

ALIVE & WELL

*Understanding
Myself and the
World 1 day
Assembly*



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.

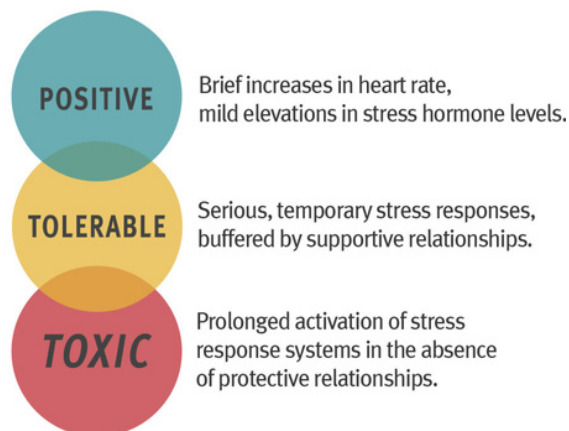
Body Language: Over 90% of our communication is non-verbal. This comes across through our tone, eyes, breath, and body language.

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.

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

3 Types of stress



Ask your student about

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

UNDERSTANDING THE WORLD



WORLDVIEW:
THE WAY WE
VIEW THE
WORLD



EMPATHY:
THE ABILITY TO
UNDERSTAND
AND SHARE
THE FEELINGS
OF ANOTHER



**ON-LINE
ETIQUETTE**
MEANS GOING
BACK TO THE
GOLDEN RULE &
USING CAUTION



**WHEN YOU BEGIN
TO EMPATHIZE WITH
OTHERS, YOU WILL
EXPERIENCE A NEW
DEPTH TO YOUR
RELATIONSHIPS**

Ask Your Teen About:

- The What Do You See demonstration
- Life is a Chemical Reaction demonstration
- Bill Gates on mentors
- *The Bystander Effect* video
- The video of *Humanity*
- *Respect on Social Media* video
- Cell phone etiquette

Content:

- Asking open ended questions helps us to better understand others
- Reflective listening: Listening to understand rather than to judge
- The importance of mentorship
- Respect on-line

"We make a living by what we get, but we make a life by what we give."

Winston Churchill

"Seek to understand before being understood"
~Stephen Covey

**Homework:
Understanding
Empathy**