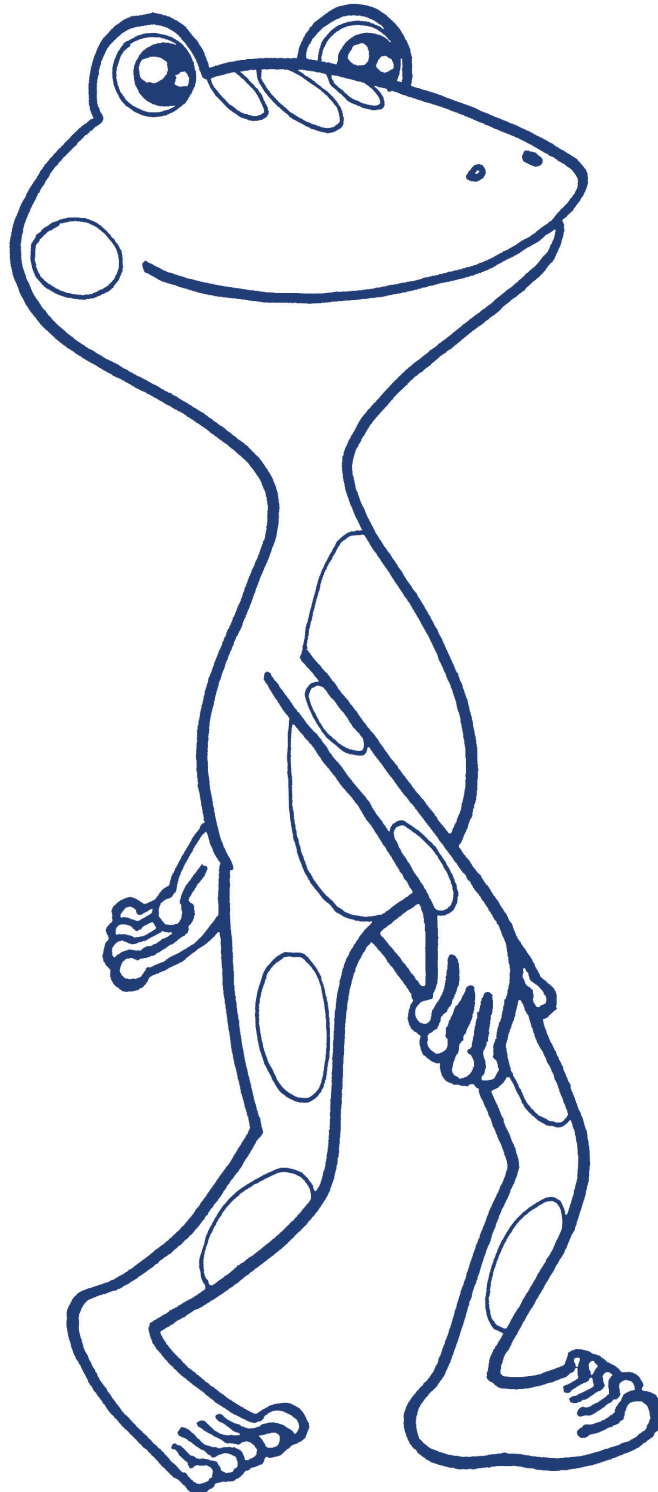


Animal Arms Breathing Exercises

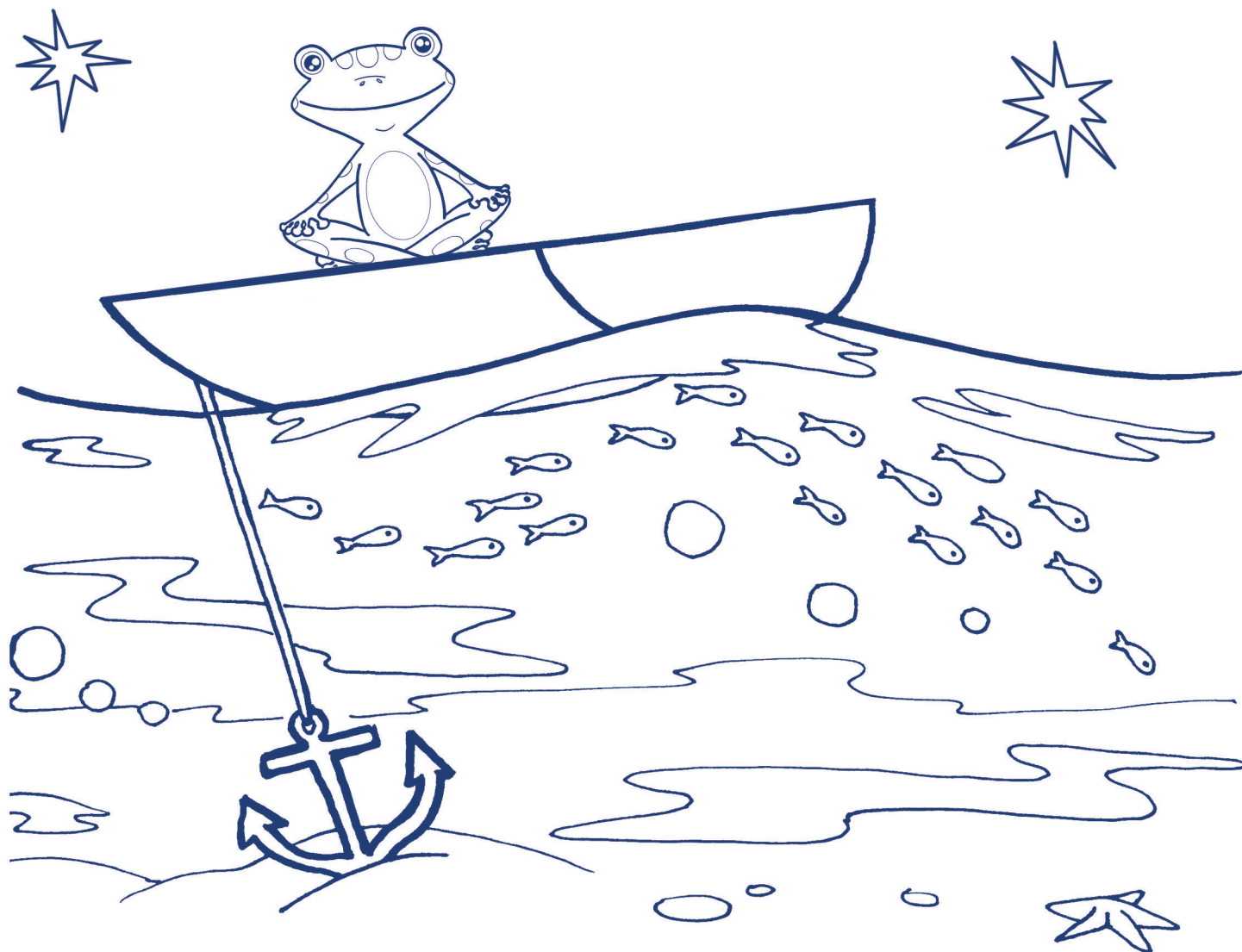


Mindful Walking

Can You Notice Each Step?

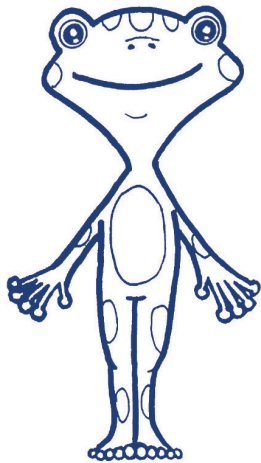


The Anchor Story and Mindful Breathing



I Am A Kindness Tree!

1



Stand tall like a mountain.

