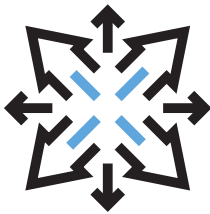
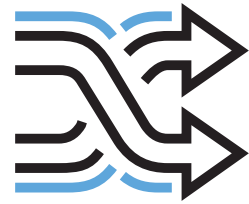
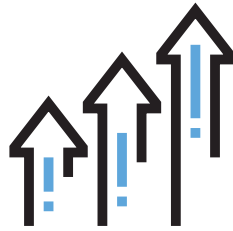


EMOTIONS

EDUCATION

JOURNAL FOR WEEKS 1-20

Read the information in this journal. Think about what it means to you and then write what's on your mind. This is a safe place for you to get curious about your emotions. Keep your writing private or share your thoughts with people you trust. It's your decision. The important thing is for you to write what's on your mind. Remember, be kind and patient with yourself - learning about emotions can be challenging.

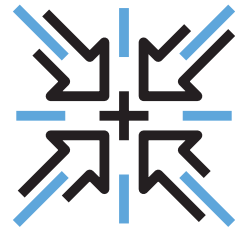
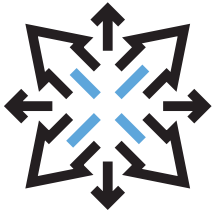


Name: _____

School Year: _____

JOURNAL FOR WEEKS 1-5

Read the information in this journal. Think about what it means to you and then write what's on your mind. This is a safe place for you to get curious about your emotions. Keep your writing private or share your thoughts with people you trust. It's your decision. The important thing is for you to write what's on your mind. Remember, be kind and patient with yourself – learning about emotions can be challenging.



Name: _____

School Year: _____

EMOTIONS

EDUCATION

Emotions give us energy to take action. The 6 core emotions below create physical responses that we can learn to recognize in our bodies. The feeling given to us by every emotion is a feeling of energy.

Sometimes emotions like joy and excitement create feelings that we like and want to find as often as we can. Sometimes emotions like anger and fear create uncomfortable feelings that we wish we didn't have to deal with. But, what's important to remember is that every emotion is important and it's giving us energy for a reason.

Each emotion is telling us something that we need to know. Learn how to recognize and name your emotions and get curious about what they're telling you.



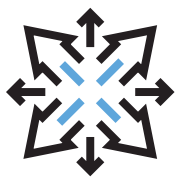
Joy

wants to be shared



Fear

wants to run to safety



Disgust

wants to expel toxicity



Excitement

wants to expand and celebrate



Sadness

wants comfort



Anger

wants to protect and defend

Emotions Education adapted from Emotions Education 101™
Hilary Jacobs Hendel LCSW and Heather Sanford LCSW, MPA

For more information visit:
www.hilaryjacobshendel.com

Think about a time in your life that you remember feeling joyful. Where in your body did you experience the feeling? Was it in your stomach, your legs, your heart, your smile, or a combination? Write what you remember. Next, describe what you think your joy was telling you.

DAY 1 WRITE HERE

Think about a time that you remember feeling excited. Where in your body did you experience the feeling? Was it in your stomach, your legs, your heart or a combination? Write what you remember. Next, describe what you think your excitement was telling you.

DAY 2 WRITE HERE

It's important to use our emotional energy in positive and constructive ways. Think about a time in your life when you used emotional energy in a positive and constructive way. Describe the positive actions that you took and why you decided to take them.

DAY 3 WRITE HERE

You can use the questions above to learn about all of your core emotions. In your own words, what do you think it means to become curious about what your emotions are telling you? How do you think that might be helpful?

DAY 4 WRITE HERE

Naming and understanding our emotions can help us talk about how we're feeling. List a friend, family member, or teacher who you feel comfortable talking with. Write a few words you can share with that person that can help explain why joy is an important emotion.

DAY 5 WRITE HERE

CURIOUS (adjective) Eager to know or learn something.

KEY POINT: Core emotions are experienced. We can't "think" our way through an emotion.

If we truly want to learn about our emotions and about how our bodies experience emotion there are a few guided questions that can help us as we explore.

Can you name the emotion that you're feeling? Recognizing how you experience each emotion and being able to name what you're feeling is an important first step.

What information am I gaining from this experience? You have this feeling for a reason. What is that reason and what are you learning?

How can I use the energy from this emotion in a kind and constructive way while also honoring what it's telling me? Many times, it's most important to be kind to yourself as you experience the flow of an emotion. It's important to act on positive motivation and seek ways to be constructive, not destructive.



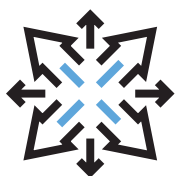
Joy

wants to be shared



Fear

wants to run to safety



Disgust

wants to expel toxicity



Excitement

wants to expand and celebrate



Sadness

wants comfort



Anger

wants to protect and defend

DAY 1 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Get curious about your core emotions. Pick any of the 6 core emotions and write about your choice in the space provided.

DAY 2 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Get curious about your core emotions. Pick any of the 6 core emotions and write about your choice in the space provided.

DAY 3 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Get curious about your core emotions. Pick any of the 6 core emotions and write about your choice in the space provided.

DAY 4 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Get curious about your core emotions. Pick any of the 6 core emotions and write about your choice in the space provided.

DAY 5 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Get curious about your core emotions. Pick any of the 6 core emotions and write about your choice in the space provided.

BUILDING YOUR AUTHENTIC SELF

You can build your authentic self. That work happens over time and must be done purposefully. It's important to be patient and kind to yourself while you grow and expand. Things will happen that feel like roadblocks and obstacles. The C's listed below will help you stay on track and continue to make progress.

Work to stay **calm** as the world around you changes and challenges you. Name your emotions and allow them to just be. Every wave will pass and your calm will return.

Stay **connected** to your emotions and experience what's happening in each moment. Your positive energy can have a lasting positive impact on the world around you.

Be **curious** and find lessons in your experiences. Ask yourself questions and be patient when you don't know the answer. Every question will help you find your authentic self.

Live **courageously**. That doesn't mean you don't experience fear or sadness. It means that you allow your fear and sadness to give you important information and then you use that information to let your authentic self shine through.

Be **compassionate** to yourself and others. Most people are working to be the best they can be, but they are on the same journey that you are. Show understanding and caring as often as possible.

Be **creative**, stay inspired and be productive as you work to build your authentic self.



