

Alive & Well

6th Grade Parent Guide



6TH GRADE ALIVE & WELL

Planning For a Bright Future

Students will receive a note taking packet and Parent Talk homework assignments designed to promote parent/pre-teen discussions.



Session 1: Understanding Me

Quote: *Your emotions make you human.*

3 Regions of the Brain: Primitive Region, Feeling Region, Thinking Region

Flipping Your Lid: When a situation causes a heightened emotional response, the feeling region of the brain takes over. This is when we must re-engage our thinking brain before we make decisions we will later regret.

Ask Yourself: What am I feeling? Why am I feeling this way? What happened in my past to make me have these feelings? What can I do to make this situation better?

I-Messages: Communicating our feelings without blaming another person.

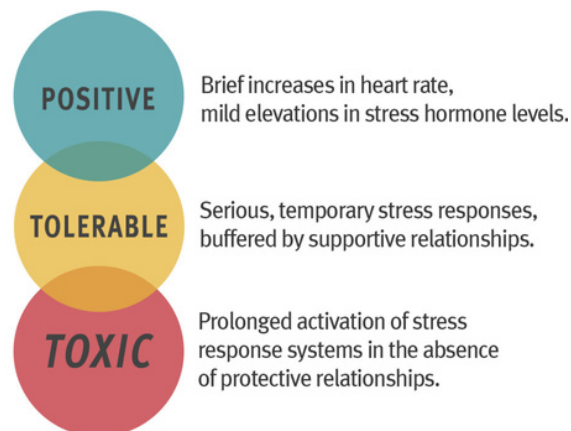
Body Language: Over 90% of our communication is non-verbal. This comes across through our tone, eyes, breath, and body language.

If we let our negative emotions build up, they will eventually explode!

Stress Management Tips: Use square breathing, listen to music, get enough sleep, exercise, take a walk, eat healthy, practice good time management, talk to friends and a trusted adult.

The first step in processing your emotions is to name the emotion you are feeling.

3 Types of stress



Parent Talk Assignment:
Think Sheet

Ask your student about

- *Areas of the Brain* video
- The Bottle It Up demo
- I-message scenarios
- Square breathing

6TH GRADE ALIVE & WELL

Planning For a Bright Future



Session 2: Understanding Others

Quote: I've learned that 2 people can look at the exact same thing and see something totally different. - Unknown

Content:

- My background affects the way I view the world.
- Others have a different worldview than I do.
- Respect - treating people as if they are valuable.
- Empathy - putting yourself in another's shoes.

Empathy: What does this person see? What might this person be hearing? What emotions might this person be feeling? What might this person be thinking?

Seek to understand before being understood.

Whole Body Listening:

- My eyes are focused
- My ears are listening
- My brain is engaged
- My mouth is quiet
- My hands and feet are still

Ask your student about

- The red and green glasses
- The water glass demo
- The green peanut butter story
- Empathy scenarios

Parent Talk Assignment: *Worldview: The Way I See the World*



6TH GRADE ALIVE & WELL

Session 3: Friendship & Technology



**Quote: Show me your friends,
and I'll show you your future.**

Content:

- Mirror Neurons encourage us to follow others
- Self-esteem: What is it? How can we strengthen it?
- Factors that will help me build better relationships
- Improving my character - what is on the inside counts
- Being respectful in how I present myself to the world
- Respectful communication
- Texting & social media - my digital footprint
- Protect Yourself video about making safe media choices
- Never meet someone you only know online
- Never send inappropriate pictures to anyone online or in real life

Alive & Well
aliveandwellteens.com
855.425.4832

*Would your business
consider sponsoring a class?*

**LIKE US ON
FACEBOOK!**



Find information and articles to
educate and encourage you on
your parenting journey

*Will you donate candy or
gum to encourage
students to participate in
the Parent Talk
assignments each week?*

**Parent Talk
Assignment: What
Are Your Talents**

**Ask your
student about:**

- Their self-esteem
- Their favorite forms of media
- Good and bad experiences they have had with technology