2



Cross your hands over your chest.

3



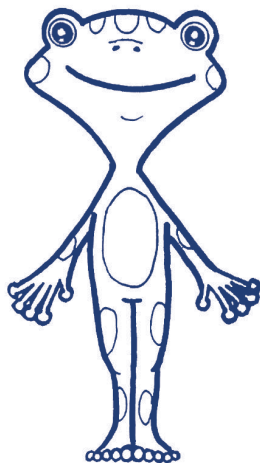
Lift your right foot.

4



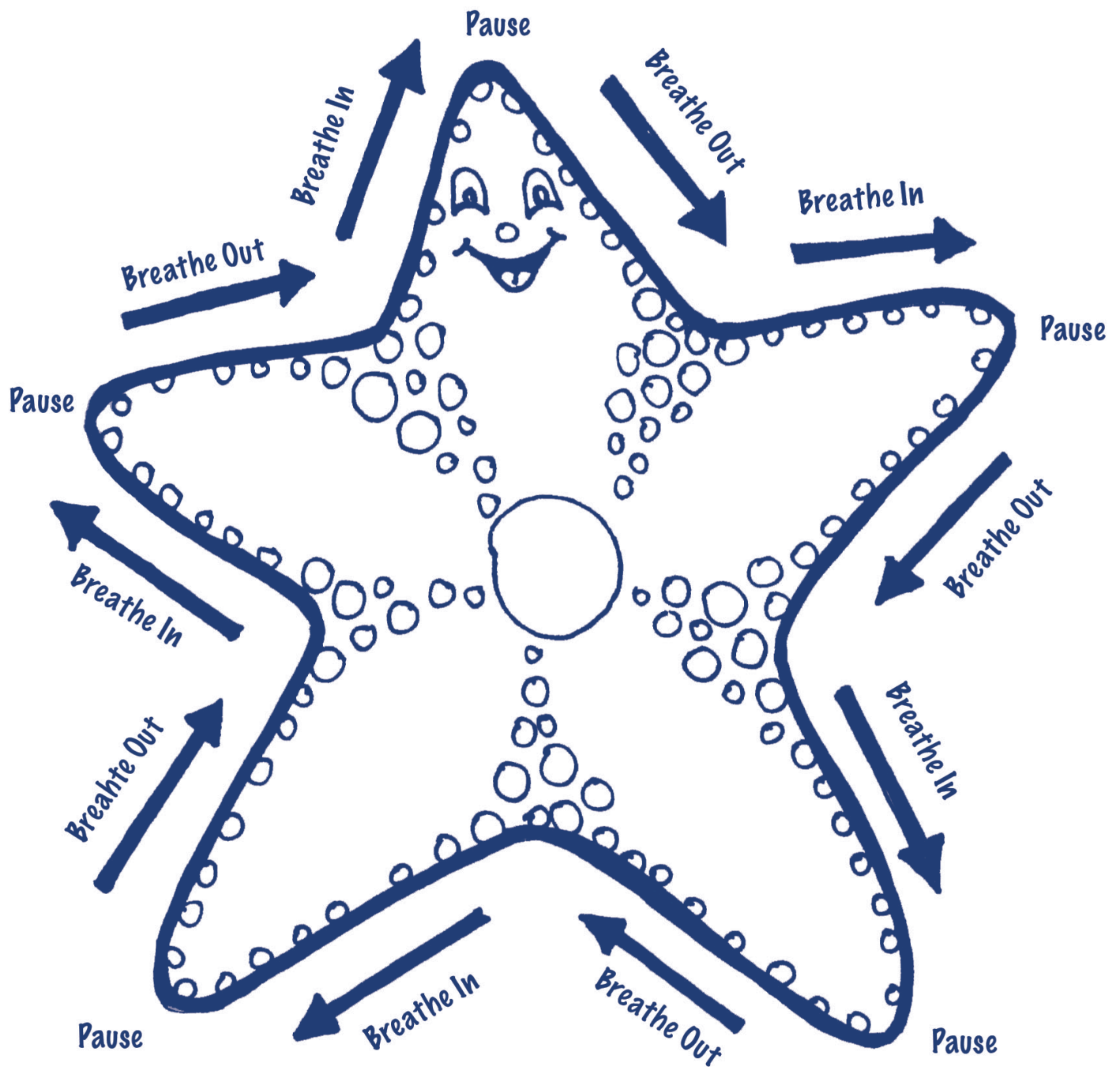
Take 1 mindful breath, as you slowly reach your generous branches out and let your kindness leaves blow with the wind. Grow gradually like a tree.