Calm

peaceful and quiet



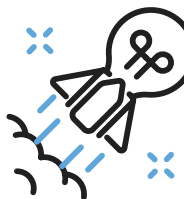
Connected

aware and present



Curious

interested and questioning



Courageous

determined and brave



Compassionate

understanding and caring



Creative

inspired and productive

The world will challenge us - uncomfortable emotions will appear. It's helpful to have strategies to find calm in these moments. Breathing exercises, physical activity, and calming music are ways to find calm. List all of the ways that you can find your calm.

DAY 1 WRITE HERE

Stay connected, be curious, and reflect on what you're learning.

Name 3 emotions that you experienced in the past week. What did you learn from those experiences?

DAY 2 WRITE HERE

You are courageous. You are determined and brave. No one can feel brave in every moment. Challenges jump up and we experience fear and sadness. Write about a time that you experienced a challenge and showed true determination.

DAY 3 WRITE HERE

Compassion seeks to understand. Compassion shows caring and kindness. Think about a time when a misunderstanding created uncomfortable emotions. List 2 things that you can do to avoid misunderstandings like that in the future.

DAY 4 WRITE HERE

Your emotions are meant to inspire action and help you be productive and safe. Write about a time when an uncomfortable emotion (like anger or sadness) helped inspire you (or someone you know) to act or create something positive and constructive.

DAY 5 WRITE HERE

AUTHENTIC SELF (noun) The core of a person that feels confident and free to fully express a personal identity while also seeing and respecting the personal identities of others.

KEY POINT: Defenses and inhibitions keep us from always being our authentic self.

This is a struggle that everyone experiences. Stay connected and be aware of those times when you know you're living your authentic self. Take mental notes on what is helping you feel this way.

Your authentic self will feel calm, connected and curious. Your authentic self will act in courageous and compassionate ways. Your authentic self will inspire the world with creativity.

Where do you experience your authentic self? Safe and comfortable spaces bring out the best in you. How can you take little pieces of these spaces with you into the world?

When do you experience your authentic self? Safe people, loving pets, and specific environments can inspire you to experience your authentic self. How can you inspire others?



Calm

peaceful and quiet



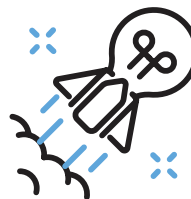
Connected

aware and present



Curious

interested and questioning



Courageous

determined and brave



Compassionate

understanding and caring



Creative

inspired and productive

DAY 1 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Explore the C's of your authentic self. Pick any of the 6 C's and write about your choice in the space provided.

DAY 2 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Explore the C's of your authentic self. Pick any of the 6 C's and write about your choice in the space provided.

DAY 3 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Explore the C's of your authentic self. Pick any of the 6 C's and write about your choice in the space provided.

DAY 4 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Explore the C's of your authentic self. Pick any of the 6 C's and write about your choice in the space provided.

DAY 5 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Explore the C's of your authentic self. Pick any of the 6 C's and write about your choice in the space provided.

Enthusiasm is created when you choose to use your emotional energy in a positive and constructive way. It is a renewable energy source that can have a powerful impact on your life and on the world around you.

Enthusiasm feels fantastic when you experience it, but it can be a challenge to find when you lose it. Remember, everyone experiences the full range of emotions. One day you'll be full of enthusiastic energy and on another day you'll struggle with uncomfortable emotions.

When waves of discomfort pass, look for ways to harness the lessons and energy gained to fuel your enthusiasm. Here are 4 ways to transform your emotional energy into enthusiastic energy.

One – choose to learn and grow. Remind yourself that every lesson is making you stronger.

Two – get up and get started. Starting is the hardest part of every journey. Get up and take one small step.

Three – look for opportunities. When you're faced with an obstacle, a new opportunity will appear. Don't look away or put your head down. Look for opportunities.

Four – share your positive energy and spread enthusiasm to everyone who needs it.



Potential

your attitude toward learning and growth



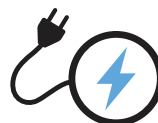
Kinetic

your attitude toward getting started



Magnetic

your willingness to look for opportunity



Electrical

your willingness to share your positive energy

This page is adapted from The 5-Day Enthusiasm Journal
A part of the Believe In You Empowerment Program

For more information visit:
www.varsitybrands.com/biydigitaljournals

Your potential energy depends on your attitude toward learning and growth. What is your attitude toward learning and growth? What words can you use to remind yourself that you can learn and grow every day?

DAY 1 WRITE HERE

Your kinetic energy depends on your attitude toward getting started. Write 1 or 2 sentences that can help encourage anyone to get started on something important and meaningful.

DAY 2 WRITE HERE

Your magnetic energy depends on your willingness to look for opportunity. Write about a time when you (or someone you know) looked for and found a positive opportunity.

DAY 3 WRITE HERE

Your electrical energy depends on your willingness to share positive energy with others. Write about a time when you (or someone you know) shared positive energy and had a positive impact on another person's life.

DAY 4 WRITE HERE

The energy from emotions can be overwhelming and powerful. Breathing exercises, physical activity, and calming music are ways to regulate your powerful emotional energy. List all of the ways that you can regulate your emotional energy.

DAY 5 WRITE HERE

LET'S TALK ABOUT IT

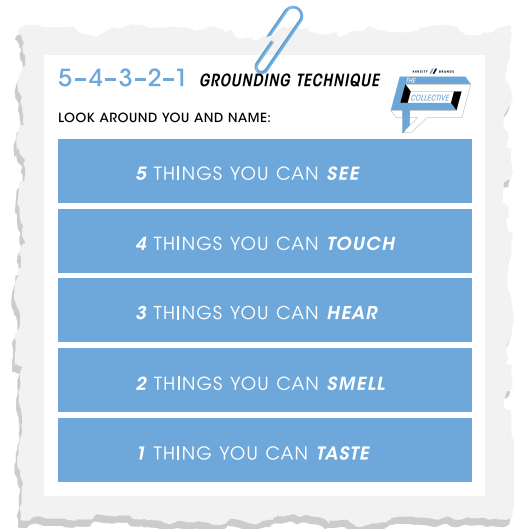
WE ARE THE COLLECTIVE

A national conversation focused on creating **positive change** and **promoting action** to enhance mental health awareness for students and educators.

If you or anyone you know is in need of mental health resources scan the QR code or visit our website.



www.varsitybrands.com/the-collective



CRISIS TEXT LINE |

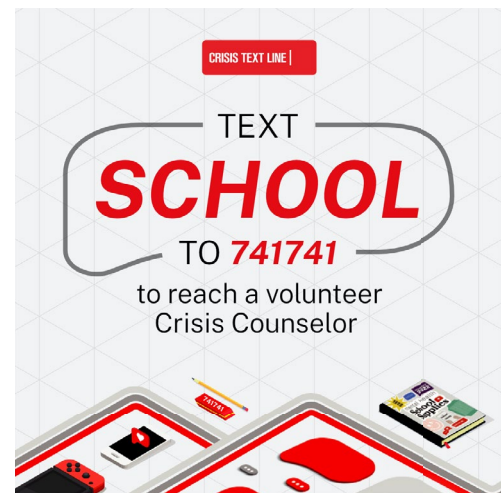
In crisis and need to talk to someone?
We're here for you. Text SCHOOL to 741741
to reach a volunteer Crisis Counselor.

