



7th Grade Parent Guide



7TH GRADE THE JOURNEY OF LIFE



Positive Self Talk

In this lesson we define:

Creating Empowering Beliefs: Whether you think you can or you can't, you're right.

Steps to Create Empowering Beliefs:

1. Acknowledge your negative voice
2. Silence your negative voice
3. Talk back to your negative voice
4. Create a positive message

*Quote for
the day:
"Today is
going to be a
great day!"*

Ask your student about:

The Strong Man Story
What Do Strangers Think of You Video
Positive Peer Pressure Video
Positive Self Talk Demo

We also discuss:

- We do not see the world as it is, we see the world as we are.
- Your quality of life is determined by the quality of your communication, which begins with the way you communicate with yourself.



Homework: Self Talk Practice

Subconscious Mind

IN THIS LESSON WE

Define:

- Conscious Mind: Decisions you make that you are aware of.
- Subconscious Mind: Decisions you make without even realizing it.
- Neuro-plasticity: The ability for your brain to change and grow.

WE ALSO

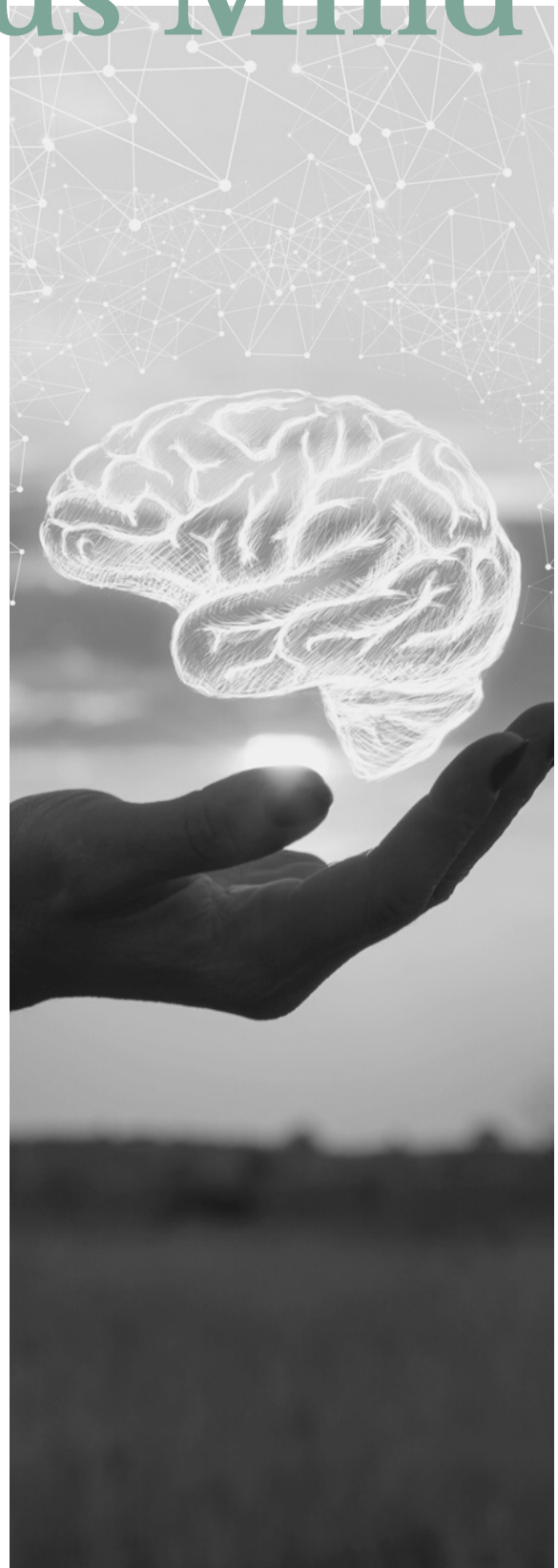
Discuss:

- Creating a new habit is extremely difficult at first, but over time it becomes much easier.

Ask

YOUR STUDENT ABOUT:

- Subconscious Mind Video
- Balloon On A String Demo
- What Happens When You Sleep Video



Quote: We all make choices, and our choices make us.

POSITIVE IMPACT

HOMEWORK: BECOMING A DIFFERENCE MAKER

Quote: What comes easy won't last. What lasts won't come easy.

OVERCOMING FAILURE:

5 Ways to Not Let Failure Define You:

1. Understand my strengths
2. Put positive thoughts into my mind everyday
 - Your input determines your output
3. Put failure in it's place
 - Failure is an event, not a person
4. Turn failure into a chance to learn
 - Failure is success if we learn from it
5. Become better for the future

WE DISCUSS:

- You must embrace your past to create your future.
- Believing in yourself is the first secret to success.
- "Those who are happiest are those who do the most for others." ~ Booker T. Washington
- Never underestimate your strength. Never overestimate your weakness.

ASK ABOUT:

- Nick Vujicic Video - Overcoming Adversity
- Teen Pianist Video
- Teens Making a Difference Video
- Famous Failures Demo

