

START ▶





Below is a list of statements to help you think about your optimal growing conditions.
Tick all that apply to you, and then circle your top five.

- | | | |
|-----------------------------------------------------------------------|-------------------------------------------------------------|---------------------------------------------------------------------|
| <input type="checkbox"/> I like to have people around me all the time | <input type="checkbox"/> I like to have many friends | <input type="checkbox"/> I like running |
| <input type="checkbox"/> I like to have times I am alone | <input type="checkbox"/> I like just a few close friends | <input type="checkbox"/> I like trampolines |
| <input type="checkbox"/> I like sport | <input type="checkbox"/> I like to solve puzzles | <input type="checkbox"/> I like riding horses |
| <input type="checkbox"/> I like art | <input type="checkbox"/> I like being active | <input type="checkbox"/> I like ice cream |
| <input type="checkbox"/> I like team sports | <input type="checkbox"/> I like animals | <input type="checkbox"/> I like telling jokes |
| <input type="checkbox"/> I prefer solo sports | <input type="checkbox"/> I like talking to people | <input type="checkbox"/> I like watching television |
| <input type="checkbox"/> I like to be outside | <input type="checkbox"/> I like drawing | <input type="checkbox"/> I like being hugged |
| <input type="checkbox"/> I like to be indoors | <input type="checkbox"/> I like fixing things | <input type="checkbox"/> I like to solve my own problems |
| <input type="checkbox"/> I like being at home | <input type="checkbox"/> I like building things | <input type="checkbox"/> I like to talk problems over with friends |
| <input type="checkbox"/> I like being out and about | <input type="checkbox"/> I like music | <input type="checkbox"/> I like to think before deciding what to do |
| <input type="checkbox"/> I need to get enough sleep | <input type="checkbox"/> I like dressing well | <input type="checkbox"/> I like to jump straight into things |
| <input type="checkbox"/> I like to eat healthy foods | <input type="checkbox"/> I like looking good | <input type="checkbox"/> I like to take risks |
| <input type="checkbox"/> I like restaurants | <input type="checkbox"/> I like going to the hairdressers | <input type="checkbox"/> I like to stay safe |
| <input type="checkbox"/> I like to be always busy | <input type="checkbox"/> I like shopping | <input type="checkbox"/> I like getting angry |
| <input type="checkbox"/> I like to lie around | <input type="checkbox"/> I like gossip | <input type="checkbox"/> I like being relaxed |
| <input type="checkbox"/> I like to daydream | <input type="checkbox"/> I like thrills | <input type="checkbox"/> I like the beach |
| <input type="checkbox"/> I like reading stories | <input type="checkbox"/> I like nice smells | <input type="checkbox"/> I like a big family |
| <input type="checkbox"/> I like films | <input type="checkbox"/> I like cooking | <input type="checkbox"/> I like a small family |
| <input type="checkbox"/> I like parties | <input type="checkbox"/> I like dancing | <input type="checkbox"/> I like to travel |
| <input type="checkbox"/> I like to pretend I am someone else | <input type="checkbox"/> I like riding bikes | <input type="checkbox"/> I like finding out new things |
| <input type="checkbox"/> I like to be me | <input type="checkbox"/> I like sailing | <input type="checkbox"/> I like to collect things |
| <input type="checkbox"/> I like dogs | <input type="checkbox"/> I like getting taller | <input type="checkbox"/> I have a hobby |
| <input type="checkbox"/> I like cats | <input type="checkbox"/> I like being shorter | <input type="checkbox"/> I like secrets |
| <input type="checkbox"/> I like bushwalks | <input type="checkbox"/> I like to feel strong | <input type="checkbox"/> I like romance |
| <input type="checkbox"/> I like computer games | <input type="checkbox"/> I like being well | <input type="checkbox"/> I like gaming |
| <input type="checkbox"/> I like adventures | <input type="checkbox"/> I like to play musical instruments | <input type="checkbox"/> I like social media |
| <input type="checkbox"/> I don't like surprises | <input type="checkbox"/> I like to sing | <input type="checkbox"/> I like to watch things |
| <input type="checkbox"/> Birthdays are important to me | <input type="checkbox"/> I like mathematics | <input type="checkbox"/> I like to have things |
| <input type="checkbox"/> Birthdays are not important to me | <input type="checkbox"/> I like good stories | |
| | <input type="checkbox"/> I like detective stories | |

Add some of your own:

_____	_____
_____	_____
_____	_____

In Year 7 think about what has changed over the past year.
Are there things you now like that you didn't like in Year 6?

What one growing condition would you like to have more of in your life and why?



What am I Grateful For?

HANDOUT 2 ◀

To have a great life, it is good to keep in mind the things and people we appreciate. Below is a list of things you might like. Circle all of the things that you appreciate.

Falling in Love

Being in an outdoor spa in a rainstorm

**BEING
LOVED**

**Listening to rain
on the roof while
I am in bed**

**Learning from
mistakes**

Listening to music

Smelling bread baking

**Watching
my sports
team win**

Warm towels
out of the dryer

*Having a special
place for me*

**Hearing from someone
who I've missed**

Being healthy

*A warm breeze
through my hair*

**THE SOUND
OF THUNDER**

**TELLING
JOKES**

*Making new friends
or spending time
with old ones*

The smell of a home cooked meal

**CHOCOLATE
MILKSHAKES**

Frost on a winter's morning

Hugging
the people
I love

**HEARING MY
FAVOURITE SONG**

HELPING SOMEONE

Laughing so hard
my sides hurt

Riding a roller coaster

Fireplaces

Hearing someone praise me

**RIDING
A BIKE**

DANCING

**Having a teacher who
understands me**

Singing my favourite
song at top volume

My family

FRESH SHEETS
ON MY BED

FLOWERS

Watching the expression on someone's
face as I give them a present

Asphalt after rain on a hot day

**READING A
GREAT BOOK**

Grandparents

**A MASSAGE OR
SHOULDER RUB**

Travelling to
new places

**THE
MILKY
WAY**

THE SMILE OF A FRIEND

**Bouncing on
a trampoline**

Coming home

Having someone who
is pleased to see me

PAINTING

A hug that lasts and is really meant

PHOTO ALBUMS

Patting dogs or cats ears

Discovering
a new idea

Now see if you can add a few of your own:

Of all of those things, what are your top five?

- 1 ▶

- 2 ▶

- 3 ▶

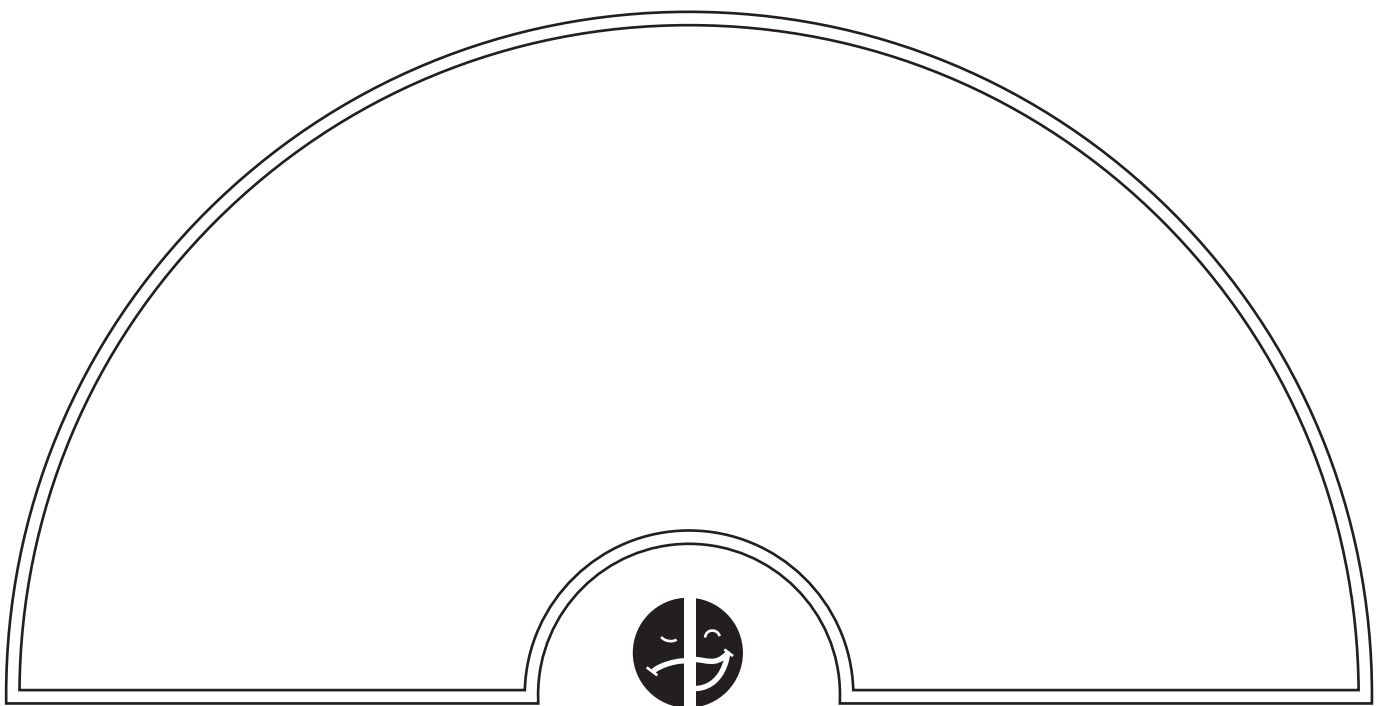
- 4 ▶

- 5 ▶

▶ The Barometer of Feelings

Our feelings are like a barometer. They swing about.
It's a bit like a fire hazard sign.

Fill in the barometer below and write in your feelings from sad to deliriously happy. Some categories might be larger than others, depending on your personality and life experiences. Mark where you are on the Feelings Barometer today.