Crisis Text Line provides a variety of mental
health resources for students through the
mental health school supplies toolkit.

Scan the QR code or visit our website
to learn more about Crisis Text Line.

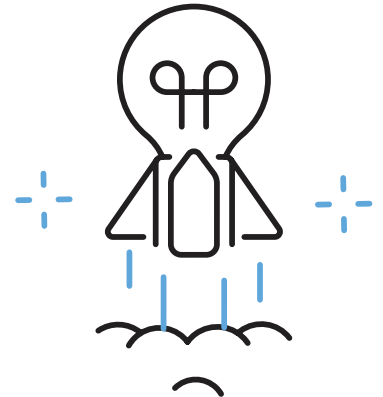
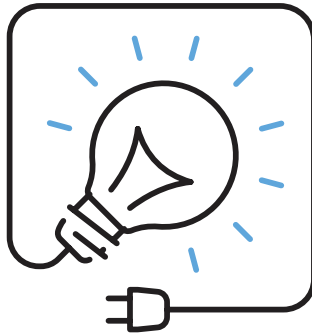


www.crisistextline.org/school/



JOURNAL FOR WEEKS 6-10

Read the information in this journal. Think about what it means to you and then write what's on your mind. This is a safe place for you to get curious about your emotions. Keep your writing private or share your thoughts with people you trust. It's your decision. The important thing is for you to write what's on your mind. Remember, be kind and patient with yourself – learning about emotions can be challenging.



Name: _____

School Year: _____

The energy that our emotions give to us can propel us to be our best. Remember, our 6 core emotions create physical responses designed to help us jump into action. Learning how to recognize our emotions allows us to use that energy to **act on positive motivation**. Staying connected allows us to stay constructive and not be destructive.

Over the next 5 weeks we'll focus on staying **creative, connected, and courageous** as we learn to work with our core emotions. These three C's will help us look for optimistic choices, stick with it when things become difficult, and move closer to reaching our full potential.

Always try to be patient and compassionate with yourself and with others. Emotions education is a progressive journey. That means that positive results will happen over time. Stay connected, live courageously, be creative and look for ways to **share your greatness with the world**.



Connected

aware and present



Creative

inspired and productive



Courageous

determined and brave



Joy

wants to be shared



Fear

wants to run to safety



Disgust

wants to expel toxicity



Excitement

wants to expand and celebrate



Sadness

wants comfort



Anger

wants to protect and defend

Emotions Education adapted from Emotions Education 101™
Hilary Jacobs Hendel LCSW and Heather Sanford LCSW, MPA

For more information visit:
www.hilaryjacobshendel.com

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Get creative with your core emotions. Pick any of the core emotions and write about how that emotion can help you work toward your potential.

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Get creative with your core emotions. Pick any of the core emotions and write about how that emotion can help you work toward your potential.

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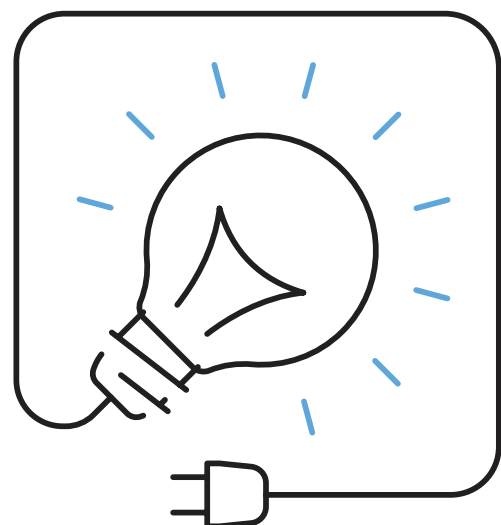
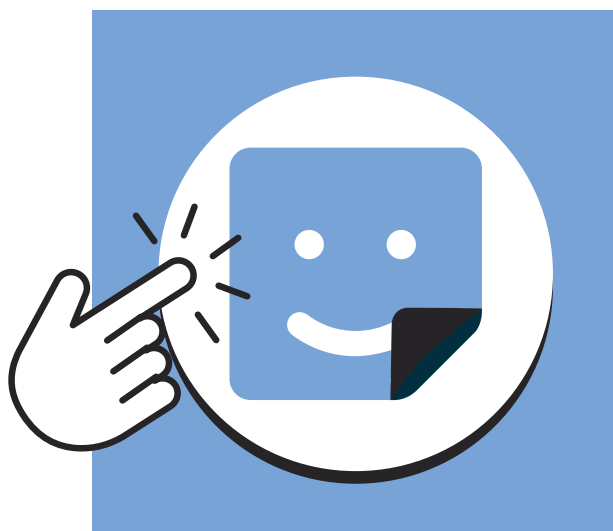
OPTIMISM (noun) A feeling of hopefulness and confidence about the future or the success of something.

Optimists make a choice to look for ways to act on positive motivation. The energy from every one of our core emotions motivates us to act. **The goal is to stay connected** to your body while you experience emotions and get curious about what they are telling us. Then, it become possible to use our emotional energy in a positive way.

Great leaders cannot always feel optimistic, and it is impossible for everyone to feel positive all of the time. However, optimistic leaders use their resources and emotional energy to seek out reasons to be hopeful and confident about what the future holds.

Being an optimist takes courage. Fear, sadness, and anger are all part of life. Optimists choose to look for reasons to be hopeful – even when they're afraid, sad, or angry. Optimists stay connected to goals and find the grit to work through the emotions that create doubt.

True optimists sometimes lose their optimism. But, they find ways to regain their confidence in what the future will bring.



Connected *aware and present*

Think about a time when you were optimistic about something.

Were you excited to try or learn something new? Were you looking forward to a specific day or an event? Write what you remember. Use positive language as you remember your joy and excitement.

DAY 1 WRITE HERE

Write down 2 things that you're optimistic about right now.

What are you learning that will help you share your greatness? What are you looking forward to with joy and excitement? Write down 2 things that give you a feeling of optimism.

DAY 2 WRITE HERE

Name 3 things that help you

feel more optimistic. People can help us feel optimistic. So can places, music, pets, photos, and art. Everyone reacts differently to different things because everyone is unique. List 3 things that help you find your optimism.