5



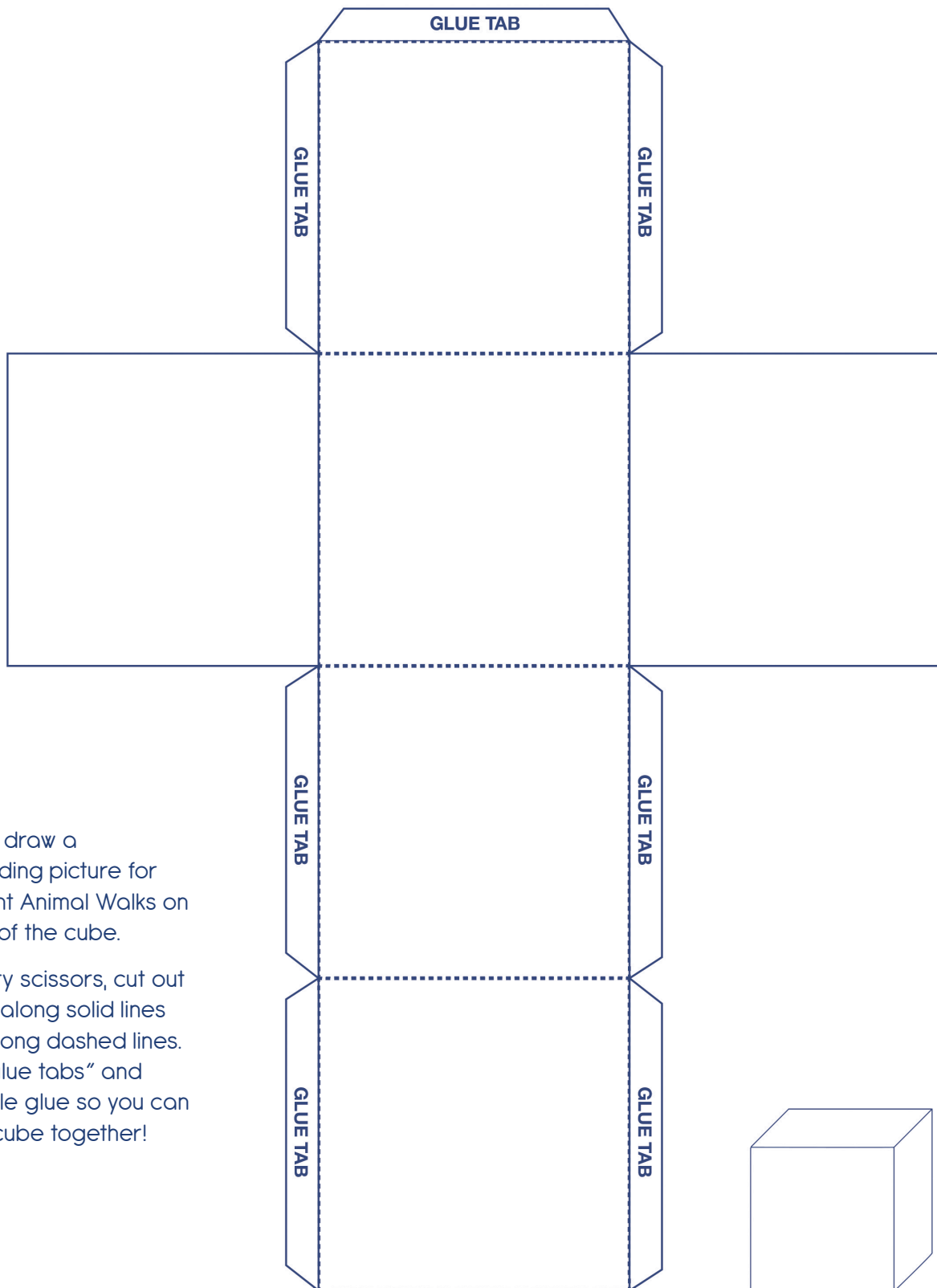
Return to mountain and try to balance on the opposite foot.