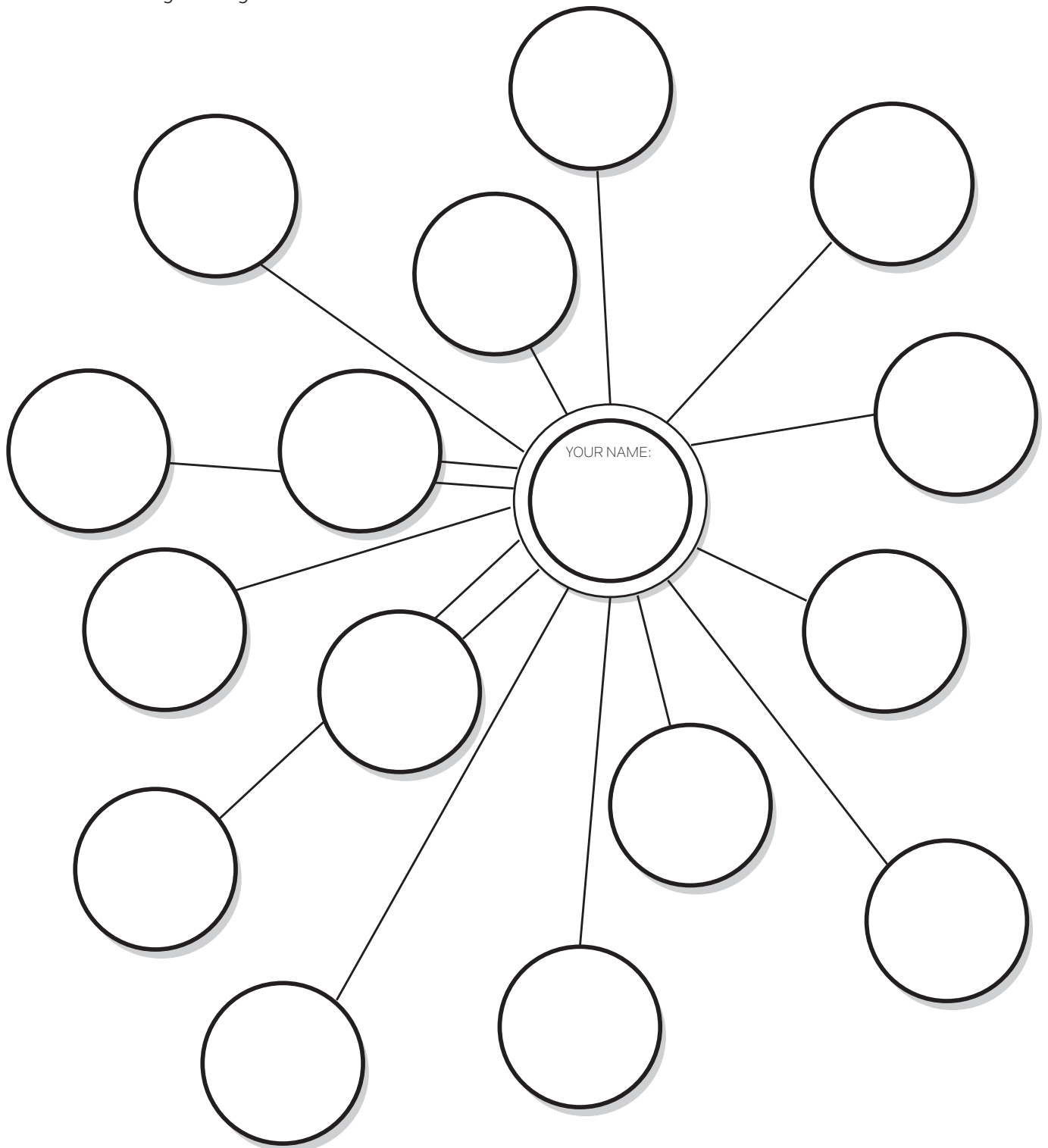


FEELINGS BAROMETER



Map your family adults (as **you** define family) and other **significant** adults in your life using the diagram below. Add extra circles if there are not enough. Draw dotted lines linking the people to show their relationships with each other. (For example, Ben's parents have a relationship but his Granny doesn't know his tennis coach.)

- 1 ▶ Who could you go to for help?
- 2 ▶ What different sorts of help can these adults provide?
- 3 ▶ Who do you feel is your biggest cheerleader?
- 4 ▶ Who is a great coach; helping you to formulate a winning plan?
- 5 ▶ Is there anyone missing from your team?
- 6 ▶ Are there any adults you would like to recruit?





You do not need to put your name on this sheet unless you want to.
The results will be put together so that no one person's response can be identified.

Do you use the technology to connect with or play games with other people?

- ☐ Yes ☐ No

Are these:

- ☐ All people I have met in person
☐ Some I have met in person / some not
☐ Mostly people I have not met in person

If you play multi-player games which ones do you like most? Why?

Which social media sites do you **regularly** use?
(Please write them down here.)

Why?

Are there any social media sites that you would not recommend using?

Why not?

How does having a virtual technology based community make you feel?

What do teachers most need to know about the online world?

How many hours a day do you spend on social media/ technology?

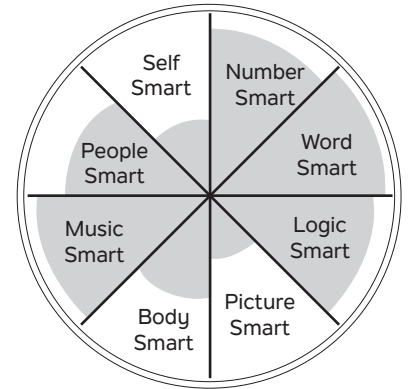
Where is the technology kept when you go to bed?



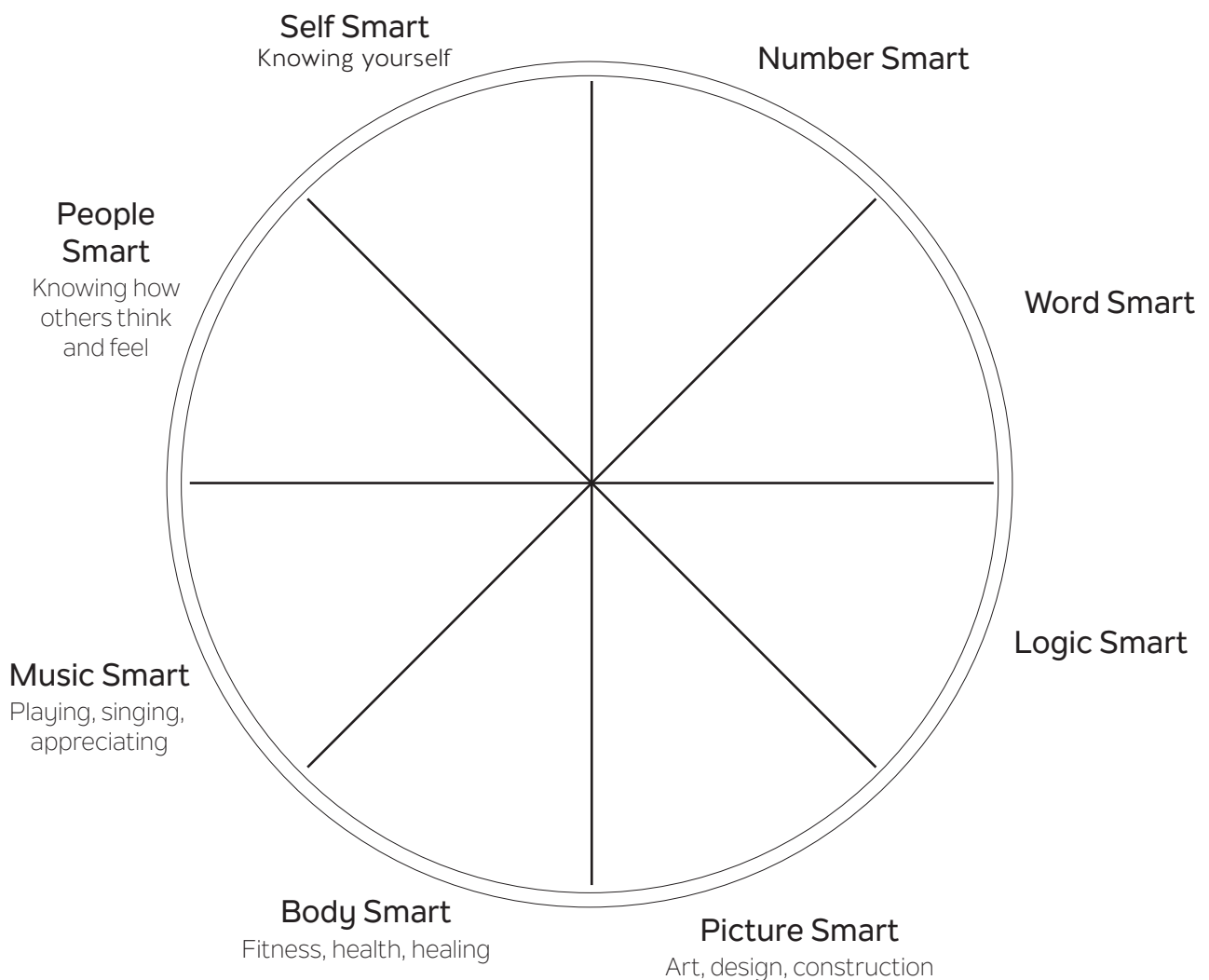
Mapping My Pizza Smarts

Your intelligence is like a multi-flavoured pizza. Some slices are large and bursting with ingredients while other slices are small and have hardly any bits on them at all. This is true for most of us.

An easy way to begin identifying your strengths is with this pizza smarts chart. The chart shows an outline of a pizza divided into eight different slices, representing eight different types of intelligence. Draw a line to outline the shape of your pizza. (Just remember, unless you're an absolute genius, you're never going to have full sized pizza slices in every section!)



The person in this example regards themselves as very number, word and logic smart, but less art and body smart. The closer to the edge, the stronger they are in that slice of smarts.