DAY 3 WRITE HERE

We all need reminders to help us find optimism when things are difficult. In your own words, write 1 or 2 sentences that you would like to hear when you need a reminder to look for and find optimism. Be kind and patient with yourself.

DAY 4 WRITE HERE

Stay connected to optimistic feelings. When you feel optimistic, it's important to allow yourself to be present in that feeling so you can remember it later. Then, when things get difficult, you can recall how you felt. Briefly describe how it feels when you are in an optimistic state.

DAY 5 WRITE HERE

Choose what you can use. Choosing to be connected, courageous, and creative can lead to a better understanding of how you can share your greatness with the world. Sometimes these choices are challenging. Everyone falls short from time to time. Optimism allows us to recover – to bounce back.

This week, think about Courage, Creativity, and Connectedness. As you think, write whatever comes to your mind. **Stay curious** and learn about who you are and who you want to become.

Remember:

Stay **connected** to your emotions and experience what's happening in each moment. Your positive energy can have a lasting positive impact on the world around you.

Live **courageously**. That doesn't mean you don't experience fear or sadness. It means that you allow your fear and sadness to give you important information and then you use that information to let your authentic self shine through.

Be **creative**, stay inspired and be productive as you work to build your authentic self.

Connected

aware and present



Courageous

determined and brave



Creative

inspired and productive



DAY 1 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Choose 1: Connected, Courageous, Creative. Think about 1 of these C's and then write whatever comes to mind.

DAY 2 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Choose 1: Connected, Courageous, Creative. Think about 1 of these C's and then write whatever comes to mind.

DAY 3 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Choose 1: Connected, Courageous, Creative. Think about 1 of these C's and then write whatever comes to mind.

DAY 4 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Choose 1: Connected, Courageous, Creative. Think about 1 of these C's and then write whatever comes to mind.

DAY 5 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Choose 1: Connected, Courageous, Creative. Think about 1 of these C's and then write whatever comes to mind.

CURIOUS & COURAGEOUS

COURAGE (noun) Bold confidence that allows a person to persevere in the face of great challenge, uncertainty, discomfort, and fear.

KEY POINT: To find and become our authentic self, we must learn how to be determined and persevere during difficult times – especially when we're afraid.

Remember, our fear is telling us something important. Sometimes it's appropriate to run to safety – especially when faced with physical danger. Sometimes we have to get curious about our fear after the danger has passed – that's okay.

However, as you work to achieve a goal – fear can sometimes make us freeze and stop moving forward toward success. In those moments, being determined and brave allows us to get unstuck and take an important leap toward our unique greatness.

Where can you find the courage to take the leap? People, places, and things can inspire our courage. What inspires you to stay determined and brave?



Courageous

determined and brave

Where can you find the courage to take the leap toward your goals?

People, places, and things can inspire our courage. What inspires you to stay determined and brave as you work to share your greatness with the world?

DAY 1 WRITE HERE

Write 1 or 2 words that describe your unique greatness. Next, write 1 or 2 sentences that explain why you chose the words that you did. (*Having a difficult time? Try being bold and confident, determined and brave!*)

DAY 2 WRITE HERE

Get curious about the fears that might cause you to get stuck while you work toward a goal. Think about a goal that you're trying to achieve. Write down 1 thing that makes you nervous about working toward that goal. (Sometimes these fears start with, "WHAT IF...?")

DAY 3 WRITE HERE

Be bold and brave when facing your fear. Answer the following question using bold and brave language: What if I succeed and reach my goal?

DAY 4 WRITE HERE

Describe your courage. Start this entry with the words "I AM." Write 2 or 3 sentences that describe the bold and brave version of yourself. How do you feel? How do you interact with the world around you? Remember to be courageous and compassionate.

DAY 5 WRITE HERE

Finding optimism is a lifelong effort. Every person struggles with lost optimism from time to time. It's a part of everyone's personal journey. In fact, it's in these challenging moments that courage is defined.

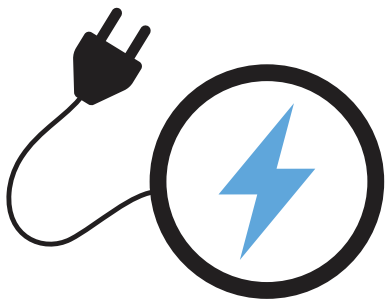
Over the past 5 weeks we've explored optimism and courage, and we've thought about what it means to be connected and creative. It's important to find times to reflect on our experiences, our emotions related to those experiences, and how we can remain determined and brave as we work toward our goals.

Journaling is an important tool that helps us make the time and space for reflecting.

Over the next 5 days, use the space provided for each day to think about your electrical energy. How are you sharing your positive energy with the world?

You have the power to reshape the world around you. Your active leadership can electrify the future with positive motivation. Leadership begins with personal actions. Lead by example – through behaviors and attitudes.

Be creative and courageous. Be uniquely yourself. **We believe in you.**



Electrical Energy

your willingness to share your positive energy with the world

This page is adapted from The 5-Day Enthusiasm Journal
A part of the Believe In You Empowerment Program

For more information visit:
www.varsitybrands.com/biydigitaljournals

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Think about the past 7 days. How did you choose to share your positive energy with the world?

DAY 1 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Think about the past month. How did you choose to share your positive energy with the world?

DAY 2 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Think about the past year. How did you choose to share your positive energy with the world?

DAY 3 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Think about the next month. How will you choose to share your positive energy with the world?

DAY 4 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Think about the next year. How will you choose to share your positive energy with the world?

DAY 5 WRITE HERE

LET'S TALK ABOUT IT

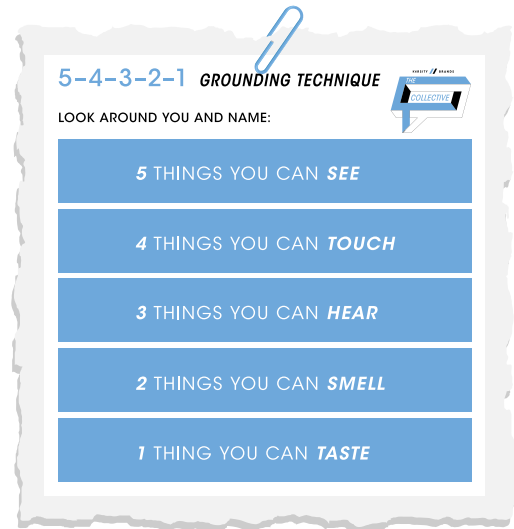
WE ARE THE COLLECTIVE

A national conversation focused on creating **positive change** and **promoting action** to enhance mental health awareness for students and educators.