Five Finger Starfish Breathing



Animal Walk

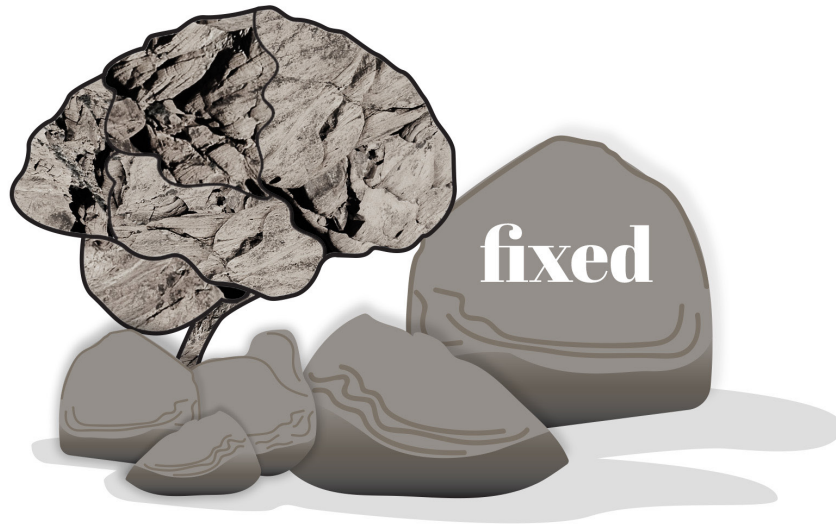
Cue Cube Directions



Name and draw a corresponding picture for six different Animal Walks on each side of the cube.

Using safety scissors, cut out the shape along solid lines and fold along dashed lines. Fold the "glue tabs" and apply a little glue so you can glue your cube together!

MINDSETS



versus



ZEAL THE LION



What can I say to myself?

Instead of...	Try Thinking...
<i>I'm not good at this.</i>	<i>What am I missing?</i>
<i>I give up.</i>	<i>I'll use some of the strategies I learned.</i>
<i>This is impossible!</i>	<i>This may take more time and effort.</i>
<i>I can't make this any better.</i>	<i>I don't have to be perfect, but I can keep trying, because there is always room to improve.</i>
<i>I can't do math.</i>	<i>I'm going to train my brain to become stronger in math.</i>
<i>I made a dumb mistake.</i>	<i>Mistakes help me learn and grow.</i>
<i>She's so smart. I will never be that smart.</i>	<i>I'm going to figure out how she does it so I can try again.</i>
<i>It's good enough.</i>	<i>Is this really my best work?</i>
<i>Plan A didn't work.</i>	<i>I will try Plan B!</i>