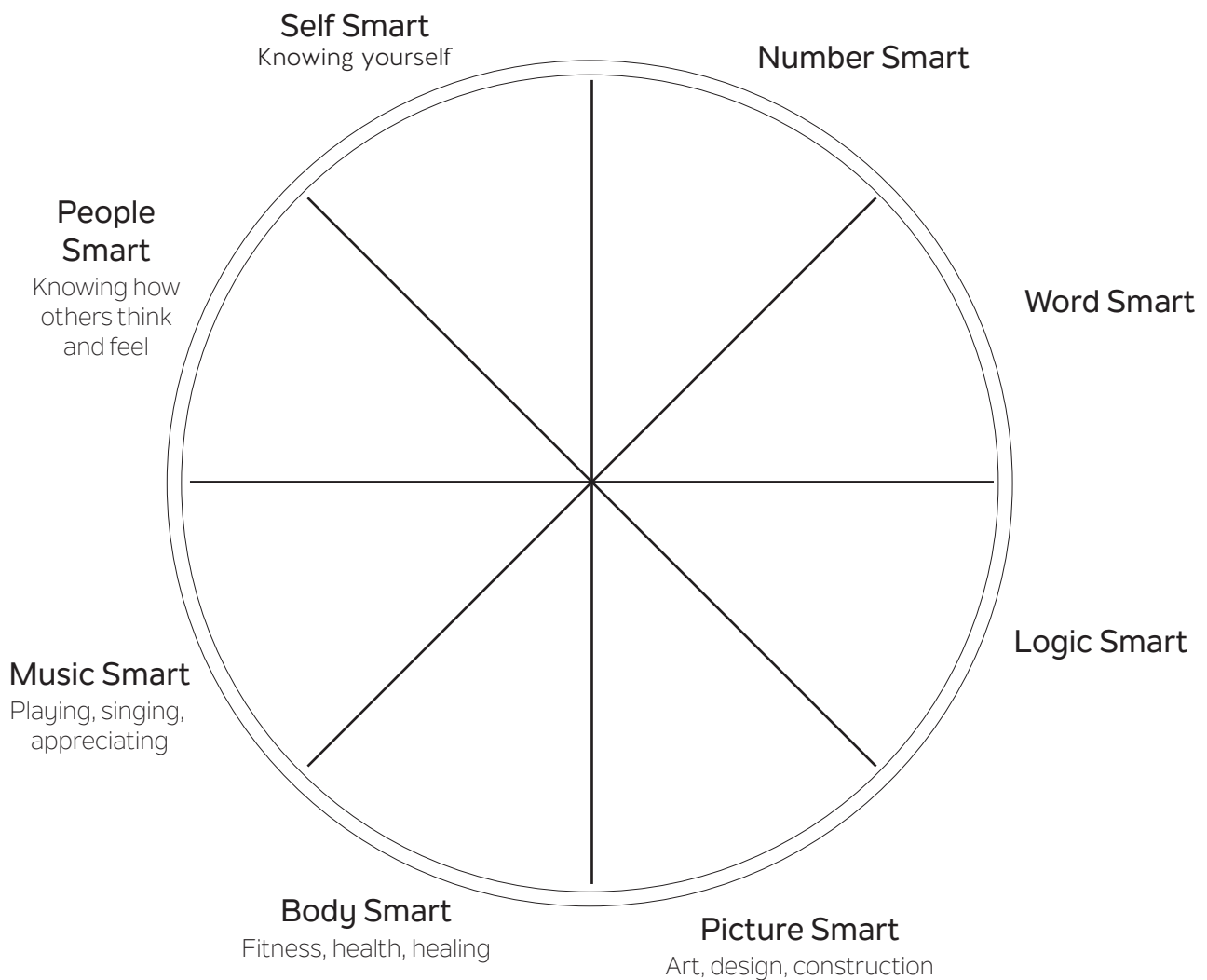


Most people have never mapped their strengths. By outlining the shape of your pizza smarts, you are in a more powerful position to learn your strengths and to build on them.

Whether your pizza map is true or not, **it shows you how you view yourself.** Some of you may have been too modest, others perhaps too confident.

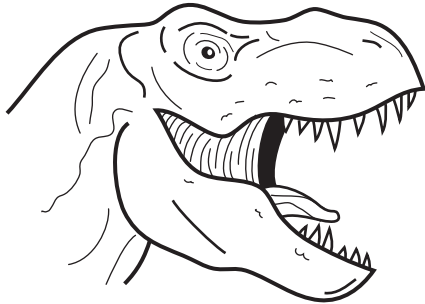
- 1 ► What are your main areas of strength?
- 2 ► What are the main areas where you are **not** strong?
- 3 ► Do you want to increase the slice size on any of your strength areas?
- 4 ► Do you want to change the slice size where you are not so strong?
- 5 ► Are there slices of strength that you have that other people don't know about?

Take this handout home, discuss and complete it again below with a member of your family. Does having someone else's input make you think differently about the size of each of your pizza slices?



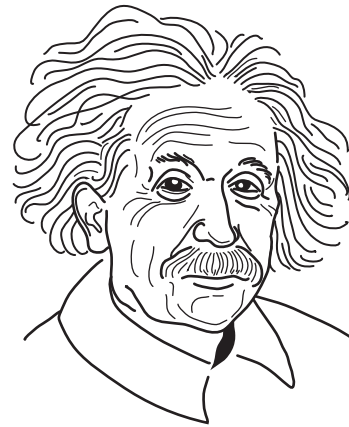


All of us have **Rex** and **Albert** strategies.



Rex strategies are automatic.

(Ouch = Roar)



Albert strategies are thought through.

($E=mc^2$)

Imagine you are feeling stressed and worried. Let's see if you can put an 'A' next to the strategies that you think are Albert strategies, an 'R' next to Rex strategies and a 'NS' next to those you're not sure about.

	Decrease caffeine or sugar		Argue with parents
	Sleep less		Meditate or take deep breaths
	Eat well –reduce sugar, salt and fats		Dance
	Talk to friends		Use social media
	Plan to have some down time		Listen to music
	Get grumpy		Go for a run or a walk
	Eat junk food		Speak to a teacher
	Plan what to do if you do start to panic		Start a fight
	Give up energy drinks		Bully someone else
	Write poetry, songs		Yell at a teacher
	Become a couch potato		Relaxation techniques
	Talk to parents		Stretching, Yoga, Tai Chi
	Play computer games		Play sport
	Drink energy drinks		Exercise



Rex, Albert, and the Stress Response

Everybody feels anxious at different times. If you stop and think about it, you might ask why do most people do such stupid things to avoid feeling anxious. People drink, gamble, argue, fight, escape, avoid important deadlines, put off important tasks, procrastinate or become controlling in a usually ineffective attempt to stop feeling anxious.



Albert strategies:

Things people can do
to lessen anxiety



Rex strategies:

What people actually
do to lessen anxiety

Give up energy drinks	Sleep less
Exercise (even a 10 minute walk helps)	Argue with parents
Eat well - reduce salt, sugar and saturated fats	Eat junk food
Get some counseling	Find someone who has the same worry and consider them to be an expert
Get more sleep	Avoid doing things
Stop catastrophising	Go over and over the problem
Stretching, yoga, tai chi	Do nothing
Breath from your diaphragm	Panic
Write a diary	Blame others
Relaxation techniques	Get grumpy
Practice meditation	Complain
Listen to music	Listen to depressing music
Dance	Lie around
Play sport	Play computer games
Talk to friends	Use social media
Live healthily	Increase caffeine, nicotine, sugar, alcohol and drug consumption

Which do you do? Place a tick in the Albert column and an 'x' in the Rex column to match what you actually do. Now add some of your own.

Create your own stress reduction / calm down plan.

When I think

E.g. This homework is way too hard.



**My Rex
strategy is**

Avoid doing it at all costs .



**My Albert
strategy is**

To ask Dad to explain it to me again.

When I feel

E.g. Angry at my brother.



**My Rex
strategy is**

Scream at him, or punch him.



**My Albert
strategy is**

Go into my room to calm down.



Getting stressed is pretty easy really. Most of us can manage it all by ourselves without any outside assistance. Just in case you need help in **increasing** your stress levels here are a few sure-fire tactics you can use.

SLEEP LESS

Not getting enough zzzs will make you cranky and wired. You need at least eight hours of sleep to function well. At times of pressure you may even need more. Sleep resets our hormone levels and protects us against stress and depression.

DRINK ENERGY DRINKS

Just **one** of these drinks elevates your levels of adrenaline (a stress hormone) to five times the normal level for five hours after drinking. These drinks are often high in caffeine, aspartame and sugars all of which increase your stress levels. Add to that eating a lot of junk food that is full of carbohydrates and you'll have a brain that is not only stressed out, it will also **feel** sludgy and tired.

BE INACTIVE

Sitting around doing nothing **can** be great but if you are already a bit stressed, it will help the worries to build and circle like vultures.

ISOLATE YOURSELF

You're a big powerful person right? You don't need help from anyone else. Pretend that:

- ▶ **no one else** on earth has ever felt this way and they have no useful ideas that could help you in any way; and...
- ▶ even if you did ask them they wouldn't care enough about you to help.

When you are really stressed you can't think straight, so trying to sort things out alone is one of the best ways to make **sure** your worries continue.

THINKING ABOUT THE OUTCOME NOT THE PROCESS

Focusing and worrying about final exams, upcoming performances or future social situations will not only **increase** your stress, it will fill you with **dread** as well.

WORK HARDER

The logic here is that if working harder got you into this state, it is going to take even **more** hard work to get you out of it. This is crazy, but you want to feel stressed, this is a good way of going about it.

ESCAPE INTO COMPUTER GAMES

Playing computer games can be a good distraction. Play them for **too** long, say more than two hours, and you will end up feeling wired and listless.

TALK ABOUT BEING BUSY

We can **talk** ourselves into being stressed. Telling everyone how busy and tired you are becomes a way of increasing your own sense of being wired and exhausted.

FACEBOOK FRETTING

Once you are feeling stressed, go on Facebook and check other friends' Facebook profiles. Seeing **all** the fun stuff they've been doing while you've been worrying, should help you to feel much, much worse!



We can get so used to feeling stressed that it can feel weird to wind down and relax. As soon as we start to chill out we get jumpy and feel worse. If this sounds familiar, it's a sure sign you do need to stress less. It is going to take a bit of time and few practice runs before you'll notice any changes.

DON'T THINK ABOUT THE END RESULT

Focus on the **steps** you have to take **today** to get to that outcome. Thinking about how future events will turn out might make you anxious. Will I pass this test? Will they like me? Do I have enough friends? Try to tame your mind so that you stop thinking about questions you can't know the answer to. Instead practice narrowing your attention to what you can do right now.

EXERCISE

Being physically active **lowers** our stress levels. Exercise increases blood flow to the smart parts of our brains where problems can get solved. When we sit or lie still for too long the more primitive parts of our brain fire up and our thoughts start to go around and around.

Movements where you move rhythmically are especially good for reducing stress. Dancing, surfing, drumming, roller-skating, table tennis, swimming, juggling, down ball, volleyball, boxing and gymnastics are all rhythmic movements.

WRITE IT OUT

Get your worries out of your head. **Write** them down on a sheet of paper. Map them out using Kidspiration*. Make a note or a voice memo on your phone.

KNOW THAT EVERYONE HAS WORRIES

All human beings worry at times. Just know that you can find yourself worrying at times, just like everyone else.

TALK TO SOMEONE YOU TRUST

Now you know everyone gets stressed at times, **tell someone** you can rely on about feeling worried. Even if they don't have any suggestions for you, just telling someone can make a difference.

BREATHE DEEPLY

When you feel stressed, take a moment to breathe deeply. Put your hand on your belly and take a big breath. Then slowly breathe out as you count to yourself, 'one thousand, two thousand, and three thousand'. Slowing down your breathing **resets** your body.

