



Becoming even more COURAGEOUS in



PERSONAL, SOCIAL, AND PHYSICAL HEALTH

Personal Well-being and Identity

I'm Good
Meanie Mistakes

Interactions and Relationships

Mark Your Calendar
Bully Boycott

Intercultural Awareness

Straighten Out Stereotypes
Courage in Common

Active Living and Nutrition

Tastebud Teasers
Motivate Your Motors



I'm GOOD

The truth is, you really ARE special and unique. Maybe your parents told you that already, maybe your teachers too. But they (and this book) can tell you that a thousand times, and it won't really matter unless YOU recognize it for yourself.



Make a list, draw a picture, paste a collage or design a word splash of at least 20 things that are good about you. If you can't come up with at least 20 things, perhaps you're afraid to admit it? You're not being asked to brag, you're being asked to give yourself credit and appreciate the goodness within you.

MeAnie MistAKes

We're all human, and we all make mistakes. It's hard to be nice to everyone all the time. We can always try to improve and learn from our mistakes though. True reflection of our mistakes takes courage and honesty. Think back to the last time you were mean to someone, laughed at someone, didn't let someone play with you, told a secret about someone, or somehow hurt someone's feelings. Replay this moment in your head a few times, from beginning to end, and then answer the questions below.



1. How did you benefit from this behavior, in this moment? How did it do something good for you?

2. Which of your values or beliefs did this behavior represent? Did it conflict with any of your values?

3. Was your behavior influenced by something or someone else? If so, how?

4. Why do you think you really did this? Were you really being... you?

5. What is one thing you will do to avoid repeating this behavior?

MARK YOUR CALENDAR

Making friends starts with getting to know people first. In the table below, make lists of all the kids in your class who you played with last week, and all the kids you haven't played with in a while.



Kids I played with last week	Kids I haven't played with lately... or ever

Your challenge next week is to spend each break period with one of the kids from this column. Choose a new person every time. Schedule your playtimes with these classmates in the calendar below. Draw extra rows for the number of breaks you have per day.

Monday	Tuesday	Wednesday	Thursday	Friday

After the week of playing with new people is over, reflect on your interactions. What was it like to play with all these different people? Did you make any new friends? Will you play with any of them again?

Have you ever seen something like this happen on the playground?



Have you ever been this person?

Or this person?

Or this person?

BULLY BOYCOTT

Unfortunately people aren't always nice to each other, and mean people can sometimes be scary. It is your right to feel comfortable wherever you are, be it at home, on a playground, or at school. When someone bullies you, it is important to stand up to that person. Chat with some friends and come up with 2 things you could say to someone who is bullying you or someone else.

1. _____
2. _____

And now the hard part - standing up to the next bully you see. Any time you see someone being mean to someone else, tell that person that this treatment is unacceptable using the clever lines you came up with above. Use the table below to keep track of your courageous interactions and reflect on them.

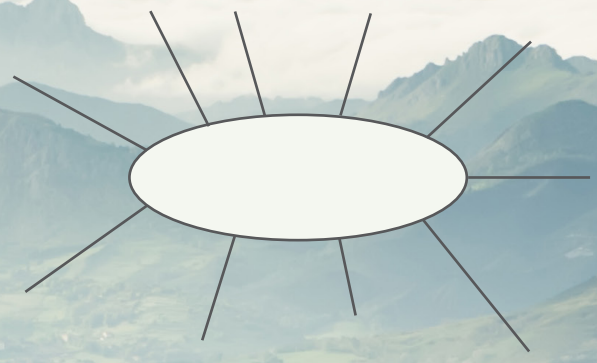
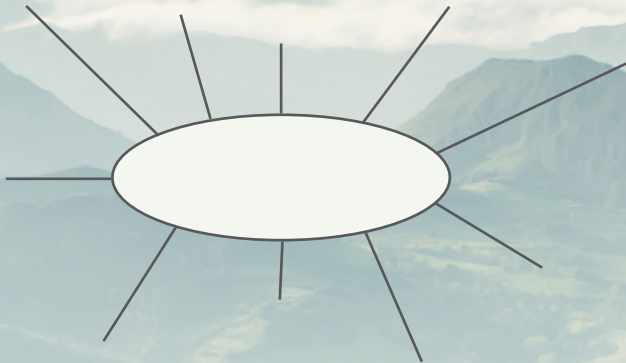
What did the bully do?	What did you do or say?	How nervous were you?	How did the bully react?
		😊 😊 😐 😞 😡	
		😊 😊 😐 😞 😡	
		😊 😊 😐 😞 😡	

Did your nervous rating get greener? Did it become easier to stand up to bullies with more practice?

