

# *Alive & Well*



# *Growing Up Parent Guide*

ALIVE & WELL

# GROWING UP



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## UNDERSTANDING MYSELF AND OTHERS

### Session 1

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

### Content:

- Often times when people react poorly to us, they are actually responding to something else going on in their lives. When we know them better, we can understand them.
- Respect: Being sensitive to others thoughts, feelings, and emotions.
- Whole body listening
  - Eyes are focused
  - Ears are listening
  - Brain is engaged
  - Mouth is quiet
  - Hands and feet are still
- Body language is communicating with our movements, gestures, and tone.
- Communicate respect both verbally and with your body language.
- Think the best before you think the worst in others.
- Empathy: The ability to understand and share the feelings of others.
- Ask an adult when you can't figure it out or if someone could get hurt.

### Ask Your Student About:

- Brain games: Counting the footballs
- Thinking the Best class activity
- Empathy Can Change the World Video
- The Plastic Cup demo

Parent Talk

Homework:

Understanding Others

# Name It To Tame It

## SESSION 2 Content:



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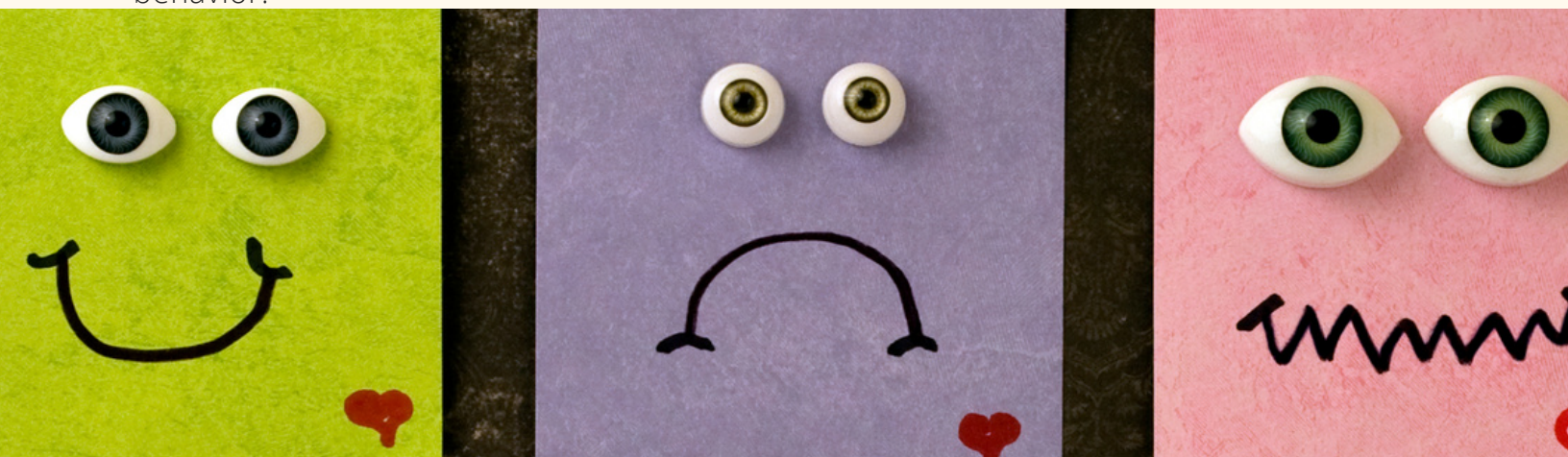
- The brain changes depending on what it is exposed to.
- Discuss how harmful substances like vaping, smoking, drugs, and alcohol can interfere with the development of the brain, harm our bodies and negatively influence our behavior.
- Ways to handle strong emotions without making decisions we will later regret:
  - Don't react immediately
  - Take a deep breath
  - Think about the consequences
  - Express your emotions in a productive way
- Snap Decisions: Decisions you make without thinking through the potential consequences
- Reflective Decisions: Decisions you think through.
- Identifying our emotions can help us regain control over them.
- When we stuff our emotions down, they can still control us.
- The Resilient Egg Demo - Resiliency is the ability to bounce back after difficulty. Students see the benefits of coping with stress in a healthy way vs avoiding or allowing stress to guide their behavior.

## Ask Your Student About:

- How Our Brain Works video
- How Does My Body Feel exercise
- Deep breathing
- Stress Relieving ideas
- Stress Coping ideas
- Resilient egg

**It is healthy to  
accept all of  
our emotions**

## Homework: Think About It





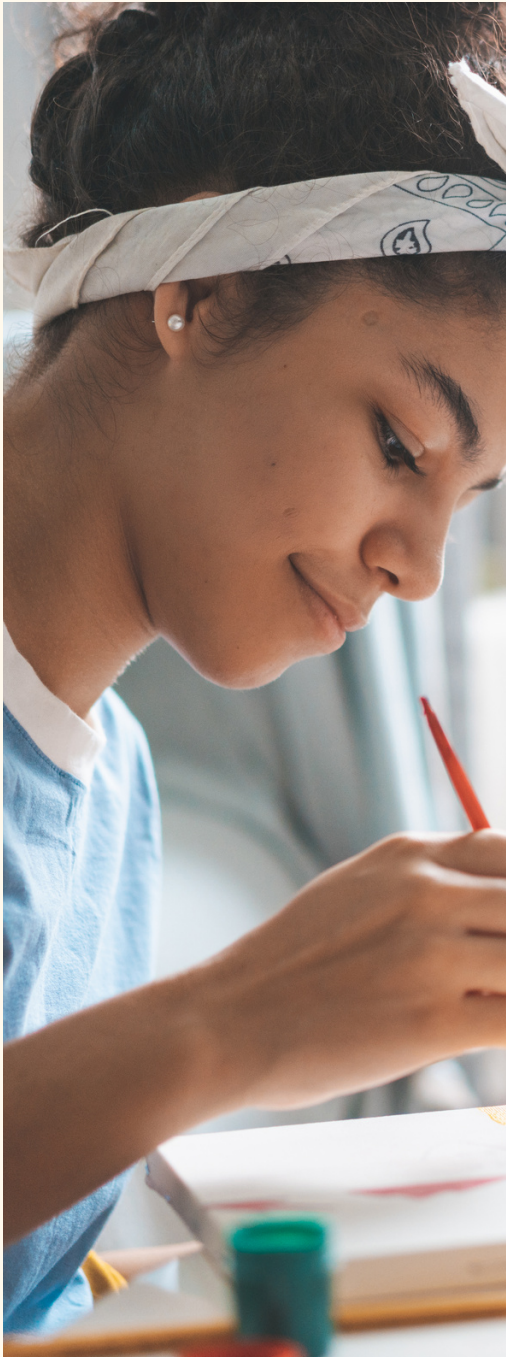
Session 3

# UNIQUELY YOU

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## Content:

- Our brain is capable of changing and growing.
- When we know what we are good at, we are more prepared to overcome peer pressure.
- With repeated practice, current struggles can become future strengths.
- Don't be afraid to try new things because that's how you discover your strengths.
- We must say no to people and situations that do not keep us on the path to good health.
- We are capable of learning through failure.

## Ask Your Student About:

- 9 Multiple Intelligences Video
- Why Failure Is a Good Thing Video
- Class Labyrinth Activity

## Homework:

Which Kind of Smart are You?

Quote: Everyone has a unique talent, but few explore it.