If you or anyone you know is in need of mental health resources scan the QR code or visit our website.



www.varsitybrands.com/the-collective



CRISIS TEXT LINE |

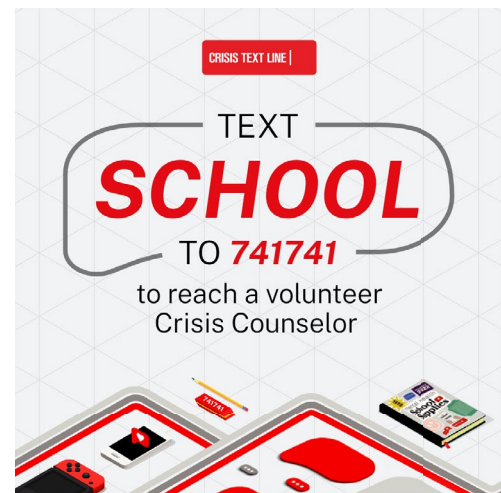
In crisis and need to talk to someone?
We're here for you. Text SCHOOL to 741741
to reach a volunteer Crisis Counselor.

Crisis Text Line provides a variety of mental
health resources for students through the
mental health school supplies toolkit.

Scan the QR code or visit our website
to learn more about Crisis Text Line.



www.crisistextline.org/school/



JOURNAL FOR WEEKS 11-15

Read the information in this journal. Think about what it means to you and then write what's on your mind. This is a safe place for you to get curious about your emotions. Keep your writing private or share your thoughts with people you trust. It's your decision. The important thing is for you to write what's on your mind. Remember, be kind and patient with yourself – learning about emotions can be challenging.



Name: _____

School Year: _____

The energy that our emotions give to us can sometimes be a challenge to control.

Remember, our 6 core emotions create physical responses that make our bodies move – on the inside and the outside. Over the next 5 weeks we’ll explore ways to find calm and compassion while waves of emotion come and go. And as always, we’ll look for creative ways to use the energy and lessons that those waves bring with them.

Over the next 5 weeks we’ll focus on staying **calm, compassionate, and creative** as we learn to work with our core emotions. These three C’s will help us clearly look at what our emotions are telling us, be kind to ourselves and others as waves of emotions come and go, and find positive ways to use the information that our emotions are giving us.

Remember, always be patient with yourself and with others. Emotions education is a progressive journey. That means that positive results will happen over time. Find your calm, live with compassion, and unlock that you can **share your greatness with the world**.



Calm

peaceful and quiet



Compassionate

understanding and caring



Creative

inspired and productive



Joy

wants to be shared



Fear

wants to run to safety



Disgust

wants to expel toxicity



Excitement

wants to expand and celebrate



Sadness

wants comfort



Anger

wants to protect and defend

Emotions Education adapted from Emotions Education 101™
 Hilary Jacobs Hendel LCSW and Heather Sanford LCSW, MPA

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www.hilaryjacobshendel.com

DAY 1 WRITE HERE

How do you find peace and quiet?

It can be very hard to find calm when the world around us is loud and noisy. What are some ways that you have been able to find peace and quiet in order to relax and rest?

DAY 2 WRITE HERE

Mindful breathing can be a really great way to work toward being calm when waves of emotion hit us.

Inhale slowly and deeply and then exhale slowly. Repeat that 5 times. How do your body and mind feel after taking those slow and deep breaths?

DAY 3 WRITE HERE

Physical activity can actually help us find the calm that we're looking for.

Remember, emotions give us energy to move. Go with it and move your body in a healthy way. Can you list at least 3 physical activities that you enjoy and could do to help your mind find peace?

DAY 4 WRITE HERE

Plan for positive distractions in your life. Sometimes our minds seem to work hard to disrupt the peace and quiet we're looking for. In times like that, a short distraction can really help. What positive things can you do to distract your mind and find some calm?

DAY 5 WRITE HERE

Visualize calm. Think of a place you know that helps you find peace and quiet. Write a description that can help you visualize that place with as much detail as you can. When you need to, close your eyes and remember this place. Allow that vision to help you find calm.

The word **CALM** can be used as an adjective to describe something, as a verb or action, and as a noun or a thing that can be observed or held.

As an adjective, calm is a way of being. It describes a feeling of stillness and peace without nervousness or anger. As a verb, it describes an action in which we help ourselves or others find stillness and peace. As a noun, calm is a thing that we can look for and find. Calm is something that we can hold in our hearts and carry in our minds.

Great leaders feel every emotion that there is. However, they have practiced and worked on strategies to find calm when emotional waves get rough. They understand how to help themselves and others find stillness and peace through reassurance and confidence. Great leaders strive to keep their minds calm as a way to be clear and creative when a situation calls for clear and creative thinking.

Being a calm leader takes practice. It's important to remember that being calm does not mean that you don't feel emotions, or that you can avoid emotions. What it does mean is that you can recognize your emotions as important signals that will help you if you allow them to. You accept all emotions (comfortable and uncomfortable) with respect and you find a way to learn from them with courageous curiosity.



Calm



peaceful and quiet

DAY 1 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: How can you find calm? List 1 creative way that you can look for peace and stillness when waves of emotions become challenging.

DAY 2 WRITE HERE

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COMPASSION

FOR SELF AND OTHERS

Great teammates are compassionate – and remember, life is a team sport.

As a member of a team working toward a goal there are two relative truths. First, you will stumble and make a mistake. Second, one of your teammates will also stumble and make a mistake.

If no one on your team ever makes a mistake, then your goal isn't big enough and the challenge is too light for the talent you have.

When you're striving toward greatness it's important to be compassionate. More specifically, you must demonstrate understanding when someone makes a mistake, You must give caring support when a teammate's nervousness gets the best of them. And you must be compassionate with yourself when something doesn't go as planned.

Practice finding calm in these situations. Remember what it feels like to try your hardest and fall just short. Remind yourself and others that failure isn't the end – it's just the beginning of your next and best attempt. Mistakes are teachers that bring us important lessons.

Be a great teammate. Demonstrate understanding and caring. Be compassionate.



Compassionate

understanding and caring



In your own words, what does it mean to be compassionate? Think about the people that you care most about and try to remember a time when someone showed you understanding and caring. Use those examples to describe what it means to be compassionate.

DAY 1 WRITE HERE

Describe a time when you learned a valuable lesson from a mistake that you made. At that time, did someone that you know demonstrate understanding and caring? If so, how did that help you learn and grow from your mistake?

DAY 2 WRITE HERE

Describe a time when you demonstrated understanding and caring for someone who made a mistake. How did that person respond to your understanding and caring attitude?