STRAIGHTEN OUT STEREOTYPES

Choose 2 children you know whose cultures or home countries are different than yours. Write one of their names in each of the ovals below. Then brainstorm everything you think you know about that child's culture or country and write your thoughts down around the circle. See the list below for topic ideas.

- clothing
- food
- festivals
- communication styles
- games
- music
- dances
- ideas of what's beautiful
- ideas of what's ugly
- values
- religious beliefs
- government
- holidays
- famous people
- biases
- landscape
- nature
- family and gender roles
- jobs
- arts and crafts
- body language



Might any of your ideas above be stereotypes of these cultures? Speak with the 2 children from these cultures and find out if any of your thoughts are true. Remember to use polite and respectful communication skills when sharing your ideas. In the space below reflect on your conversation and write down what you learned.

COURAGE IN COMMON

Research a fairytale or legend from another culture. Find one with a character who must overcome obstacles with courageous acts. Summarize the story in the box below.

How is this story of courage different than stories from your culture?

How is it similar?

Do you think the similarities between these 2 cultures extend to all other cultures?

TASTEBUD TEASERS

Did you know that tastebuds can change their minds about which foods they like? It's true! (Well, tastebuds don't have minds, but they CAN change.) Choose 5 healthy foods that you refuse to eat. (Be a risk-taker and choose the healthiest foods, even if they taste the worst!) For 2 weeks, try each of these foods 4 times and then reflect below on the experience. Write the date you tried each food and circle your facial expression.



Yum!



Meh.



Ew.



Bleh!

Food	First Try	Second Try	Third Try	Fourth Try
	Date: 	Date: 	Date: 	Date:
	Date: 	Date: 	Date: 	Date:
	Date: 	Date: 	Date: 	Date:
	Date: 	Date: 	Date: 	Date:
	Date: 	Date: 	Date: 	Date:

Did your ratings improve for each food over time? Did you rate honestly? 😊

What do you think would happen if you continued this tastebud experiment for 3 months?

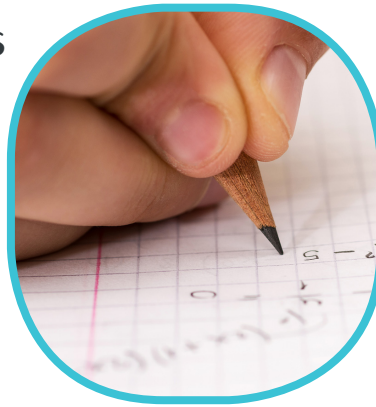
Motivate Your Motors

Your body needs regular movement, including exercises in both gross and fine motor skills. Gross motor skills involve your whole body, arms, or legs, while fine motor skills involve your hands and fingers. From the lists below choose 1 gross motor and 1 fine motor activity that you would like to become better at. Spend 20 minutes practicing these activities 4 times each week for 2 weeks.



Gross Motor Activities

- sports
- martial arts
- dance
- running
- swimming
- yoga
- parkour



Fine Motor Activities

- handwriting
- using scissors
- playing piano
- tracing / drawing
- collaging
- sewing / weaving
- beading

Schedule these activities into your calendar. Write down the name of the activity and the time when you will practice it. For example, you might write **YOGA 9:00 - 9:20** in the Saturday column. You should have 8 activities scheduled each week. After you complete the 2 weeks, answer the questions below.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

Did you enjoy either of the activities? Discuss what was good and bad about each one.

If you had to do this experience again, which activities would you choose instead, and why?

PSPH Reflection

1

How did you help others while engaging in these activities?

2

What are some new things you learned about yourself?

3

What was one negative experience you had when completing these activities?