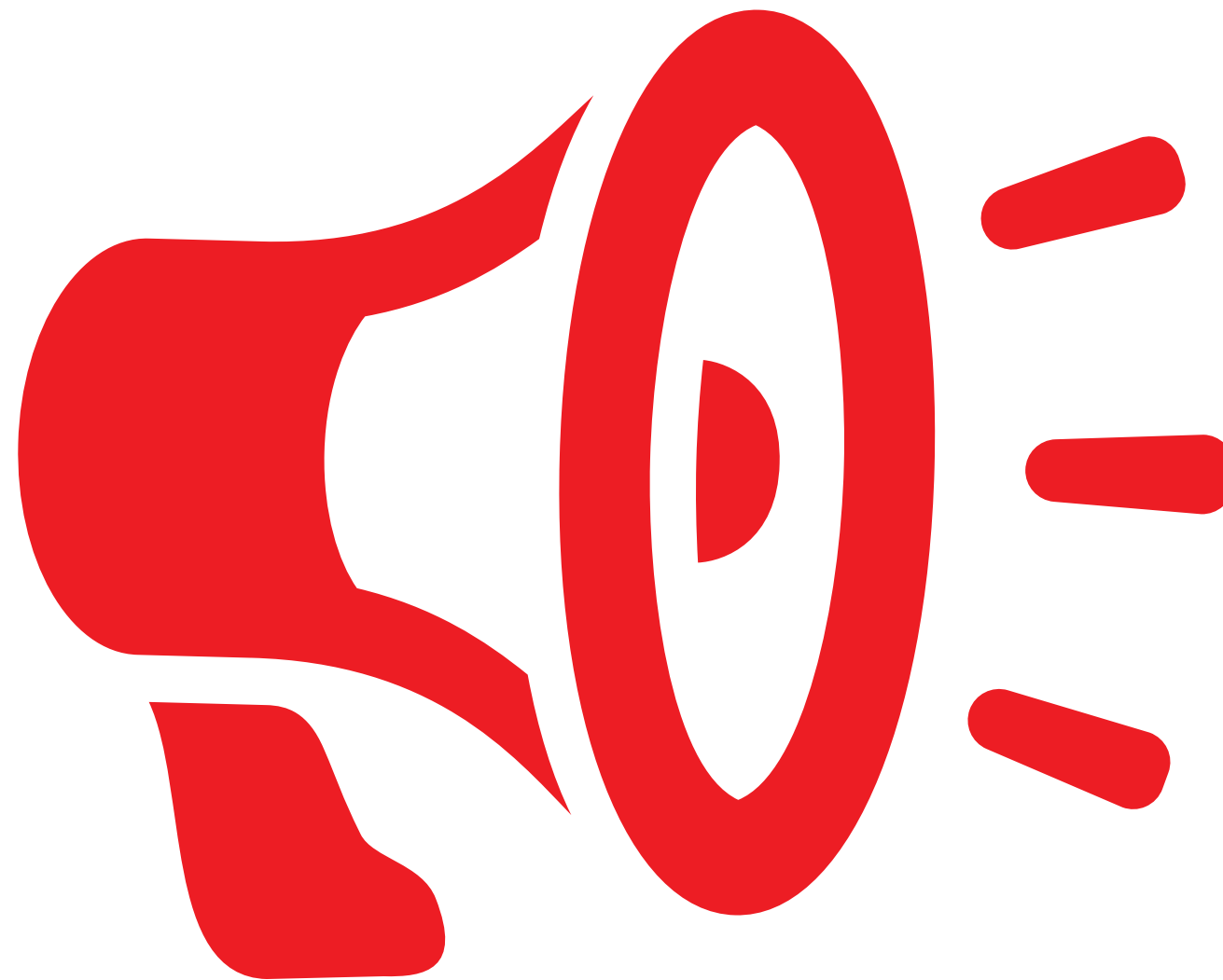


# Amplify

To make bigger or louder.



Grades K-12



# Analyzing Influences

The ability to analyze both internal and external influences that might affect health-related decisions.

Grades 6-8



# Analyzing Influences Skill Cues

## Identify the influence

### Analyze the influence

How do I know it is influencing me?

What messages am I receiving from this influence?

Is this a positive or a negative influence? How much is this influencing my thoughts, values, beliefs, or actions?

### Examine factors and impact

How are other factors interacting with this influence?

How might these factors affect my thoughts, values, beliefs and behavior choices?

### Consider an action plan

Do I need to do anything about this influence?

What is the best plan of action for handling this influence in my life?

Grades 6-8



# Better Breathing

Take a deep breath in, so deep your stomach pokes out.

Count to 4 as you breathe in slowly and deeply.

Count to 4 again as you exhale slowly and quietly.



Grades 6-8



# Diversity

**Diversity is a range of differences that make us unique. For example:**

- Race
- Physical ability
- Religion
- Mental ability
- Language
- Nationality
- Gender
- Sexual orientation
- Age
- Socio-economic status

**Grades 6-8**



# Empowerment

Empowerment is the process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.

Grades 6-8



# Equity

Equity is the quality of being fair and impartial.



Grades 6-8



# Gratitude



The feeling of being thankful and showing thanks for things in your life.