DAY 3 WRITE HERE

Write about why it's important for great teammates to have understanding and caring attitudes. How does that type of attitude make a team better?

DAY 4 WRITE HERE

Find calm in order to be compassionate. Write about why it's important to be able to be calm when you're working to demonstrate compassion for a teammate.

DAY 5 WRITE HERE



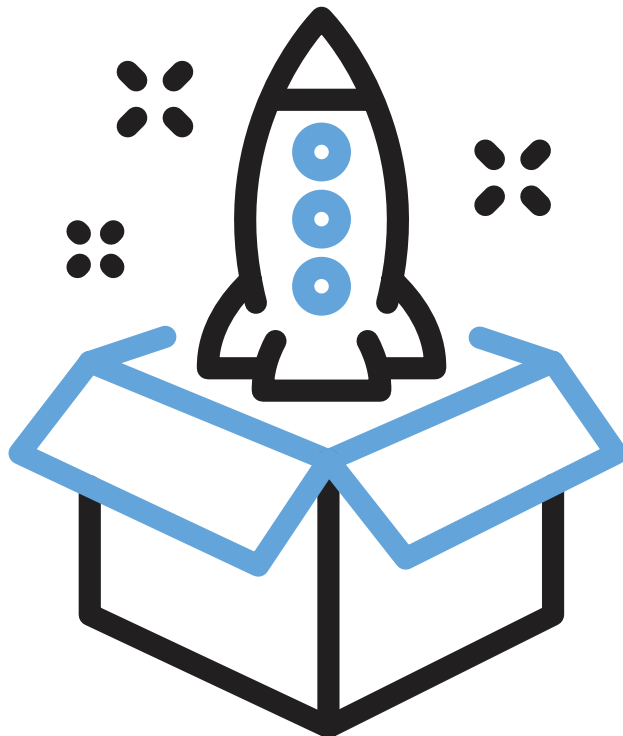
OPEN JOURNAL

We can be our best when we feel safe enough to learn from mistakes as a part of a team. Teammates and mentors are the keys to unlocking that ideal state of creativity. They can push us and hold us accountable while letting us know that we're an important member of the group.

What type of teammate will you be? Your teammates have unique greatness to contribute to the group effort. Will you be understanding and caring when they need you to be? Will you work to help them find a safe and peaceful place to explore their creativity?

Lead by example. You will be at your best when your teammates and mentors return your calm and compassion. You're striving for greatness, so it's natural that you won't be perfect.

Be calm. Be compassionate. Be creative. Go Be Great.



Calm
peaceful and quiet

AND

Compassionate
understanding and caring

UNLOCKS

Creative
inspired and productive

DAY 1 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Describe 1 way that you will create a calm, compassionate, and creative team environment.

DAY 2 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Describe 1 way that you will create a calm, compassionate, and creative team environment.

DAY 3 WRITE HERE

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DAY 5 WRITE HERE

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Choice 2: Describe 1 way that you will create a calm, compassionate, and creative team environment.



EXPLORE CREATIVITY

CREATIVITY (noun) The use of imagination to generate original ideas that create something new, improve upon something, or solve a problem.

Over the past 5 weeks we've thought about many ways that being calm and compassionate are important parts of our emotions education journey. As we look for ways to use our emotional energy in positive and productive ways, staying calm and compassionate can help unlock our creative potential.

Journaling is an important tool that helps us think creatively.

Over the next 5 days, use the space provided for each day to think about ways that you can be creative. How are you using your greatness to create something new or solve a problem that improves the world around you?

Remember, leadership begins with personal actions. Lead by example and create an environment where creativity is celebrated and people feel safe enough to explore their own creativity.

Be creative. **We believe in you.**



Explore Creativity

Find unique ways to share
your greatness with the world

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DAY 1 WRITE HERE

How can you use your creativity?

What is 1 small way that you can use your creativity to help make your teammates feel valued and appreciated?

DAY 2 WRITE HERE

Write 1 or 2 words that describe your creative strengths. Next, write 1 or 2 sentences that explain why you chose the words that you did. *(Having a difficult time? Try being bold and confident, determined and brave!)*

DAY 3 WRITE HERE

Get curious about the fears that might cause you to get stuck while you work to share your creativity.

Think about something that you're trying to achieve. Write about what makes you nervous as you try to be creative. How might you overcome that fear?

DAY 4 WRITE HERE

Develop your creative skills. What is 1 way that you enjoy sharing your creativity with the world? Write the name of the skill and 2 ways that you can work to improve it.

DAY 5 WRITE HERE

Describe your creativity. Start this entry with the words "I AM." Write 2 or 3 sentences that describe a uniquely creative version of yourself. How do you feel? How do you interact with the world around you? Remember to be both courageous *and* compassionate.

LET'S TALK ABOUT IT

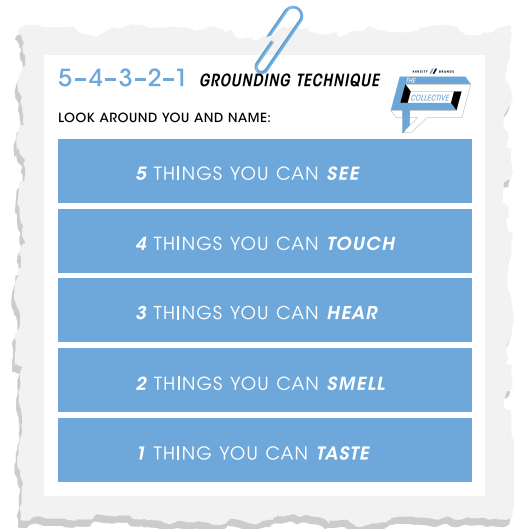
WE ARE THE COLLECTIVE

A national conversation focused on creating **positive change** and **promoting action** to enhance mental health awareness for students and educators.

If you or anyone you know is in need of mental health resources scan the QR code or visit our website.



www.varsitybrands.com/the-collective



CRISIS TEXT LINE |

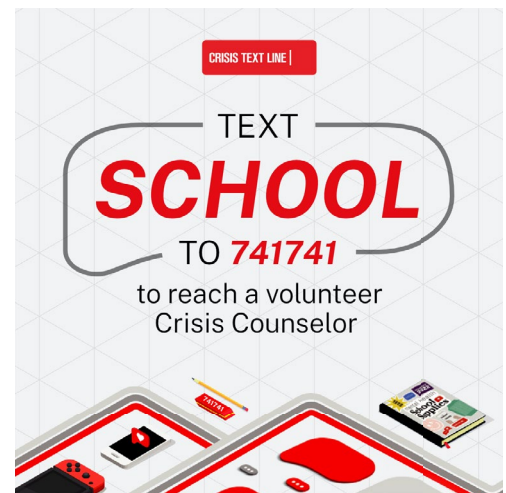
In crisis and need to talk to someone?
We're here for you. Text SCHOOL to 741741
to reach a volunteer Crisis Counselor.