DRINK WATER

Drinking water lowers the level of cortisol (a stress hormone) in your body.

STOP MIND JUGGLING AND START DOING

Lots of people when they get stressed freeze up and feel like they can't start anything. **Start somewhere**. Your first attempt doesn't have to be the perfect answer. Getting started builds momentum and gives you confidence.

USE A MOOD SHIFT PLAYLIST

Music is a powerful way of lessening stress. Make a playlist of your best feel good songs and play it when you find the worries are creeping in.

* Kidspiration is an online application that can be downloaded from the internet (<http://www.inspiration.com/Kidspiration>). It uses visuals to explore and understand words, numbers and concepts.



Circle all of the ways you have sabotaged your success in the past.
Which one is your Number One Assassin?

**BLAMING
SOMEONE**

Gossiping

**BLAMING
YOURSELF**

Making it worse than it is

FAULT FINDING

*Being too helpful
or considerate*

**TURNING SOMEONE
INTO AN ENEMY**

*Complaining to someone
who can't solve the problem*

*Expecting that life will
always be difficult*

Not talking about it

**BECOMING UPSET OVER
IRRELEVANT DETAILS**

**THINKING THE PROBLEM WILL
ALWAYS BE A PROBLEM**

SLEEPING LESS

*Procrastination
(putting things off)*

VOWING REVENGE

**CHANGING YOUR
EATING PATTERNS**

Rescuing others

**GOING OVER AND
OVER THE PROBLEM**

**Not saying something to a person
(when you really need to) because
you don't want to upset them**

*Changing your
exercise patterns*

**WORKING
TOO HARD**

Trying to do things perfectly

**PRETENDING THERE
ISN'T A PROBLEM**

**Either not see my friends
or seeing them too much.**

**Trying to forget or not think
about the problem.**



3AM – NIGHT

Hopefully you are sound asleep. Your body temperature is at its lowest. Even though you snooze on, your brain is still 80% activated. It is busy consolidating memories restocking proteins, repairing cell damage, and strengthening synapses. Soon you will have one of the 200,000 dreams in your life. REM (rapid eye movement) or dream sleep is important for memory consolidation.

Not getting enough sleep really makes it hard to have a great day. One week of restricted sleep is like 24 hours of consecutive wakefulness – zombie land! Sleep loss impairs the body's ability to regulate blood sugar, which means you age faster, and it helps you gain weight.

7AM – EARLY MORNING

Waking up causes violent increases in heart rate and blood pressure and cortisol peaks in blood levels. So start the day as gradually as possible.

After a warm shower is a good time for stretching, exercises involving balance and fine motor control.

Breakfast should be high in protein and low in carbohydrates to kick-start your mood and concentration. Try a protein shake smoothie with berries, or an omelette and a glass of milk. Avoid fruit juices and muffins.

8AM – PREPARING FOR THE DAY.

Gather the things you will need for the day ahead. Don't forget to take a water bottle. Your brain needs to be hydrated during the day.

9AM – SCHOOL

It's time to get focused. We are easily bothered by distractions in the morning. Don't multitask at this time. What happens when we try to do two things at once is that neither gets completed nor learned. Multitasking means it takes 50% longer to do things.

Between 2½ to 4 hours after you woke up, your attention will peak. Use this time to concentrate on things you really find hard to learn. Late morning is also the best time to learn new motor skills.

12PM – LUNCH

Lunch is **ideally** the major meal of the day. Eat well. Healthy school lunch ideas include:

- ▶ sandwiches or pita bread with cheese, lean meat or salad, rice/noodles with lean meat and vegetables,
- ▶ cheese slices, crackers with spread and fresh fruit,
- ▶ washed and cut-up raw vegetables or fresh fruits,
- ▶ cold water, particularly in hot weather.

Try to keep the times you eat fairly regular as eating sets your internal body clock. Just by living you burn between 50% and 70 % of the energy you consume.

If you can, a 20 minute nap increases performance and learning and recharges your mental batteries. Winston Churchill once said a nap gives you two days in one! Thomas Edison and Leonardo da Vinci were also great believers in a midday nap.

2PM – EARLY AFTERNOON

Lots of people make more mistakes and learn the least between 2.30 – 3.30 in the afternoon. During the afternoon it is good to have snacks for mood and energy lifting. Almonds and apples are especially good.

4PM – LATE AFTERNOON

This is the best time for physical activity. Your body is generally at its best later in the day. Exercise at this time may result in 20% more muscle strength than in the morning. (Most sports records have been set between 3 and 8 pm.)

6PM – EVENING

Have some quiet time 20 minutes before dinner. Dinner should be lighter than lunch and at least 3 hours before your bedtime. It takes about 50% longer for the stomach to empty dinner than lunch. Sit quietly 5 minutes after you finish eating, then walk for 15 minutes.

8PM – EVENING

About 1½ hours before bedtime commence the wind down for the day. Soak in a warm bath. An hour before bed lower the lights – use lamps, sip herbal tea, create to do lists for tomorrow. Melatonin, the hormone that makes you feel sleepy, starts to increase in the evening.

If you are learning new information, listen to a tape or podcast of key information for about 20 minutes.

Put electronic devices out of your bedroom before you go to sleep. Remember the sleep cycle occurs every 90 –120 minutes. Try to catch it.



When do you feel the most alert and able to learn new things?

- ☐ Morning ☐ Late Morning
☐ Afternoon ☐ Just after school
☐ Evening ☐ Don't know

What time do you usually go to sleep?

What time do you usually wake up?

How much sleep do you get most school nights?

When is your 'down time' hour?

(When you are the least energetic in the day.)

To work this out, note the time you usually go to sleep and the time you usually get up on a week day. Calculate the halfway point, then add 12 hours. E.g.: Sleep 9 pm – 7 am. The half way point is therefore 2 am. Add 12 hours = 2 pm. Add half an hour on each side, and you end up with a down time hour of 1.30 – 2.30 pm.

My down time hour is

Which of your subjects do you expect to be the hardest?

Which do you expect to be the easiest?

YOUR IDEAL WEEK PLANNER

Use different colours for:

- ☐ sleep time ☐ down time ☐ exercise time ☐ school times ☐ eating ☐ homework ☐ fun/relaxing time

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 AM							
3 AM							
4 AM							
5 AM							
6 AM							
7 AM							
8 AM							
9 AM							
10 AM							
11 AM							
12 PM							
1 PM							
2 PM							
3 PM							
4 PM							
5 PM							
6 PM							
7 PM							
8 PM							
9 PM							
10 PM							
11 PM							
12 AM							
1 AM							
2 AM							



Developing a positive growth mindset, where you expect to improve over time and overcome setbacks, is a sure fire way to succeed. Here are some tips to help switch your mindset from 'can't do' to 'can do'.

'FALL DOWN 7 TIMES, GET UP 8' POLICY

We **all** have set backs. There are times when we all have to pick ourselves up, dust ourselves off and start again. Most of us are experts in this, because this is the way we learned to walk. Sucking at something the first few times you do it is the first step to getting good at it.

FOCUS ON EFFORT MORE THAN ABILITY

You are a genius even if you don't know it yet. **But** that doesn't mean you don't have to put in the work. Put your attention towards trying hard especially at the things you want to do well in.

MISTAKES ARE OPPORTUNITIES TO LEARN

Mistakes are an **essential** part of learning. The physicist Niels Bohr defines an expert as 'a person who has made all the mistakes that can be made in a very narrow field.'

Creating something **new** involves make a lot of mistakes. One example is the bestselling Dyson vacuum cleaner. The inventor made 5,127 prototypes before getting it right. 'There were 5,126 failures. But I learned from each one. That's how I came up with a solution. So I don't mind failure'.

When you make a mistake, it tells you **nothing** about capable you are. All it means is that you haven't learned how to get it right yet.

DEALING WITH SET BACKS

No one really enjoys making mistakes. If we don't learn from our mistakes we are destined to **repeat** them. However, it is hard to keep your enthusiasm up when you've not been selected for a dance team or a drama part or a sports team or failed a test at school.

Analyse your setbacks. Some questions used to review a setback are:

- ▶ What can I learn from this?
- ▶ What parts did I do well?
- ▶ What parts didn't go as well as I hoped?
- ▶ How much work would be involved in getting better at those parts?
- ▶ Would I change how I prepared next time? If so, in what ways?

DO I WANT TO TRY AGAIN?

If you decide **not** to have another go say to yourself, 'Ok but don't let this decision trick me into believing I couldn't get better if I tried.'

TURN A LOSS INTO A TOURNAMENT

After losing a game, you may have said, 'Ok, best out of three?'. If you didn't win that tournament perhaps you may have said, 'Ok, best out of five is ruler of the universe?'. There is almost **always** a chance to have another go, despite what reality TV shows say!

HAVE ROLE MODELS

Look around for people you admire. You can model parts of your life on what they've done. Look out for people who share the same interests or exhibit personality traits you find attractive.

HOW TO AVOID A BORING LIFE

If you get **scared** of getting things wrong, you won't try new things. If you don't **try** new things you can become bored, and boring! Life may become mundane, dull and routine.

Every so often do things you have **never done** before. Quirky adventures don't have to take a lot of time or money but they do take thought and planning. Plan to experience things you have never experienced before. Don't settle for anything less than an interesting life.

Think of a time when it was hard. We've all done things that at first seemed impossible. We've all struggled at times. Remember the times when you could have given up but you didn't.



What I Believe In and What I Stand For

Values are principles that guide behaviour. They create a 'portal' to free will and choice. The values portal helps us to make choices about how we behave by screening out emotions and stressors that can swamp our thinking. Knowing our values gives us power over reactivity. Tick your own personal values, and circle your top five.