Seeing Differently

6 vs 9



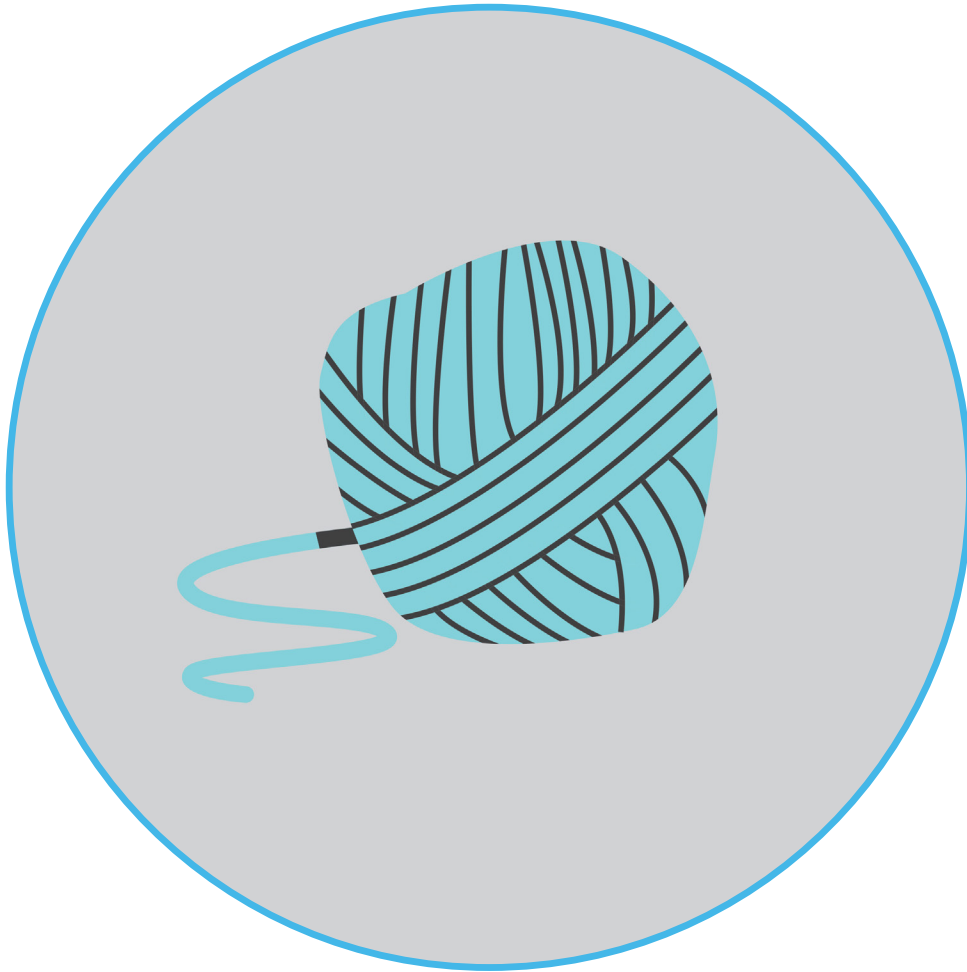
Mindfulness Game Deck



Mindfulness Home



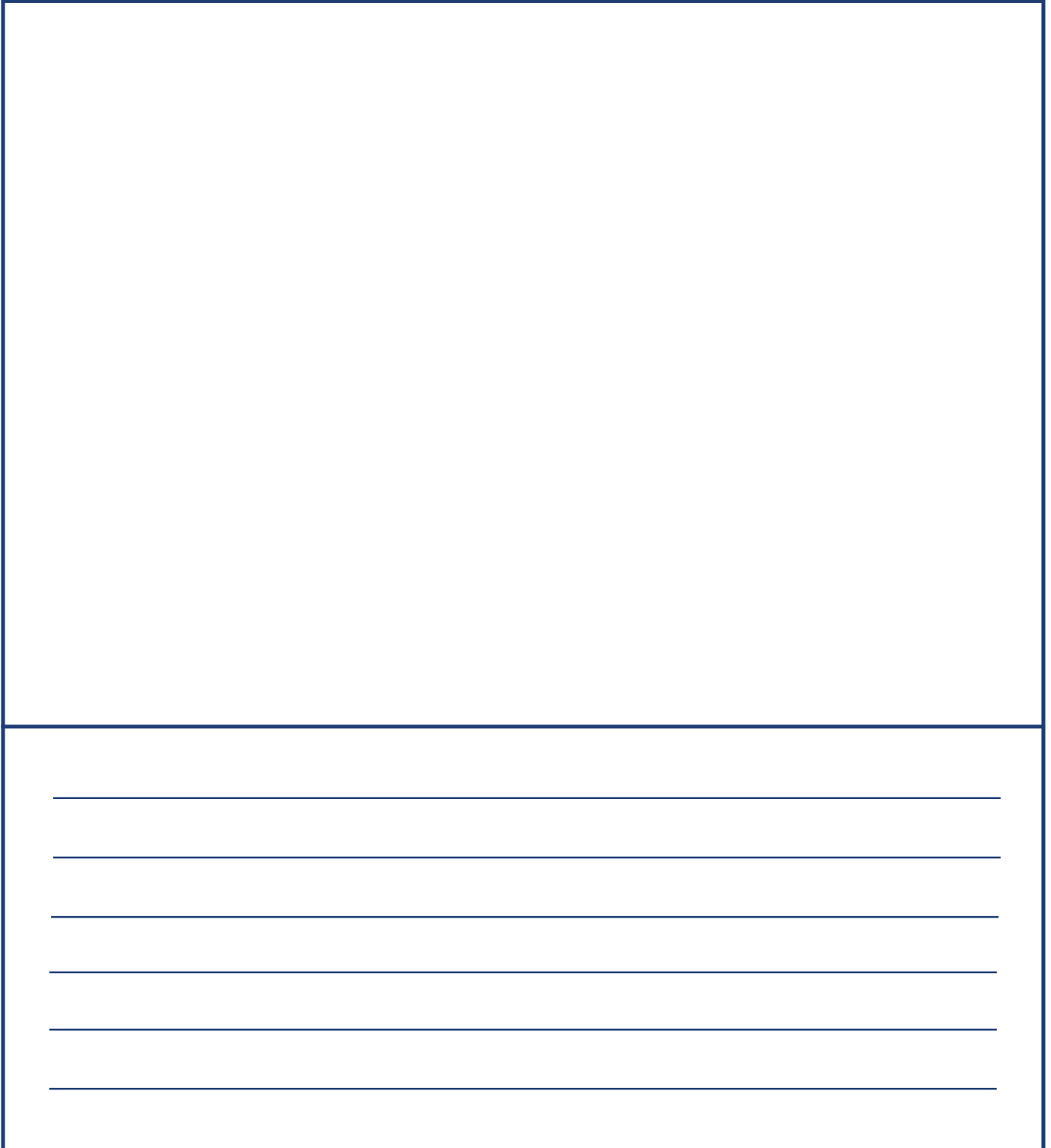
Mindfulness Web



Ways To Express Gratitude

Draw or write about one person or place for which you are grateful.