Crisis Text Line provides a variety of mental
health resources for students through the
mental health school supplies toolkit.

Scan the QR code or visit our website
to learn more about Crisis Text Line.

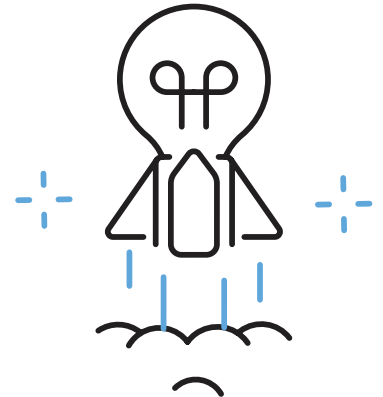
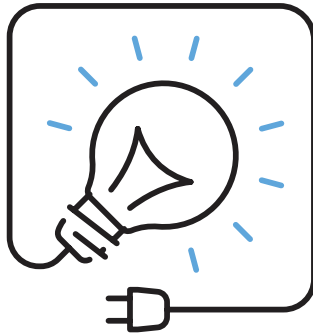


www.crisistextline.org/school/



JOURNAL FOR WEEKS 16-20

Read the information in this journal. Think about what it means to you and then write what's on your mind. This is a safe place for you to get curious about your emotions. Keep your writing private or share your thoughts with people you trust. It's your decision. The important thing is for you to write what's on your mind. Remember, be kind and patient with yourself – learning about emotions can be challenging.



Name: _____

School Year: _____

The energy that emotions give us is a renewable resource that we can use to share our greatness with the world. Staying connected to our emotions sometimes takes courage. As we stay connected to our emotional energy, it's important to be curious about how we can use the energy to make positive progress.

Over the final 5 weeks of this journey, focus on being **curious, connected, and courageous**. Look for ways to share your unique greatness with the world. These three C's will help you learn from challenges *and* successes. Look for ways to be a powerful agent of positive change. Be brave and bold as you look to give your talent and effort to an important cause.

Through all of this, continue to be patient and compassionate. Emotions education is a long and winding path. Progress happens over time. Live with constant curiosity, stay connected to who you are, and courageously **share your greatness with the world**.



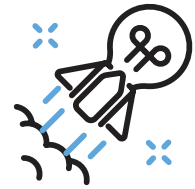
Curious

interested & questioning



Connected

aware and present



Courageous

determined and brave



Joy

wants to be shared



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wants to run to safety



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DAY 1 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Get curious about what your core emotions are telling you. Pick any core emotion and write about what you're learning from your feelings and reactions.

DAY 2 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Get curious about what your core emotions are telling you. Pick any core emotion and write about what you're learning from your feelings and reactions.

DAY 3 WRITE HERE

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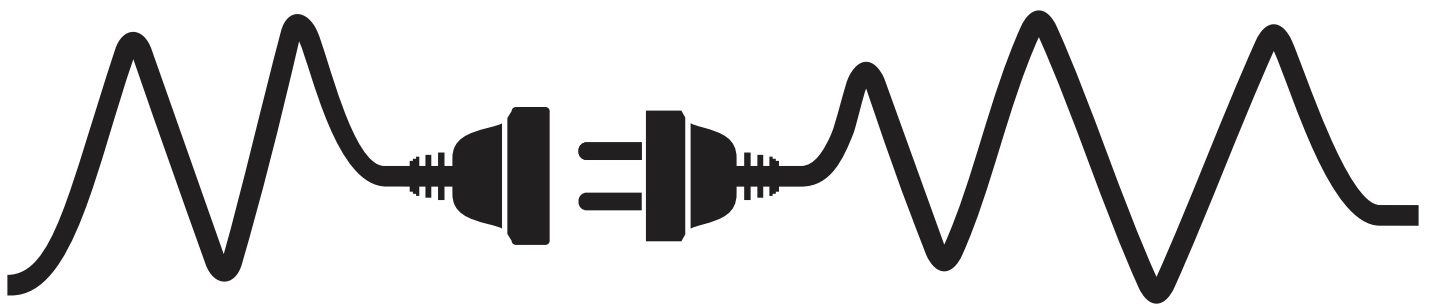
BUILDING CONNECTION

CONNECTION (noun) An influential relationship between two or more people, things, or concepts.

The connections we have in life have the power to influence us in both positive and negative ways. Disconnecting from these relationships does not remove the influence they can have. Staying connected gives us an opportunity to make choices about how we use our relationships for growth and improvement.

In this same way, the relationship that we have with our emotions is often a powerful and influential one. Disconnecting from our emotions does not change what they are trying to tell us - it simply ignores the information we're given and gives away the opportunity for growth and improvement. Many emotions are challenging and can be uncomfortable - and there are times when we have to put them aside in order to push through a situation. However, plugging into our emotions allows us to be active participants in this influential relationship and make decisions about how to use the energy and lessons they're giving.

Build connection. Be kind to yourself and others along the way. Live with the courage needed to **unlock your greatness.**



Connected *aware and present*

Think about positive connections that you have in your life. Maybe it's a connection to a team, club, or group. Maybe it's a connection to an interest or subject. Maybe it's a person. Why is this connection positive? What have you learned from this positive connection?

DAY 1 WRITE HERE

Think about a connection that you'd like to make. Maybe it's a topic that you want to learn more about. Maybe it's a club that you want to join. Maybe there's a new student and you want to help them make connections. What can you do to start making that connection?

DAY 2 WRITE HERE

Think about positive and enjoyable emotions - like joy and excitement. Connect to a positive emotional experience that you've recently had. What caused that positive feeling? What can you learn about that experience and feeling? How can you use what you've learned?

DAY 3 WRITE HERE

Being quiet and listening is an important way to build connections. What was the last positive conversation that you had in which you took time to listen to someone else? What did you learn? How did listening deepen the connection?

DAY 4 WRITE HERE

There are times when we need someone to listen to us. Being heard helps us feel valued and connected to a support system. When was the last time you were grateful that someone listened to you? How did that deepen your connection?

DAY 5 WRITE HERE

Choose what you can use. Choosing to be curious, connected, and courageous can lead to a better understanding of how you can share your greatness with the world. There are positive and negative consequences from making a decision and even in not making a decision. (Not deciding is actually a decision!)