- | | | | | |
|-----------------------------------------|---------------------------------------|-----------------------------------------|------------------------------------------|-------------------------------------------|
| <input type="checkbox"/> Achievement | <input type="checkbox"/> Dexterity | <input type="checkbox"/> Independence | <input type="checkbox"/> Persistence | <input type="checkbox"/> Spirituality |
| <input type="checkbox"/> Adaptability | <input type="checkbox"/> Dignity | <input type="checkbox"/> Individuality | <input type="checkbox"/> Persuasiveness | <input type="checkbox"/> Spontaneity |
| <input type="checkbox"/> Agility | <input type="checkbox"/> Directness | <input type="checkbox"/> Ingenuity | <input type="checkbox"/> Playfulness | <input type="checkbox"/> Stability |
| <input type="checkbox"/> Alertness | <input type="checkbox"/> Discretion | <input type="checkbox"/> Integrity | <input type="checkbox"/> Popularity | <input type="checkbox"/> Status |
| <input type="checkbox"/> Appreciation | <input type="checkbox"/> Dominance | <input type="checkbox"/> Intelligence | <input type="checkbox"/> Power | <input type="checkbox"/> Strength |
| <input type="checkbox"/> Approval | <input type="checkbox"/> Eagerness | <input type="checkbox"/> Insightfulness | <input type="checkbox"/> Practicality | <input type="checkbox"/> Success |
| <input type="checkbox"/> Assertiveness | <input type="checkbox"/> Education | <input type="checkbox"/> Inspiration | <input type="checkbox"/> Precision | <input type="checkbox"/> Support |
| <input type="checkbox"/> Beauty | <input type="checkbox"/> Elegance | <input type="checkbox"/> Intensity | <input type="checkbox"/> Pride | <input type="checkbox"/> Sympathy |
| <input type="checkbox"/> Being the best | <input type="checkbox"/> Enthusiasm | <input type="checkbox"/> Intuition | <input type="checkbox"/> Privacy | <input type="checkbox"/> Teamwork |
| <input type="checkbox"/> Belonging | <input type="checkbox"/> Enjoyment | <input type="checkbox"/> Kindness | <input type="checkbox"/> Reason | <input type="checkbox"/> Thoroughness |
| <input type="checkbox"/> Bravery | <input type="checkbox"/> Excellence | <input type="checkbox"/> Knowledge | <input type="checkbox"/> Reflection | <input type="checkbox"/> Thoughtfulness |
| <input type="checkbox"/> Calmness | <input type="checkbox"/> Excitement | <input type="checkbox"/> Leadership | <input type="checkbox"/> Relaxation | <input type="checkbox"/> Thrift |
| <input type="checkbox"/> Caring | <input type="checkbox"/> Extravagance | <input type="checkbox"/> Learning | <input type="checkbox"/> Reliability | <input type="checkbox"/> Thrill-seeking |
| <input type="checkbox"/> Carefulness | <input type="checkbox"/> Fairness | <input type="checkbox"/> Love | <input type="checkbox"/> Reputation | <input type="checkbox"/> Tidiness |
| <input type="checkbox"/> Celebrity | <input type="checkbox"/> Faith | <input type="checkbox"/> Loyalty | <input type="checkbox"/> Resourcefulness | <input type="checkbox"/> Trust |
| <input type="checkbox"/> Challenge | <input type="checkbox"/> Family | <input type="checkbox"/> Maturity | <input type="checkbox"/> Respect | <input type="checkbox"/> Truth |
| <input type="checkbox"/> Charity | <input type="checkbox"/> Fashion | <input type="checkbox"/> Meaning | <input type="checkbox"/> Risk taking | <input type="checkbox"/> Understanding |
| <input type="checkbox"/> Cheerfulness | <input type="checkbox"/> Fitness | <input type="checkbox"/> Modesty | <input type="checkbox"/> Sacrifice | <input type="checkbox"/> Uniqueness |
| <input type="checkbox"/> Cleanliness | <input type="checkbox"/> Forgiveness | <input type="checkbox"/> Money | <input type="checkbox"/> Satisfaction | <input type="checkbox"/> Usefulness |
| <input type="checkbox"/> Compassion | <input type="checkbox"/> Freedom | <input type="checkbox"/> Motivation | <input type="checkbox"/> Security | <input type="checkbox"/> Volunteering |
| <input type="checkbox"/> Competition | <input type="checkbox"/> Friendship | <input type="checkbox"/> Musicianship | <input type="checkbox"/> Self-control | <input type="checkbox"/> Warm-heartedness |
| <input type="checkbox"/> Confidence | <input type="checkbox"/> Fun | <input type="checkbox"/> Nature | <input type="checkbox"/> Selflessness | <input type="checkbox"/> Warmth |
| <input type="checkbox"/> Conformity | <input type="checkbox"/> Generosity | <input type="checkbox"/> Neatness | <input type="checkbox"/> Self-reliance | <input type="checkbox"/> Watchfulness |
| <input type="checkbox"/> Control | <input type="checkbox"/> Gratitude | <input type="checkbox"/> Obedience | <input type="checkbox"/> Self-respect | <input type="checkbox"/> Willfulness |
| <input type="checkbox"/> Coolness | <input type="checkbox"/> Happiness | <input type="checkbox"/> Organisation | <input type="checkbox"/> Sensitivity | <input type="checkbox"/> Willingness |
| <input type="checkbox"/> Cooperation | <input type="checkbox"/> Harmony | <input type="checkbox"/> Originality | <input type="checkbox"/> Sensuality | <input type="checkbox"/> Willpower |
| <input type="checkbox"/> Courage | <input type="checkbox"/> Helpfulness | <input type="checkbox"/> Outrageousness | <input type="checkbox"/> Serenity | <input type="checkbox"/> Winning |
| <input type="checkbox"/> Courtesy | <input type="checkbox"/> Heroism | <input type="checkbox"/> Patience | <input type="checkbox"/> Sharing | <input type="checkbox"/> Wisdom |
| <input type="checkbox"/> Creativity | <input type="checkbox"/> Honesty | <input type="checkbox"/> Passion | <input type="checkbox"/> Silence | <input type="checkbox"/> Wonder |
| <input type="checkbox"/> Curiosity | <input type="checkbox"/> Honour | <input type="checkbox"/> Peace | <input type="checkbox"/> Simplicity | <input type="checkbox"/> Zeal |
| <input type="checkbox"/> Daring | <input type="checkbox"/> Hopefulness | <input type="checkbox"/> Perfection | <input type="checkbox"/> Sincerity | |
| <input type="checkbox"/> Decisiveness | <input type="checkbox"/> Humour | <input type="checkbox"/> Perseverance | <input type="checkbox"/> Skillfulness | |
| <input type="checkbox"/> Determination | <input type="checkbox"/> Imagination | | <input type="checkbox"/> Solitude | |



The art of making yourself happy is something we can all learn and practice. No one is happy 100% of the time. Life has its ups and downs. Even so there are some surefire ways to increase your happiness.

DON'T WAIT TO SEE IF YOU ARE HAVING A GOOD TIME

Instead of going to places and seeing if it is fun, decide in advance to have fun **regardless** of the circumstances. Enjoy the day regardless of the weather. Make the most of the occasion regardless of the company.

GO OUTSIDE AND PLAY

You were told to do this as a kid and I'm telling you to do it again, play more! Go for walks, throw a dog a stick, skip, sing loudly or imagine yourself to be a spy passing through enemy territory. Make a promise to **play more**.

DEVELOP DEEP FRIENDSHIPS

Your friends are your **true** wealth. Value them and see them regularly. Let them know how important they are to you. Most people only have **two** close friends so don't fool yourself into believing you are less popular than most people.

INCREASE THE CLOSENESS OF FAMILY

Keeping in close contact with your family gives you a **support base** for difficult times and also strengthens your sense of where you come from. Feeling you belong in a family is a powerful way of being happy.

PLAY TO YOUR STRENGTHS

Have a good long hard look at yourself. What are you **good** at? Make a commitment to develop your skills, talents and abilities as much as you can. If you don't develop your own unique talents, the world misses out.

SEEK OUT GROUPS THAT VALUE WHAT YOU HAVE TO OFFER

Finding the niche where your abilities are valued is the basis of success!

Avoid social groups where your unique attributes are not valued. Not everyone is going to like you or think you could amount to much. Get used to it. Accept that it is so, and then get out of their way.

LIVE IN THE DREAMTIME

Find and follow your passions. Dream **big** dreams and make a promise to yourself to live a wonderful life.

LAUGH A LOT MORE

Find people, shows, books, films and situations that make you laugh and surround yourself with them.

HAVE SOMETHING BIGGER THAN YOURSELF TO BELIEVE IN

Think about the **contribution** you can make while you are on this planet and do it. People who think they are the centre of the universe are boring, and often very unhappy!

LOVE AS MUCH AS YOU CAN

Not only does it make the people you love feel good about themselves, studies show that caring for others makes you feel good about yourself too.



Being miserable is an art form. There are many ways of achieving it.
A few surefire ways are below.

WAIT FOR THE SITUATION TO BE RIGHT BEFORE HAVING A GOOD TIME

One of the most dangerous words is '**someday**'. People say things like, 'someday I'll be happy', 'someday I'll do what I want to do' or 'someday I'll be confident'. Putting off having a great life until you have the right job/house/partner/friend is a great way of putting off life all together.

COMPARE YOURSELF TO OTHERS

Spend hours thinking about how much more beautiful, happy, intelligent, creative, insightful and wonderful **everybody else** is compared to you. Think that glossy people who are featured in glossy magazines have glossy lives despite lots of evidence to the contrary.

GIVE OTHERS THE POWER TO CONTROL YOUR LIFE.

This occurs when you **don't do** the things you want to do. Let other people choose your life directions and priorities for you. This allows you to avoid responsibility. When you end up miserable (and believe me you will!) blame the people you let make the decisions,

ALWAYS TRY TO MAKE OTHER PEOPLE HAPPY AT THE EXPENSE OF YOUR OWN HAPPINESS

Try to fix other people or spend your life trying to please them. Base your life decisions on what **other** people will think of you rather than what you want to do.

FEEL IT IS BETTER TO AVOID REJECTION THAN TO LOVE

Play safe. If you don't try to love people you can't be let down or hurt. Resign yourself to a life of perpetual disappointment.

TALK YOURSELF OUT OF STUFF YOU REALLY WOULD LIKE TO DO.

Spend time telling yourself you can't do things because you are not smart enough or talented enough. You can really begin to believe that if you don't try, you can't fail.

SAY YES WHEN YOU MEAN NO

It's nice to be helpful and agreeable but if you say yes to things you don't want to do, you can end up feeling really bad about yourself or resentful of people. Long-term resentment turns into bitterness

BELIEVE YOU DON'T DESERVE TO BE HAPPY

Believe that you need to be smarter, more good looking, more sporty, more creative, more popular or more skinny **before** you can be happy.



Use these scenarios for the Misery and Happiness panels to discuss.

When Toni walks into school it seems like everyone has someone to talk to, except her. She feels very alone and like everyone is looking at her and judging her. She doesn't know what to do.

Dai is really sick of being the object of his mates' jokes. They always seem to be making fun of him and putting him down.

Ash is really worried about his parents. They seem to be arguing all the time, and he doesn't feel like going home.

Grace feels really unhappy at school. She's ok at most things, but not really good at anything. It seems like there is always someone who is better than her. She doesn't feel like there is anything that makes her special.

