



P.E.R.M.A.
P = Positive Emotions

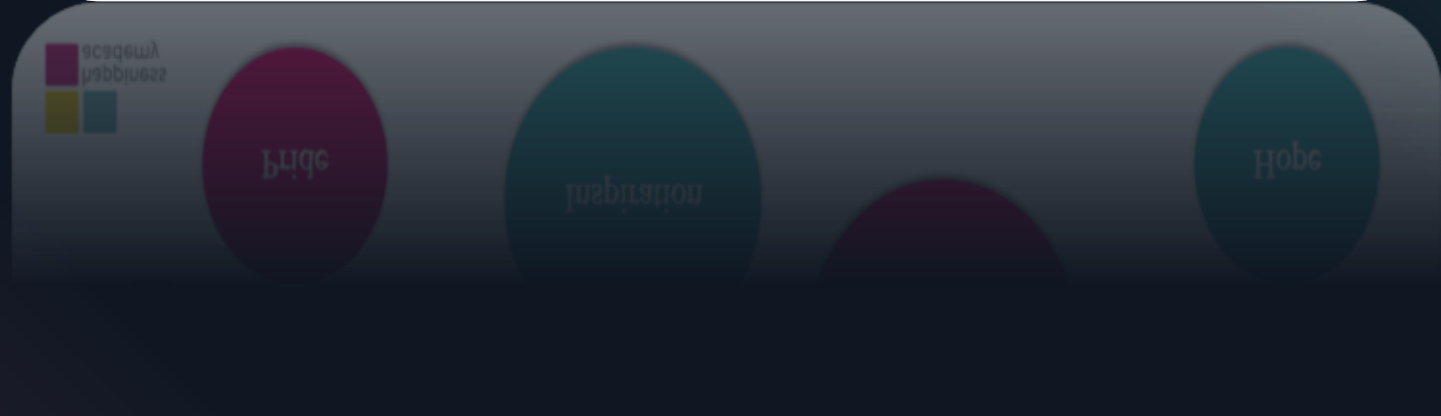
Week of August 26, 2019

Guiding Questions

1). What positive emotions do I experience?

2). How do I restructure my thinking to increase positive emotions?

3). How do positive emotions contribute to my overall well-being?





MONDAY

Week 2- Positive Emotions

Family Circle

1. Go around: each person, give an example of a positive emotion. (It'll get harder as you go around but try the best you can to give an example that hasn't been said yet. There are A LOT of positive emotions!)
2. Give us an example of something that makes you feel one of these positive emotions.
3. Sometimes we struggle with our emotions. **It is okay to not feel okay.** Talking through our struggles with a trusted person can help. Who do you talk to in these situations? What characteristics in a person make them safe to talk to?



TUESDAY

Week 2

The first step to well-being (i.e. feeling satisfied in life) is to increase the **POSITIVE EMOTIONS** in our lives.

Last week we asked you how much control we have over how we feel.

Although this topic was hotly debated in many classrooms, the fact is that we **CAN** impact our emotions and how we feel.

The goal isn't to erase all negative emotions. That's both impossible and unhealthy. Some negative emotions, like grief, are super important.

IT'S OKAY TO NOT FEEL OKAY.

But we absolutely **CAN** increase how often we feel positive emotions in our day-to-day lives. We're going to learn some tools and strategies for increasing positive emotions this week.

YOU HAVE THE POWER TO INFLUENCE HOW YOU FEEL.

Strategy #1: Gratitude Journaling

- Pull out TWO sheets of paper. The center portion with the 3 tabs will be your advisory journal.
- Write in your journal about the things in your life that you're grateful for. We will use the second sheet of paper in a moment.

THE GOAL ISN'T TO IGNORE OR MINIMIZE THE THINGS IN YOUR LIFE THAT MIGHT BE REALLY HARD. THE GOAL IS TO SIMPLY NOTICE THE MOMENTS, LARGE OR SMALL, THAT ARE POSITIVE.

Research has shown that people who practice gratitude are also happier (which is why we're doing it), more confident, more connected to others, healthier, and more!

Strategy #2:

SOLUTIONS-FOCUSED PROBLEM SOLVING

Instead of thinking, "I can't do this," think
**I CAN HANDLE THIS PROBLEM BECAUSE
I'VE HANDLED PROBLEMS LIKE IT BEFORE.**

If it's a new problem, ask yourself
WHO CAN I ASK FOR HELP WITH THIS?

Journal Activity

Now turn to the second sheet of paper that you added to your advisory folder.