How can you express your gratitude? Here are some ideas we thought of in class as a way to express gratitude: volunteer to help someone, play with someone at recess, give someone a compliment, a hug, a handshake, or a high-five!

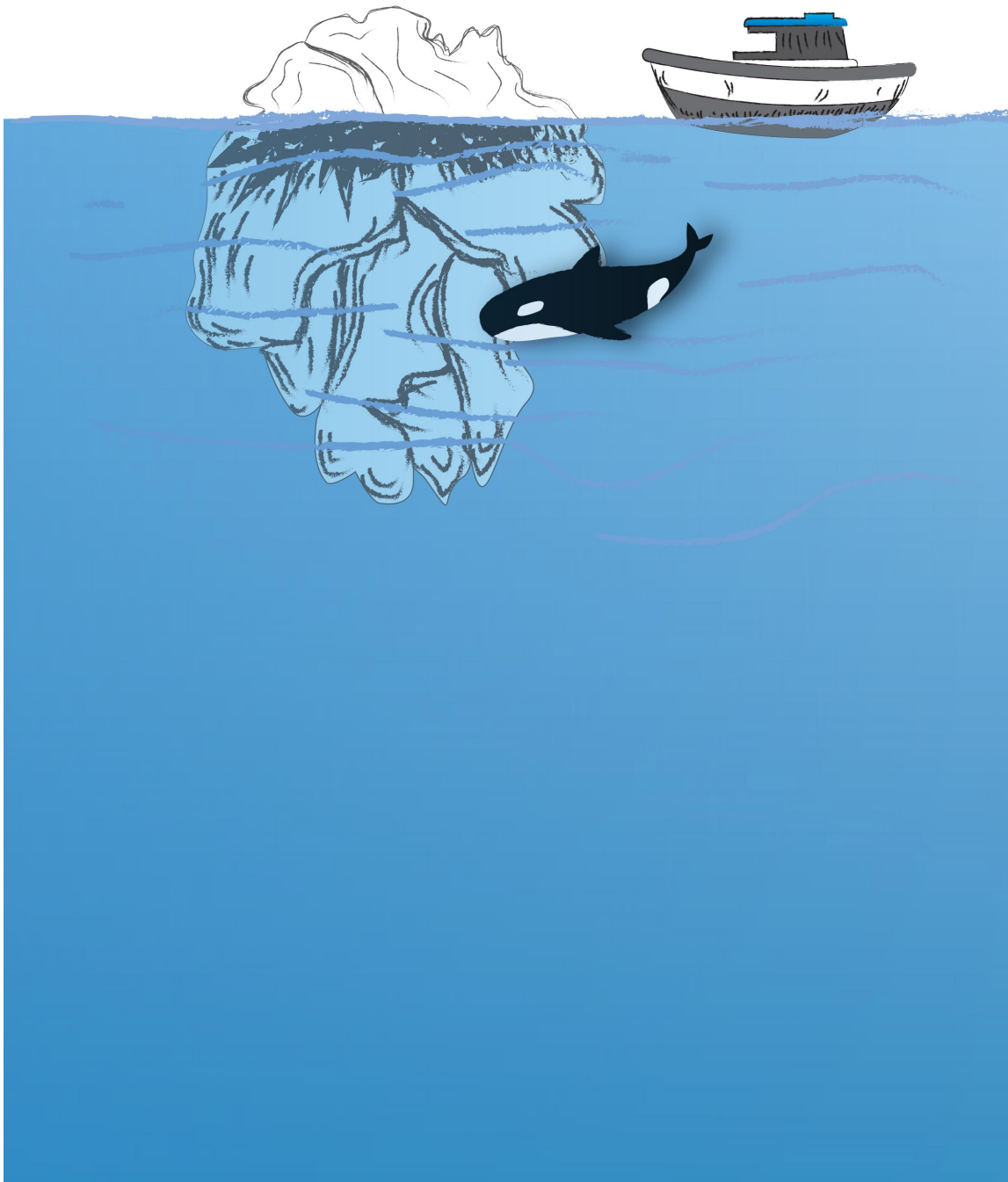


The form consists of a large rectangular box divided into two sections. The top section is a large empty space for drawing. The bottom section contains six horizontal lines for writing.

Mindful/Unmindful Chart

Mindful	Unmindful
Carefully listening to a friend's side of a disagreement without immediately making a judgment.	Refusing to respectfully listen to a friend's side of an argument and making judgments before you fully understand their point of view or perspective.
Slowly chewing and savoring each bite of your lunch.	Gobbling your lunch without properly chewing or taking the time to appreciate and enjoy it.
Waking up a few minutes early to give yourself plenty of time to get ready for school without feeling hurried or stressed.	Waking up late and having to rush to get ready for school, not leaving enough time to pack your homework in your backpack or eat breakfast.
Taking the time to plan ahead and prepare a healthy after-school snack.	Not planning ahead, instead grabbing a bag of chips or a candy bar for your after-school snack.
Being open to trying something new, such as listening to a different style of music, trying a new cuisine, or learning a new language.	Being unwilling to trying new things or experiences.
Placing your dirty dishes in the dishwasher or washing them.	Leaving your dirty dishes stacked in the kitchen sink for someone else to clean.