Anna has cool friends at school but she's worried all the time that she may do something wrong and get ditched. She stresses about how she looks and thinks that if she could just get slimmer she would be ok.

Josh likes his friends but sometimes they like to do crazy stuff. He worries that someone may get hurt.

It's the day of an important test and Matthew hasn't studied for it. Fortunately, he's figured out a way to easily cheat the test.

Ayako is in a soccer team but recently training has been intense and has affected her school work. She doesn't want to quit the soccer team but pressure for her to do well at school is mounting.

There's a teacher at school that Ekene just doesn't like at all and feels victimised by, but whenever he tries to talk to someone about it, he's told that he'll just have to get over it.

Danielle has no one that she feels she can talk to. She feels she can't talk to her parents, her friends, or her teachers about her problems.

Jack doesn't feel like he fits in at school. No matter what, people just don't seem interested in the things he's interested in.

sam is being bullied online by her classmate sarah.



About 20% of people experience depression at some time in their lives. That means that almost every family has someone with some times of depression. Unfortunately once someone has experienced depression, they are at far greater risk of feeling that way again.

While we can't guarantee that we can protect everyone from depression, there are things that we can do to make it less likely.

SADNESS IS NOT ALWAYS BAD

Everyone loves being happy but being sad at times is **not** such a bad thing. Sadness gives us time for thinking things over, sometimes regretting things we have done and helps us to resolve to be better people. Feelings of sadness and disappointment over setbacks are part of being human.

Knowing that you won't be happy all the time is important. Accept that there are some things you just can't control. All feelings pass and we can learn from the whole range of feelings, sadness included.

LOWER THE AMOUNT OF STRESS

Try to identify some of the major sources of stress in your life and develop systems to deal with them. If you can't avoid the stressful situations at least develop a de-compression strategy. This is a way of winding ourselves down after being revved up. Going for a walk, doing some exercise and being active are some of the best ways.

FIND SOME GOOD FRIENDS

Friends are a treasure. Along with family, having a few good friends that we can talk things over with enriches our lives and protects us in difficult times.

EAT HEALTHILY

What we eat **changes our moods**. For example, countries that eat low levels of fish have higher levels of depression. Fish contains a fatty acid known as EPA, which is lacking in those with depression. Fatty acids are also found in flaxseed, walnuts and chia seeds and are good fats.

These are 'good' fats so don't be hesitant about eating them! Whole grain oats have been shown to help with depression, as their folic acid and B vitamins release energy slowly. Foods high in selenium, which is found in meat, fish and cereal grains, have also been shown to decrease symptoms of depression. Leafy greens have magnesium in them which helps with depression and helps with sleep patterns.

HAVE SOME SOURCES OF 'FLOW'

We experience 'flow' when we get involved in an activity that **captivates us**. At the end of these types of activities people think, 'Where did the time go?' There are many sources of flow – computer games, sports, drawing, dancing, reading, swimming and surfing are some. These are the things that you do that absorb you and take you away from your day to day cares.

Losing yourself in a few pleasurable activities that challenge you is highly protective against depression.

BE GRATEFUL AND LUCKY

Even people who have had rotten things happen to them can rise above them. They usually do this by **deciding** to be lucky. While we can focus on the things that have upset us, most of us have many things and people to be grateful for. Focusing on that part of your life and deciding you are lucky makes an enormous difference to your life.

GET ENOUGH SLEEP AND REST

Getting enough sleep is one of the most **powerful** ways we can protect ourselves against depression.

The structures in the brain that support the most powerful antidepressant, serotonin, are built and rebuilt between the sixth and the eighth hour of sleep.

Over 60% of people who sleep 5 or less hours a night end up obese and depressed.

If you are having difficulty sleeping:

- ▶ Decrease caffeine consumption late in the day
- ▶ Decrease your intake of sugar
- ▶ Go to bed at the same time every day and wakeup at the same time every day.
- ▶ Avoid late nights
- ▶ Avoid naps especially after 4pm
- ▶ Avoid spicy, sugary or heavy foods before bed
- ▶ Have the room at a comfortable temperature
- ▶ Block out distracting noise
- ▶ Don't sit in bed while studying. Get in the habit of reserving your bed for sleep
- ▶ Warm milk before bed is good as it is high in tryptophan, which aids sleep.

- ▶ Try relaxation methods before sleeping
- ▶ Write out a to-do list for the next day before getting into bed
- ▶ Have a pre-sleep ritual e.g. reading or warm bath
- ▶ Switch off the electronics, especially phones

GET SOME EXERCISE

Exercise decreases stress hormones such as cortisol and increases endorphins (happy chemicals). Exercise also helps release dopamine, adrenaline and serotonin, which work together to make you feel good.

Endorphins are a hormone like substance, produced in the brain and function as the body's natural painkillers. During exercise endorphins can leave you in a state of euphoria with a sense of wellbeing.

The most effective type of exercise for the release of endorphins is cardiovascular exercise and aerobics.

Moderate exercise for 10 minutes a day is enough to improve your mood and increase energy but it is suggested that you do 30 minutes per day.

LAUGH MORE

Laughter raises our levels of serotonin and dopamine. Make a point of watching TV shows or movies that make you laugh. Share funny stories and jokes with friends. People report that laughing even when they don't feel happy improves their mood and sense of wellbeing.

CREATE A DEPRESSION PREVENTION PLAN.

Try and identify things that can stress you out, make you feel sad or make you worried. Then write down 2-3 plans you could try for each thing. Write down things that make you happy, people who make you feel good, and people you can talk to.



My Depression Proofing Plan: Taking Care of Me

MY PHYSICAL WELLBEING

Am I eating well?

- ☐ Yes
- ☐ Sometimes
- ☐ No

The improvement I plan to make in this area is:

Do I have a regular activity and exercise?

- ☐ Yes
- ☐ Sometimes
- ☐ No

The improvement I plan to make in this area is:

Do I usually sleep and rest well?

- ☐ Yes
- ☐ Sometimes
- ☐ No

The improvement I plan to make in this area is:

THE THINGS THAT STRESS ME OUT

The things that make me annoyed or angry are...

My options for dealing with these are...

The things that make me worry...

My options for dealing with these are...

The things that make me sad are...

My options for dealing with these are...

MY SOURCES OF FLOW

The things I love to do are...

Ask myself: Am I doing them?

The things I am grateful for are...

Ask myself: Have I reminded myself that I am fortunate to have these things?

The things that make me laugh are...

Ask myself: Have I noticed them?

The people that feel good to be with are...

Ask myself: Am I being a good friend to them?

If I begin to feel sad or really worried about something, the people I could talk about it to are...

<hr/>	<hr/>
<hr/>	<hr/>
<hr/>	<hr/>



How I Make Friends and Lose Enemies

Do you make new friends easily? Do you feel you do a good job of keeping friends? This sheet lists skills and characteristics that help you make and keep friends. Take a few minutes to rate yourself on each one. When you're done, choose one or two skills you want to improve this month.

I try to say hello to people even if I don't know them very well.

☐ Not often ☐ Sometimes ☐ Most of the time

I listen as much as I talk when I'm with my friends.

☐ Not often ☐ Sometimes ☐ Most of the time

I try to help my friends meet other people they might like.

☐ Not often ☐ Sometimes ☐ Most of the time

I suggest things to do that other people think are fun.

☐ Not often ☐ Sometimes ☐ Most of the time

I don't repeat gossip or hurtful comments about others.

☐ Not often ☐ Sometimes ☐ Most of the time

I know when my friends are angry, frustrated, or feeling left out – even if they don't say anything.

☐ Not often ☐ Sometimes ☐ Most of the time

I apologise when I accidentally upset someone.

☐ Not often ☐ Sometimes ☐ Most of the time

I do 'random acts of kindness' for friends and others.

☐ Not often ☐ Sometimes ☐ Most of the time

I keep secrets.

☐ Not often ☐ Sometimes ☐ Most of the time

I keep the promises I make.

☐ Not often ☐ Sometimes ☐ Most of the time

I can disagree with someone without getting angry or resorting to name calling.

☐ Not often ☐ Sometimes ☐ Most of the time

I stand up for what I think is right, even if my friends do not agree.

☐ Not often ☐ Sometimes ☐ Most of the time

I encourage friends to do their best.

☐ Not often ☐ Sometimes ☐ Most of the time

I reach out to people who seem lonely or disconnected.

☐ Not often ☐ Sometimes ☐ Most of the time

If I say I will do something, I almost always try to do it.

☐ Not often ☐ Sometimes ☐ Most of the time

I am a kind person.

☐ Not often ☐ Sometimes ☐ Most of the time

If a friend is upset I try and talk to them about it

☐ Not often ☐ Sometimes ☐ Most of the time

If a friend is upset I try to avoid them.

☐ Not often ☐ Sometimes ☐ Most of the time

I try to forgive people when they do something wrong.

☐ Not often ☐ Sometimes ☐ Most of the time



Hi! It's great to have you reading this and thinking about how to greet and meet people more positively in your life. Thank you for taking the time to think about this.

It can be scary to seem too pleased to see someone when you meet them. Firstly, they might think you are weird. Secondly, they might pull back from you and avoid you.

Problem is, that to be successful in almost any area of life, people have to learn that you are a good friend. How can they learn that about you, if you tend to hold back from others?

Think about how dogs greet the people they love. Mostly they don't saunter over and say, 'How ya doin?' They run, bounce, bark, and wag their tails. Now we're not asking you to start barking and licking people but here's few things you might like to try out when you greet people over the next few days.

- ▶ When you first meet people try to notice their eye colour while also smiling at them.
- ▶ Use their name a lot. People loving being referred to by their name, and it will establish a sense of trust and friendship right away.
- ▶ Look directly at them
- ▶ Sound friendly, energised and upbeat
- ▶ Say that it's good to see them
- ▶ Ask questions such as, how are you? What have you been doing? or even, "Guess what I did this weekend?" or "Want to hear something funny?"

- ▶ If you ask someone a question and they only partially answers just wait. If you stay silent and keep eye contact they will usually continue talking.
- ▶ Psyche yourself up. If you get yourself to be really happy and excited to see other people, they will react the same to you. Even if it doesn't happen the first time you do, it will change they way they respond to you eventually.
- ▶ Think to yourself something like, 'I've known this person. We're old friends catching up. I can't wait to see them'. Visualise the experience, saying hello, making eye contact, having conversation. Ask yourself 'What can you not to wait to tell them?'

When you've finished the conversation indicate to them that you will be pleased to see them next time by saying something like, 'Hope we catch up again soon'.