Scenario: Two of Michael's friends are fighting, and he feels trapped in the middle.

Spend 2 minutes writing about a time when you handled a similar problem.

When you experienced this problem before, what did you do to make it better? Jot a few things down about the "solutions" you used.

Turn and talk: what solutions did your neighbor use? Are they the same as yours?



WEDNESDAY

Week 2

- Health - positive emotions result in hormone releases that have positive health benefits.
- Resiliency - the ability to overcome difficulties; positive emotions help counteract the effects of trauma and other negative experiences.
- Moods go viral - the official term for this phenomenon is “limbic resonance.” Essentially, we pick up on each other’s moods. That’s how you can tell when you walk into a room if there’s tension without someone having to tell you. When you’re increasing your own positive emotions, you’re also creating a positive vibe around you.

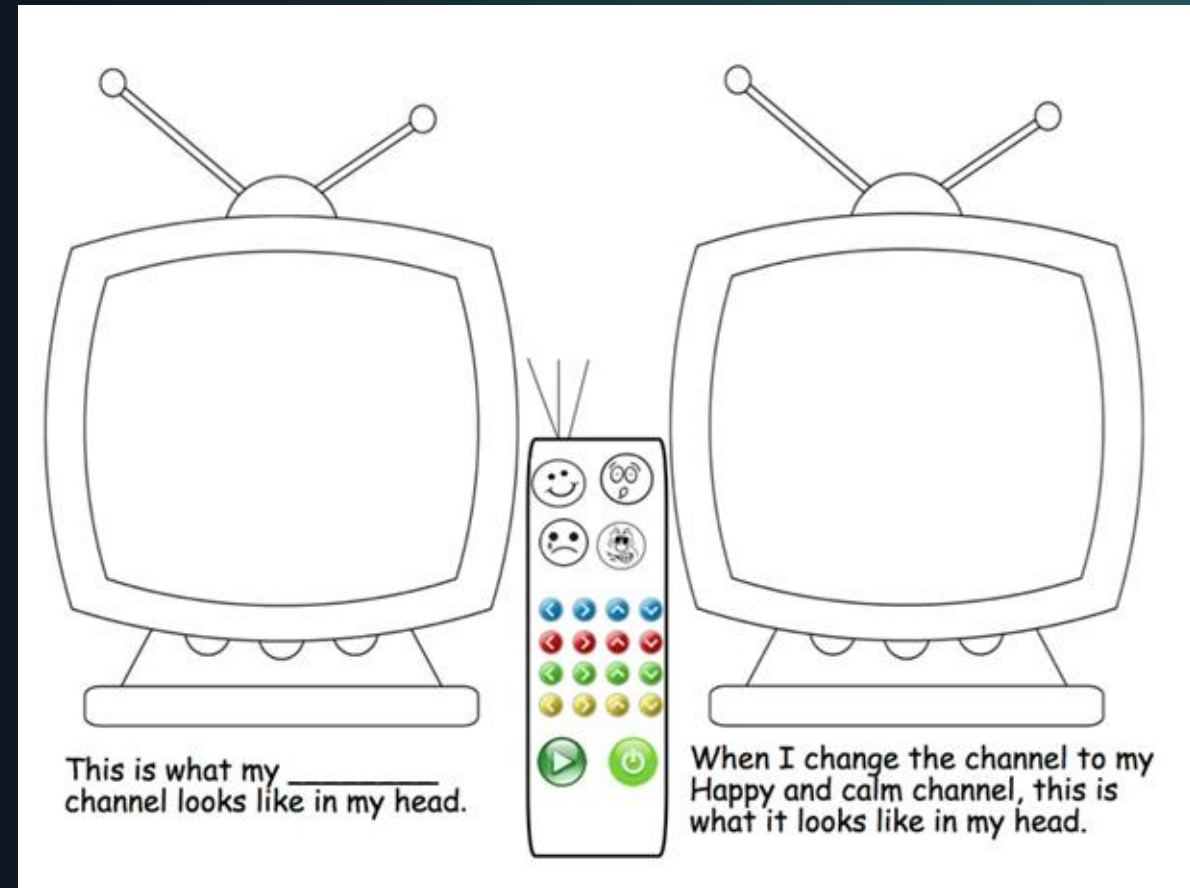
There are 5 (and probably more) benefits associated with positive emotions. Can you guess what they are?

- Opportunity magnet - happier people are seen as more open and others are more willing to work with them, opening doors to cool opportunities!
- Broadens our thinking - people who experience more positive emotions are also more willing to try new things and are more likely to see or notice opportunities (like the ones in the last bullet point) when they present themselves!