This week, think about being Curious, Connected, and Courageous. As you think, write whatever comes to your mind. Stay curious and connected and have the courage to learn about who you are and who you want to become.

Remember:

Be **curious** – what are your emotions and feelings telling you about the world around you and the experiences you’re having?

Stay **connected** – how can you build connections to your emotions and to the world around you that will lead to growth and improvement?

Live **courageously** – what do you have to do next to be a leader who is focused on positive relationships and doing what is right and good?

Curious

interested & questioning



Connected

aware and present



Courageous

determined and brave



DAY 1 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Choose 1: Curious, Connected, Courageous. Think about 1 of these C's and then write whatever comes to mind.

DAY 2 WRITE HERE

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DAY 4 WRITE HERE

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DAY 5 WRITE HERE

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SHARE YOUR GREATNESS

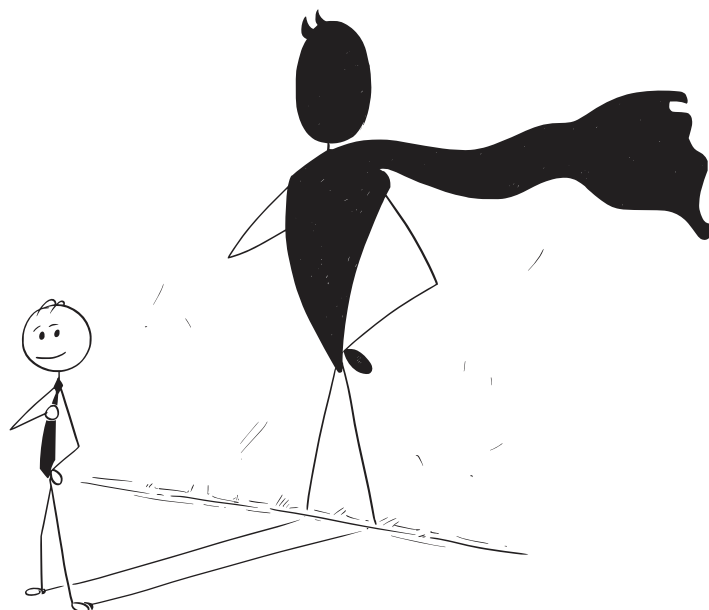
VOICE (noun) The ways in which an individual or group expresses a point of view, need, or specific intention.

KEY POINT: Leaders stay focused on sharing their unique talents, wisdom, and gifts (their greatness) with the world around them. They do this by using their unique voice.

As a leader steps forward to lead, their actions, words, connections and creative expressions all represent a unique voice that communicates the type of leader that they are.

Leaders do and say what is right – not in an effort to collect achievements and awards – but to make the world better for the larger community. They are patient with others, but hold themselves to a higher standard. They have the courage to trust themselves and to trust others.

How are you sharing your greatness? What does your voice sound like and look like and what is it communicating to the world? Stay curious about what the answers are. Stay connected and be aware of the impact you're making. Have the courage needed to use your voice and share your greatness.



DAY 1 WRITE HERE

How are you using your voice?

Write about the last time you spoke up with words that made a situation better, or helped solve a problem.

If you can't think of an example, create a fictional example that communicates your voice.

DAY 2 WRITE HERE

How are you using your voice?

Write about a time when your actions demonstrated for others the type of leader that you are.

If you can't think of an example, create a fictional example that communicates your voice.

DAY 3 WRITE HERE

How are you using your voice?

Write about a way that you're using your gifts and talents to do meaningful and beneficial work.

If you can't think of an example, create a fictional example that communicates your voice.

DAY 4 WRITE HERE

How do you show respect for the voices of others? Write about a time when you acknowledged the unique voice of someone else.

If you can't think of an example, create a fictional example that demonstrates who you are.

DAY 5 WRITE HERE

How will you share your greatness?

Write about something that you can do next week to demonstrate leadership and share your unique greatness with your school community. (Don't over think it! It can be one small thing that improves 1 person's day.)



OPEN JOURNAL

LEGACY (noun) The long-lasting impact of a specific action or event that took place in the past or during the course of a person's life.

KEY POINT: A leader's legacy is the combined result of their decisions and actions over time. These decisions and actions are like falling dominoes – one leads to the next. As we build the connections between our decisions and actions, we have opportunities to learn, grow, and change.

A better word for change might be evolve. If we live with positive intention and try to be our best every day – who we are will not completely change. However, we will evolve into a better version of our authentic selves.

Be curious about what you can become. Learn as much as you can about the things that interest you. Dream big dreams, and set GREAT Goals that work toward making your dreams a reality. You are building your authentic self.

Stay connected to what the world is teaching you. Lessons can be learned from nearly every experience that you have. Wisdom begins when we embrace the process of learning. If you're not failing at least some of the time, then you'll never reach your potential. Stay connected and listen to the wisdom of your authentic self.

Live courageously. Courage is not the removal of fear. In fact, fear must be there for courage to come alive. Courage is doing and saying what is right – even though you're afraid. Your authentic self is courageous – embrace that courage and let it shine through.



GO

BE

GREAT

DAY 1 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: How will you share your greatness with the world?

DAY 2 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: What does the phrase "Go Be Great" mean to you?

DAY 3 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Who is one person that you want to help encourage and empower to share their greatness with the world? Why?

DAY 4 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: Who is one person that has helped encourage you to share your greatness with the world? How did they help you?

DAY 5 WRITE HERE

Choice 1: Write about anything that you want to in the space provided.

Choice 2: What will you do today to share your greatness with the world?

LET'S TALK ABOUT IT

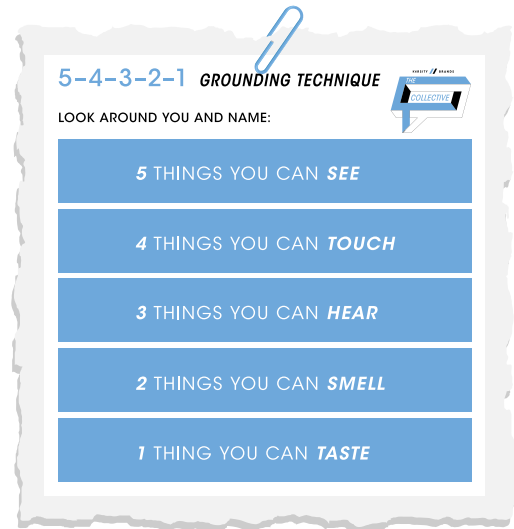
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CRISIS TEXT LINE |

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Crisis Text Line provides a variety of mental
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mental health school supplies toolkit.

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to learn more about Crisis Text Line.



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