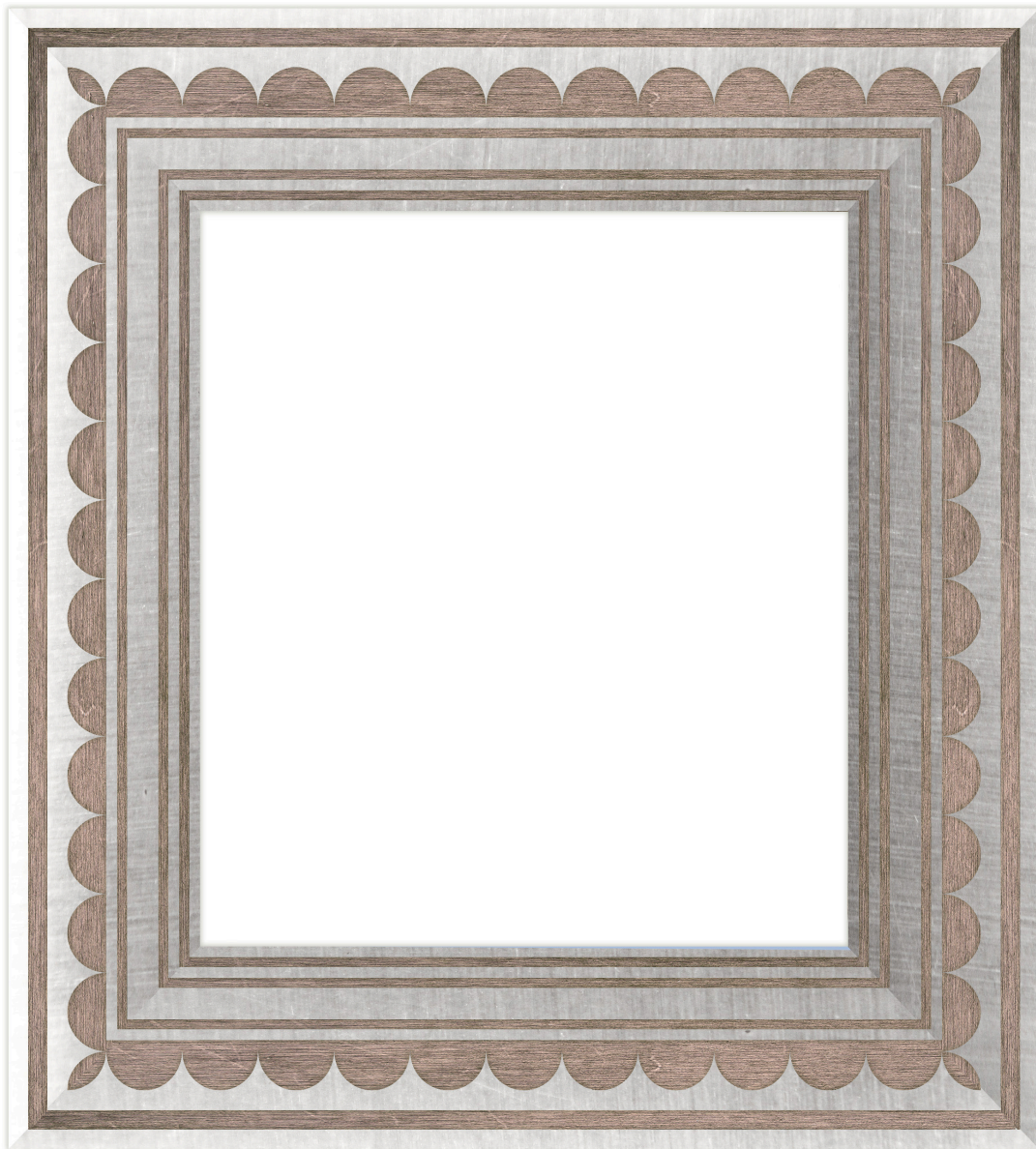
Anger Iceberg Chart



YOUR REFLECTION

Create illustrations that capture who you are!

This could include your interests, skills, accomplishments, or your future goals.