There's a golden rule here: people like people who like them. Good luck in trying it out!



You've found out a friend is spreading untrue rumours about you.	You worked hard on a group project and then hear your friend claims she did all the work.	Your friend was given an invitation to pass on to you and didn't pass it on.	You are sick and tired of your friend complaining about other people.
Every time you see other people you like, your friend tries to make you feel guilty.	Your friend likes to make jokes about other people and wants you to join in.	Your friend keeps asking to loan him money.	A friend always tries to tell you what to do.
A friend always thinks they have better ideas than you do.	A friend keeps pinching and hitting you in a "friendly" way.	A friend speaks over the top of every one else.	A friend who thinks it is fun to be cruel to animals.
A friend who really likes you but doesn't like anyone else.	A friend who thinks it is cool to fail at school	A friend who distracts you and wants to talk to you in class	A friend who thinks it is funny to make jokes about the way you look.
A friend who insists of having everything her own way.	A friend who thinks he is better than everyone else.	A friend who looks down on poor people.	A friend who looks down on people from other countries.
A friend who says everything and everyone is 'gay'.	A friend who wants to share their worries with you all the time	A friend who wants to argue with you.	A friend who never returns the things they borrow.
A friend who boasts and tells big lies to make themselves look good.	A friend who has to win at everything.	A friend who talks too much.	A friend who is rude without knowing.
A friend who is rude and knows it.	A friend who wants to be romantically involved with you.		



“Resentment is like drinking poison and then hoping it will kill your enemies.”

There are a number of ways we can forgive, and not all of them involve speaking to anyone else. In a way forgiveness is a gift that we give ourselves to free us from the hurt of other's wrong doings.

- ▶ Write a forgiveness note to someone in your journal.
- ▶ Be grateful for what you can learn by forgiveness—sometimes our ‘problem’ people are our best teachers. They can teach us how to bring out the best in ourselves.
- ▶ Forgive **yourself**. Often we are toughest on ourselves. Acknowledging that you made a mistake is important. But don’t let a mistake stop you from moving forward. If you’ve done your best, that’s all you can expect of yourself. (Of course, that doesn’t mean you can’t learn lessons from this event to improve on in the future.)
- ▶ Write it out, sing it out, paint or draw it out, dance it out. Lots of wrong doings are turned into creative acts full of emotional power.
- ▶ Make a **practice** of forgiveness. Each day complete a review and see if there is anyone whom you felt treated you meanly or badly. Forgive them for it. Then make an intention to treat them well the next time that you see them.

Forgiveness doesn't mean excusing unacceptable behaviours. Forgiveness is something you do for **yourself**. People who practice forgiveness are happier and are less likely to be depressed, anxious, neurotic and angry. They are also healthier. Practicing forgiveness results in lower stress responses such as a lower heart rate and blood pressure.

Dear (your name):

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Tick each one that is true for **you** and then count them up to get a score for each section. This is **not** a competition, it's an exercise to help you identify the things in your life that will help you cope with change. The scores will show you your strengths and weaknesses.

ADULT CONNECTEDNESS

- ☐ I receive lots of love and support from my family.
- ☐ My parent(s) and I communicate positively, and I go to my parent(s) for advice.
- ☐ I receive support from three or more adults who are not my parents.
- ☐ I have caring neighbours.
- ☐ My school provides a caring, encouraging environment.
- ☐ My parent(s) are actively involved in helping me succeed in school.

SCORE:

EMPOWERMENT

- ☐ I believe that adults in my community value young people.
- ☐ Young people are given useful roles in my community.
- ☐ I help out in my community for one hour or more per week.
- ☐ I feel safe at home, at school, and in the neighborhood.

SCORE:

BOUNDARIES AND EXPECTATIONS

- ☐ My family has clear rules and consequences, and always tries to know where I am.
- ☐ My school provides clear rules and consequences.
- ☐ My neighbours look out for young people and take care of them in need be.
- ☐ Parent(s) and other adults model positive, responsible behaviour.
- ☐ My best friends model responsible behaviour.
- ☐ Both my parent(s) and my teachers encourage me to do well.

SCORE:

COMMUNITY ENGAGEMENT

- ☐ I spend three hours or more per week in lessons or practice in music, theatre, or other arts.
- ☐ I spend three hours or more per week in sports, youth group, clubs, organizations at school, and/or in community organisations.
- ☐ I play in a local sports team.
- ☐ I go out with friends 'with nothing special to do' no more than two nights per week.

SCORE:

SCHOOL ENGAGEMENT

- ☐ I am motivated to do well in school.
- ☐ I am actively engaged in learning.
- ☐ I do at least one hour of homework every school day.
- ☐ I care about my school.
- ☐ I read for pleasure three or more hours per week.

SCORE:

POSITIVE VALUES

- ☐ I place a high value on helping other people.
- ☐ I place a high value on promoting equality and reducing hunger and poverty.
- ☐ I act on and stand up for my beliefs.
- ☐ I tell the truth even when it is not easy.
- ☐ I accept responsibilities and take personal responsibility for my actions.
- ☐ I believe it is important for young people to discuss things that worry them with a trusted adult.

SCORE:

SOCIAL SKILLS

- ☐ I know how to plan ahead and make choices.
- ☐ I have empathy, sensitivity, and friendship skills.
- ☐ I know and get along with people of different cultural/racial/ethnic backgrounds.
- ☐ I can resist negative peer pressure and dangerous situations.
- ☐ I seek to resolve conflict non-violently.

SCORE:**IDENTITY**

- ☐ I feel I have control over things that happen to me.
- ☐ I have a high self-esteem.
- ☐ I believe my life has a purpose.
- ☐ I am optimistic about my personal future.

SCORE:

How did you go?

Write down the scores you got for each section below.

YOUR RESILIENT ASSETS PROFILE

Adult connectedness	
Empowerment	
Boundaries and expectations	
Community engagement	
School engagement	
Positive values	
Identity	

Now let's add them up. How many out of 40 did you get?

TOTAL:

- ▶ **31-40** Fantastic resilience qualities!
- ▶ **21-30** Really good resilience qualities.
- ▶ **11-20** Some work to do on developing better resilience.
- ▶ **0-10** Ok, lets **really** get to work to improve your resilience!



IS IT BULLYING?	WHAT WOULD YOU SUGGEST?
<p>Vanessa keeps being pushed out of line at the canteen by some older students.</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	
<p>Two girls won't let another girl hang out with them.</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	
<p>Tran calls everyone names and even though he says he's just joking, some of his words hurt people's feelings.</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	
<p>Veronica spreads rumours about one of the boys and no one wants to hang out with him.</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	
<p>Two girls won't let another girl hang out with them and tell everyone else not to as well.</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	
<p>Ginger interrupts two boys playing basketball and plays keepings off.</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	
<p>A group of three students tell everyone else that they can't hang out in a part of the school grounds because it belongs to them.</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	
<p>Thea invites the whole class to her party except for Roy.</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	
<p>Two students keep hiding a boy's school bag.</p> <p><input type="checkbox"/> Yes <input type="checkbox"/> No</p>	

Year level: How old are you?

Are you (please tick) ☐ Male ☐ Female

How would you describe bullying and harassment at this school ? (Circle a number on the line below.)

1 — 2 — 3 — 4 — 5 — 6 — 7 — 8 — 9 — 10

NOT A PROBLEM...

...A MAJOR PROBLEM

Have any of the following behaviours ever happened to YOU at school?

Please tick the appropriate box for each type of bullying.

Types of Bullying	Once or more a day	Most days	Less often	Weekly	Never
Being teased or called names					
Having comments made about your family, your country of birth or religion					
Left out of things on purpose					
Threatened					
Hit, punched or kicked					
Forced to give money or belongings to someone without wanting to					
Comments about the way you look					
Locker damaged or disturbed on purpose					

If you have been bullied, how long has it been happening?

- ☐ Less than one week
- ☐ Less than one month
- ☐ Less than six months
- ☐ More than six months

Who do you think does the most bullying in this school?

- ☐ Students in older year levels
- ☐ Students in my year level
- ☐ Students in younger year levels

What times of day are the worst for bullying?

Please tick as many as apply.

- ☐ Before school
- ☐ On transport to and from school
- ☐ Morning classes
- ☐ Morning recess/playtime
- ☐ Lunchtime afternoon classes
- ☐ After school between classes

Are female students at this school more likely to be bullied by:

- ☐ Other female students
- ☐ Male students
- ☐ Both male and female students
- ☐ Don't know

Are male students at this school more likely to be bullied by:

- ☐ Female students
- ☐ Other male students
- ☐ Both male and female students
- ☐ Don't know

If you were being bullied who would you talk to about it?

- ☐ A teacher
- ☐ A parent
- ☐ A Year 12 student
- ☐ A friend at school
- ☐ A friend not at school
- ☐ No one

Do you think teachers can stop bullying?

- ☐ Yes
- ☐ No

If a friend told you that they were being bullied or picked on by another student what would you suggest they do? Please tick as many as apply.

- ☐ Ignore it
- ☐ Fight the person
- ☐ Tell a teacher
- ☐ Stay away from the person
- ☐ Tell a parent
- ☐ Stay away from school
- ☐ Tell a powerful friend
- ☐ Change their looks or behaviour
- ☐ Other

Have you got any other helpful suggestions?

Would you report it to a teacher?

- ☐ Yes
- ☐ No

If no, why wouldn't you?

Would you be interested in helping to stop bullying and/or harassment in the school?

- ☐ Yes
- ☐ No



NAME: _____

YEAR LEVEL: _____

Please read each statement and write a number from 1 to 5 on the line provided.