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Strategy #3: Changing the Channel

- ★ Sometimes we get stuck in negative thought patterns. When that happens, try to **CHANGE THE CHANNEL**.
- ★ To change the channel, you just need to pick something else to focus on. For example, if I'm really looking forward to playing basketball after school, then every time I noticed myself dwelling on something negative, I would force myself to change the channel in my brain to thoughts about playing basketball after school.



The flip side: how do we handle negative emotions when they pop up?

Strategy #4: Challenging a Thought

- ★ Sometimes we think automatic negative thoughts about ourselves. We might think things like, “I’m not good enough,” “I’m not smart enough,” or “No one likes me.”
- ★ When you catch yourself thinking these things, try to **CHALLENGE THE THOUGHT PATTERN.**
- ★ To challenge the thought pattern, ask yourself what evidence you have for that thought. Then remind yourself of all the evidence you have that the thought is untrue.

Example of a negative thought:

No one likes me.

Evidence that Supports the Thought:

No one said hi to me when I checked in late today.

Evidence that Challenges the Thought:

Ms. Agazuma was teaching, so maybe people didn't think they should talk.

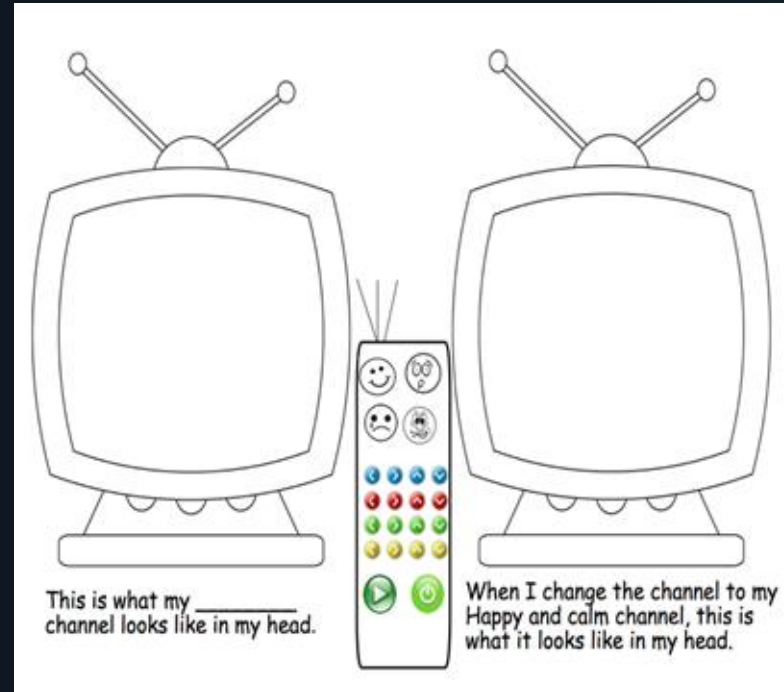
Becca and Karli say they're my friends.

I hang out with a friend at recess every day.

Now you try!

Pick one of these journal prompts to write about. If you get done early, go ahead and do the other prompt!

Prompt 1: Draw your best approximation of this picture (from earlier). Fill in the blanks and draw a picture to represent each channel. There's an example below, but you should pick your own emotion word to fill in the blank.



Example:

- “This is what my WORRIED channel looks like in my head.”
- I might draw a picture of a tornado on the first TV because that’s what worry feels like inside my brain.
- On the second TV, I might draw a picture of the beach because that’s what my happy and calm channel feels like inside my brain. (Later you can think back to this when you need to change the channel!)

Prompt 2: Choose a negative thought you often have about yourself. Spend a few minutes writing down all the evidence that **CONTRADICTS** this negative thought.



THURSDAY

Week of August 26, 2019

Reflection Circle

1. **Share a positive emotion you have felt sometime this week. What led to that feeling?**
2. **What do you think about the idea that you CAN influence how you feel?**
3. **Which of the four strategies that we discussed this week (gratitude journaling, solutions-focused problem solving, changing the channel, and challenging a thought) have you found most helpful to increase your positive emotions? Why this strategy? In case you need a reminder:**

Gratitude journaling – focusing on what you're grateful for in life.

Solutions-focused problem solving – thinking back to solutions you've used before to solve current problems.

Changing the channel – making the decision to stop thinking about something negative and switch to thinking of something that makes you feel good.

Challenging a thought – reminding yourself of evidence that contradicts negative automatic thoughts about yourself.