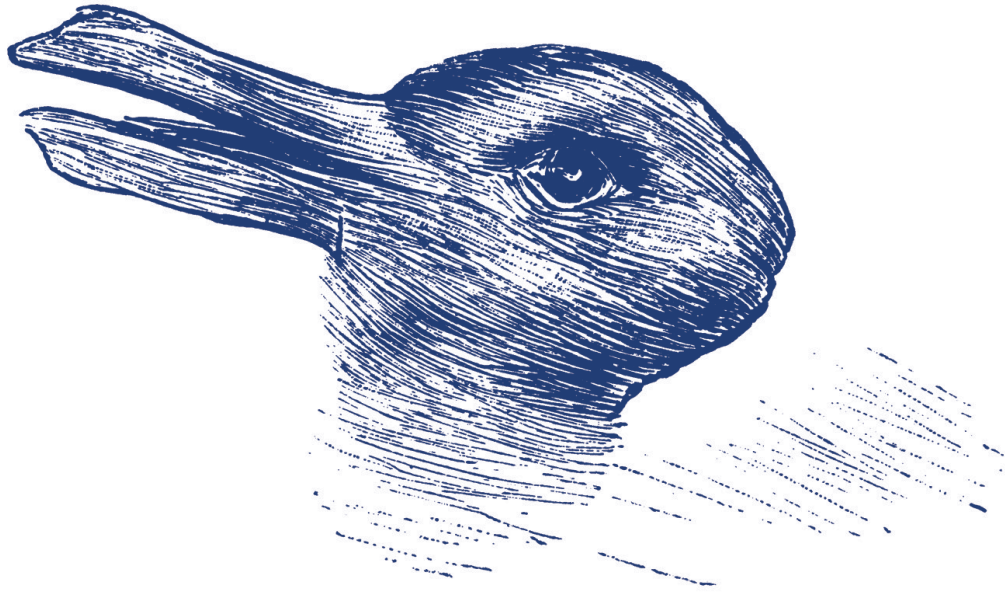


Positive Personal Shield

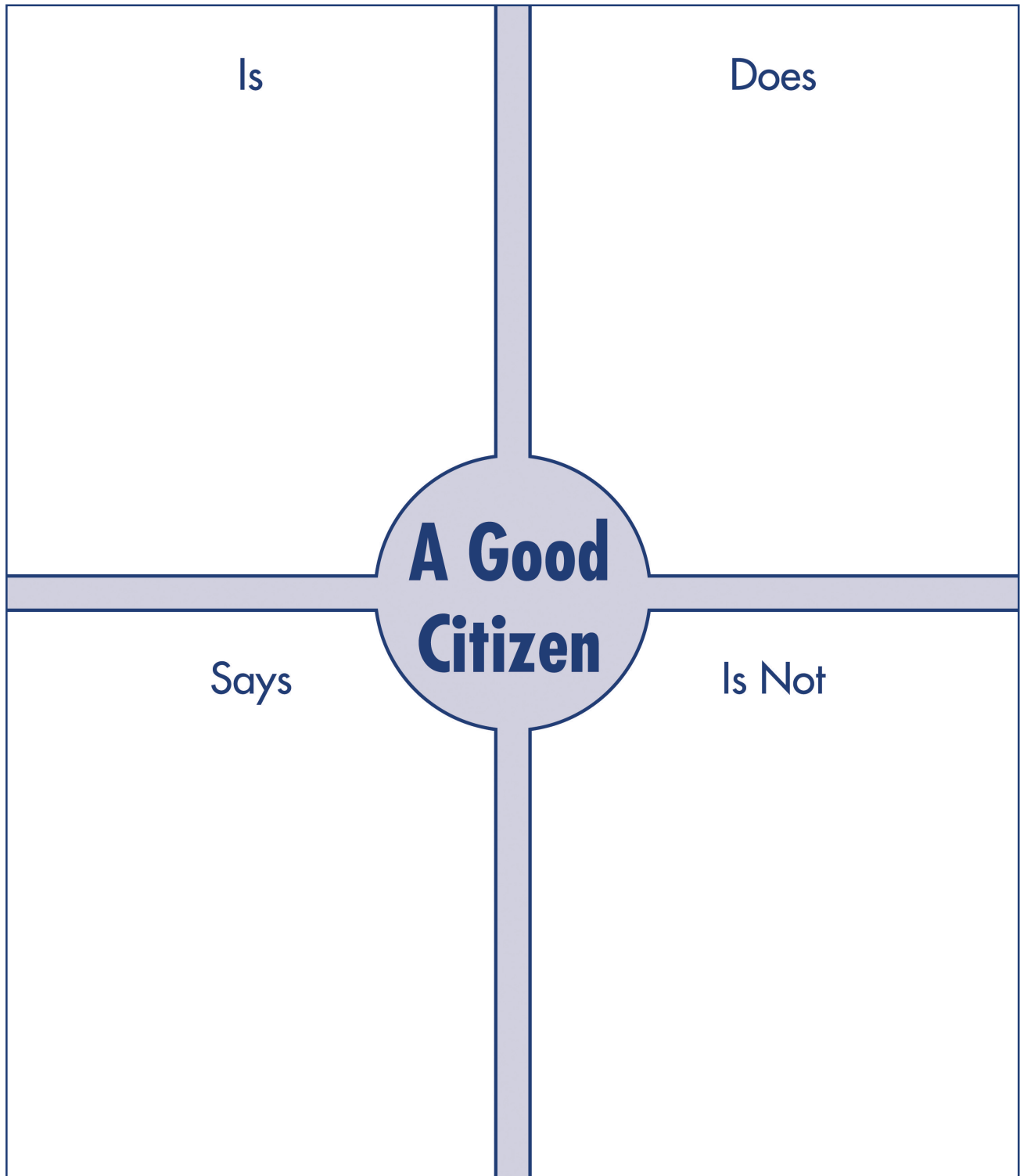
SHIELD YOURSELF



Duck/Rabbit Image



Good Citizenship





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