NOT TRUE AT ALL				COMPLETELY TRUE				
1	▶	2	▶	3	▶	4	▶	5

- | | |
|---------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------|
| <input type="checkbox"/> I pay attention in class. | <input type="checkbox"/> I usually hand assignments and projects in by the due date. |
| <input type="checkbox"/> I usually take a lot of care in completing my schoolwork. | <input type="checkbox"/> This school offers interesting subjects for students to choose from. |
| <input type="checkbox"/> I feel it is important to fully understand the work I do in class. | <input type="checkbox"/> I like to answer questions in class. |
| <input type="checkbox"/> I usually finish class work on time in the classroom. | <input type="checkbox"/> I find the topics presented by my teachers in class interesting. |
| <input type="checkbox"/> I like to be challenged by my schoolwork. | <input type="checkbox"/> I participate in classroom activities. |
| <input type="checkbox"/> I set personal goals for myself. | <input type="checkbox"/> With help from the teachers, I can achieve my goals at this school. |
| <input type="checkbox"/> I spend time studying for tests and exams. | <input type="checkbox"/> Learning is fun. |
| <input type="checkbox"/> When I am unsure about something relating to schoolwork I get advice from a teacher. | <input type="checkbox"/> You need to complete all schoolwork if you want to succeed in life. |
| <input type="checkbox"/> I want to achieve high marks. | <input type="checkbox"/> In class I try to pay attention even if a topic seems boring or irrelevant. |
| <input type="checkbox"/> I never skip classes. | <input type="checkbox"/> I am gaining knowledge that I can use when I leave school. |
| <input type="checkbox"/> I actively participate in classroom discussions. | <input type="checkbox"/> I take time to complete my homework to make sure it's done properly. |
| <input type="checkbox"/> I want to succeed in life. | <input type="checkbox"/> This school will prepare me for the 'real world'. |
| <input type="checkbox"/> I really get involved in my schoolwork. | <input type="checkbox"/> I have set clear goals for my future. |
| <input type="checkbox"/> I am gaining skills that will be of use to me when I leave school. | |
| <input type="checkbox"/> I can achieve good results at this school if I work hard. | |

SCORE:

104 OR MORE = HIGHLY ENGAGED

69-103 = CRUISING AND NOT REALLY TRYING

68 OR LESS = DISENGAGED



When you are thinking about secondary school do you: (Please circle one answer for each of the phrases below.)

► **Feel good?**

Never Not Much Sometimes Mostly Always

► **Feel bad?**

Never Not Much Sometimes Mostly Always

► **Feel nothing?**

Never Not Much Sometimes Mostly Always

► **Unsure?**

Never Not Much Sometimes Mostly Always

Please describe the feelings you have about going to secondary school.

Write down a list of what you think might happen on your first day of secondary school.

At your new school do you think you will:
(Circle one option for each question.

'Y' = Yes, 'N' = No, 'U' = Unsure and 'S' = Sometimes.)

- | | | | |
|--------------------------------------|---|---|---|
| ► Make new friends? | Y | N | U |
| ► Be taught by good teachers? | Y | N | S |
| ► Behave better than you do now? | Y | N | |
| ► Need to work hard? | Y | N | S |
| ► Learn more than at primary school? | Y | N | U |
| ► Enjoy yourself? | Y | N | S |
| ► Feel safe? | Y | N | S |
| ► Know what to do? | Y | N | S |

The three things I look forward to most about going into secondary school are:

►

►

►

The three things I worry about most going into secondary school are:

►

►

►



DETAILS

Name: _____

Year level: _____

Homeroom teacher: _____

BRIEF DESCRIPTION OF PROJECT

GOALS

1 _____

2 _____

3 _____

MAIN ANTICIPATED OUTCOME

Review date:

Signed:

ACHIEVEMENTS TO DATE

IDEAS FOR FURTHER DEVELOPMENT

1 _____

2 _____

3 _____

Completion date:

OUTCOME

REFLECTION



Learning that your first decision is not always your best decision is usually hard won through life. A series of scalded tongues, scraped knees, sprained ankles and banged elbows through childhood teaches us that impulses are not always to be trusted. If this sounds familiar don't feel too bad – at least you didn't let the wooden horse into Troy!

The magic ingredient that helps us to resist the urge to act on our first impulse is **willpower**. It is a slippery ability. For weeks we can hold off with steely determination, only to inexplicably become putty in a moment of tantalizing temptation.

As Roy Baumeister observed, if you want to increase human happiness you might begin with two areas: increasing intelligence; and increasing self-control.

ONE MARSHMALLOW OR TWO?

In a scientific study, Walter Mischel offered children the choice between eating one marshmallow straight away, or two when he returned, **if** they didn't eat the first while he was out of the room. Only 30% of the children in his study were able to resist the temptation of that first marshmallow.

The ability to **not** take that one marshmallow was equated with self-control. This ability not to do the first thing that comes into your mind, turned out to be a powerful predictor of success in life.

The longer those four year old children waited, the better their social and cognitive function in teen years. They exhibited more self control, intelligence, self reliance, and confidence. They were more resilient in times of stress. They planned ahead more than others. They achieved higher college admission scores.

Similar work conducted by Terrie Moffit and David Ferguson in New Zealand found strong linkages between self-control levels in childhood and success in adult life.

WHAT DO WE KNOW ABOUT WILLPOWER?

1. 'Just a little bit' is not always good for you.

Once on a train in Spain there was a man who knew how to weaken willpower. He went through the entire train kindly giving each passenger one peanut. Just one. Then he returned selling bags of peanuts. He made a fortune. Appeasing yourself by just having a little bit rarely works.

2. Save your willpower for the important things

Studies show that people who restrain themselves in small unrelated areas can then become vulnerable to poor self control in others. In one study, women

watched a documentary, with some of them sitting near a bowl of sweets. Later, they were given impossible puzzles to solve. Those who had sat near the sweets gave up sooner than those seated well away. Perseverance takes something out of you. The effort it took to resist temptation depleted their willpower.

3. Willpower is a limited resource.

If you are making a New Years resolution make it in **one** main area. If you split your efforts you most likely won't achieve anything.

4. When dog becomes a wolf

There is a phenomenon among male stock traders where a usually level-headed trader becomes intoxicated with a heady rush of testosterone mixed with dopamine. This is called 'the hour between dog and wolf' and is the time reckless decisions involving unwarranted and wildly optimistic risk taking occurs. This is why a gambler may get on a roll and start make unwise bets.

5. What is strong in the morning...

Willpower is a fickle beast at the best of times and it seems to diminish as the day wears on. We can see this in this decision making patterns of judges. They are more likely to grant parole in the morning and just after they have eaten. Harsher sentences are usually given in the afternoon.

6. Goals are helpful. Systems are essential

Set high goals for yourself but don't rely on your willpower to carry you through. Lance Armstrong had great goals, but they weren't enough to stop him making bad choices. Even the most determined of us will have moments when our convictions and willpower are tested.

ARE THE BRAINS OF HIGH AND LOW WILLPOWER PEOPLE DIFFERENT?

The short answer is yes. People with high levels of self-control show increased levels of activity in the frontostriatal brain circuits. These are the parts of the brain that integrate motivation and control. Simply put this part of the brain provides us with better brakes.

People with low willpower show increased levels of activity in the ventral striatum. This is a more

primitive area of the brain linked to desire, pleasure and addictions. Simply put, these people have strong engines but poor brakes.

The areas of the brain activated in high willpower people are the same as those involved in higher order decision-making, planning and implementation. Often called '**executive functions**', these are refined in the early adolescent years.

Developing executive functions and willpower predicts literacy and numeracy levels, academic and occupational success, satisfying relationships and overall happiness. Conversely, being a victim of your latest impulse leads people to be more vulnerable to addictions, violence, gambling, depression, troubled relationships and poverty.

THE LIMITATIONS OF PLANNING

Before we discuss how to develop willpower, we should pause to consider that not everything in life should be planned or patiently waited for. **Spontaneity** and **impulsiveness** are also essential ingredients of a good life. Being too prudent can leave us missing the love of our life or leaving that wild adventure until it is too late.

DEVELOPING WILLPOWER

Suppose for a moment that you wanted to improve your eating habits and exercise more regularly. Let's outline some of the steps you might take.

1. Starting something

Narrow your focus. Set a narrow goal and frame it as **starting** something. For example it is much more effective to **start** living a healthy lifestyle rather than **stop** eating chocolate cake for two weeks.

2. Start a new you

View this change as a **permanent** shift in your lifestyle rather than a temporary one.

3. The future is now

See your future as part of your present. Visualise the life you want for your future and start living it – **now**.

4. Don't just rely on willpower

Willpower is great but don't rely on it alone. Ask someone to be an 'accountability partner'. This person can join in with your exercise regime, or just check in on how you are going.

5. Develop your system

Develop a system for dealing with the times you are tempted. Develop **if-then** plans. **If** I feel tempted **I then** I will do this before I act on my temptation.

6. Short bursts with controlled breaks

Scheduled breakouts are important. This is why the 5 and 2 diet is appealing to many. Give yourself a day off a week. Otherwise your willpower is likely to wear thin.

7. Never miss twice

Have a policy of never missing your goal twice in a row. Ok, today I may not feel like going to the gym but that means tomorrow I **have** to go no matter what.

DEVELOPING WILLPOWER IN CHILDREN.

In a world of instant gratification, those who can step back, plan, and then decide on the best course of action have a massive advantage. The ability to **delay gratification** and the development of executive functions are linked. In turn this builds **persistence** and **resilience** in learning.

Games such as Simon says, chess, backgammon, battleships, dominoes, checkers, snap, 500 and theatre sports can develop these skills.

Projects such as pottery, sculpture, painting, drawing, building models, knitting, weaving also build willpower and persistence. Encourage children to build collections.

Model and teach children planning and decision making systems and give them experiences in using them.

Children learn patience and persistence as they learn to walk, whistle, juggle, skip, snap their fingers, skateboard, ski, surf, ride a horse or complete a puzzle.

Parents can help children develop willpower by learning to save up for things they want. Regard some foods and activities as treats, that should occur rarely. Acting as if everyday is feast day or celebration day does no one any favours.

Anticipation can be as important as resistance and willpower. Looking forward to the rewards of an event helps children learn to wait and anticipate, for example, no hot cross buns until Easter.

- ▶ Rather than indulging a child, use the marshmallow concept to help your child exercise willpower.
- ▶ Remind them that they can trust that good things will happen if they wait.
- ▶ Compliment them on how good they are at waiting
- ▶ Look at a photograph of the item they want and tell them it is worth waiting for.
- ▶ Help them learn how to distract themselves.
- ▶ Help them to distance themselves from the feelings of temptation. Imagine the temptations in a frame or in a picture.



We are doing a survey to see if mistakes are as bad as they are made out to be or whether they are opportunities for learning.

Can you tell us about a time when you thought you made a mistake?

What are the feelings you most commonly associate with making a mistake?

When you have made mistakes how have you dealt with them?

Have you ever felt you made a mistake only to later find it wasn't as bad as you feared?
If so, please describe:

Albert Einstein once said "Anyone who has never made a mistake has never tried anything new".
Do you agree with this?



How People See Me

Complete the following survey, rating each quality with a number between 0 and 10.

10 = very likely to see me this way

0 = very unlikely to see me this way.

QUALITY	FAMILY	FRIEND	TEACHER	MYSELF
Funny				
Honest				
HARD WORKING				
Sporty				
Creative				
Angry				
Friendly				
SHY				
LOUD				