Grades 6-8





# Inclusion

**Inclusion is being included within a group.**



**Grades 6-8**



# Kind messages/compliments



**Genuine**

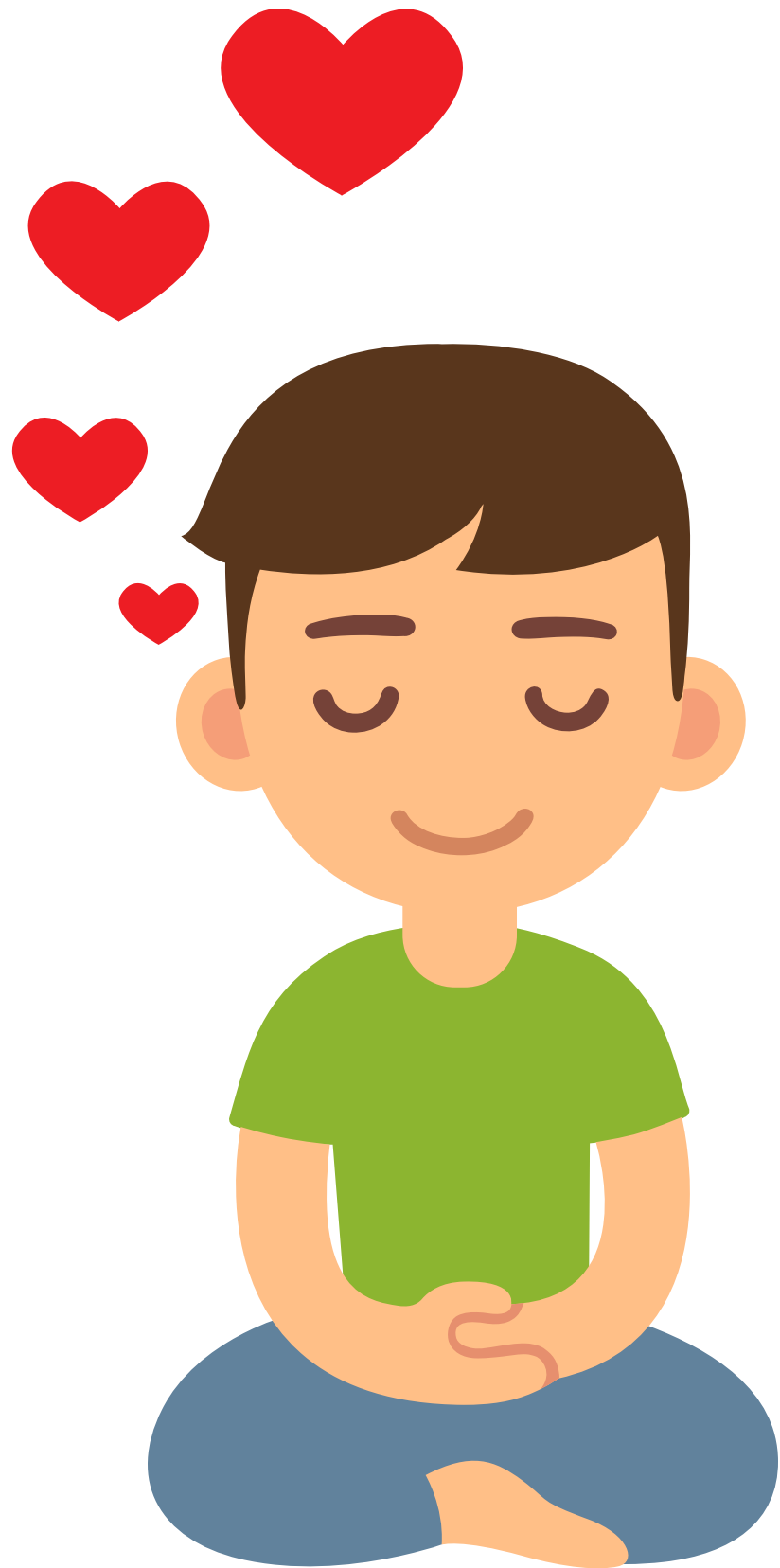
**True**

**Specific**

**Grades 6-8**



# Kindful Minute



A Mindful Minute while sending kind thoughts to

- Yourself
- Someone you know
- Someone you may have challenging feelings about
- Everyone in the world

Grades 6-8



# Mindful Minute



Close your eyes.

Focus on breathing.

Notice what is  
around you.

Grades 6-8



# Mindful Senses

**5 things you can see.**

**4 things you can feel.**

**3 things you can hear.**

**2 things you can smell.**

**1 thing you can taste.**

**Grades 6-8**



# Mindfulness

**Mindfulness is paying full attention to our:**

**Thoughts**

**Emotions**

**Body**

**Environment**

**Focusing on the present:**

**The past already happened**

**The future isn't here yet**

**Grades 6-8**



# Moral Compass

A Moral Compass is a person's set of belief's and values that they use to make decisions; a person's sense of right and wrong.

Grades 6-8



# Muscle Relaxation



**Start at your head and work down to your feet.**

**Squeeze each muscle tight and hold that position.**

**Relax the muscle.**

**Grades 6-8**





# Respect

**Respect means that you are kind enough to consider other people's feelings wishes, rights, or traditions before you act.**

**Grades 6-8**



# Self-awareness

The abilities to understand one's own emotions, thoughts, and values and how they influence behavior across contexts.

**Grades 6-8**

Collaborative for Academic, Social, and Emotional Learning (CASEL). "SEL: What Are the Core Competence Areas and Where are they Promoted?" <https://casel.org/sel-framework/>. Accessed 28 July 2021.



# Social awareness

The abilities to understand the perspectives of and empathize with others, including those from diverse backgrounds, cultures, and contexts.

**Grades 6-8**

Collaborative for Academic, Social, and Emotional Learning (CASEL). "SEL: What Are the Core Competence Areas and Where are they Promoted?" <https://casel.org/sel-framework/>. Accessed 28 July 2021.

