

Positive Lifestyle Program

FOR HIGH SCHOOL

Self-Awareness **Decision-making**
Feelings & Emotions  **Anger**
 **Self-esteem** Assertiveness
Connections Setting goals

WORKBOOK

contents

Introduction to PLP	6
Self-awareness	10
Decision-making	16
Self-esteem	22
Feelings and Emotions	28
Anger.....	34
Assertiveness	42
Connections	50
Setting Goals	58

Introduction

Sometimes it can feel like other people have decided who we are. Peers label us, parents make decisions, teachers grade us. This can make it really confusing for us to know who we really are.

Having self-awareness can help us to understand our identity. It can help us know who we are and how we respond to others. When we have a strong sense of self-awareness, we can be confident and authentic.

Play the ‘Guess the Character’ Game

How did you go with the game? What helped you guess correctly? What made it tricky? If someone was to describe you, what would they say? Do you find it easy or difficult to express those things that make you **really you**?

.....

.....

.....

.....

.....

.....

Do the ‘Group Challenge’ Activity

Shade how much you enjoyed each activity out of 5.

Keep a ball up in the air with your feet for 10 touches	☆ ☆ ☆ ☆ ☆
Make up a story about a magic koala	☆ ☆ ☆ ☆ ☆
Do a quiz	☆ ☆ ☆ ☆ ☆
Make a 45 second dance video	☆ ☆ ☆ ☆ ☆
Make a tower using skewers and marshmallows	☆ ☆ ☆ ☆ ☆

Digging Deeper

What I'm good at

We are all good at different things. Sometimes skills like playing a musical instrument or sport come naturally to people but other people can find it more difficult. Knowing what you're good at can help you understand who you are.

List 3 things you're good at...

1.

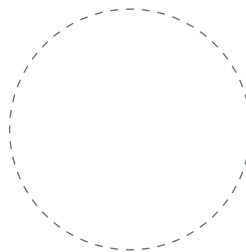
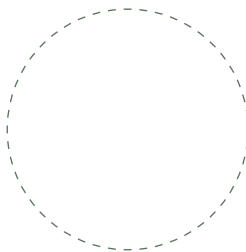
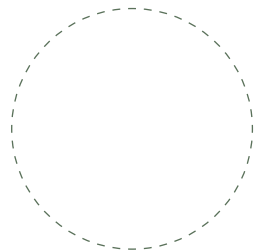
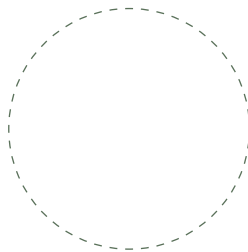
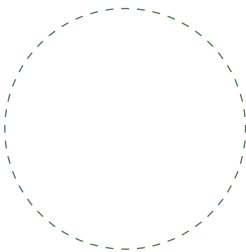
2.

3.

Our personality and characteristics

Everyone is different in how they approach life. Some people love to be around their friends all the time whereas others might like to spend some time alone. Some people might want things to be organised and neat and others are naturally messier and less organised. Our personality and characteristics are unique to us.

In 5 words how would you describe yourself?



Conclusion

Sometimes in life it's difficult to know who we are, as we deal with the expectations and judgements of others. But we are all unique and have different skills, attributes, and people in our lives that make us special.

As we explore these elements, we develop our self-awareness. When we have a strong sense of self-awareness we can begin to know who we really are and act confidently and authentically.

Decision-making

Introduction

We make decisions every day. Some of them are simple decisions about what we will eat or wear or watch on TV. Some are big, like what we are going to do for a career, or how we will manage tricky situations. We can have our parents, teachers or friends telling us what the “right” thing to do is. Sometimes all these choices can be overwhelming. We can feel anxious and confused when we have to make decisions about our lives.

Some decisions have little or no consequences, but other decisions can have significant consequences – for ourselves and others. So how do we make the best decisions?

Play the ‘Would You Rather’ Game

Do the ‘Choose Your Path’ Activity

CIRCLE THE FACTORS THAT ARE IMPORTANT FOR YOU WHEN YOU MAKE DECISIONS:

Doing things quickly

Doing things cheaply

Doing what is popular

Having the most fun

What is best in the long term

Doing the right thing

Trying something new

What your friends want

What your parents want

Self-esteem



Introduction

Sometimes we don't feel good about ourselves. Maybe people criticise how we do something, or maybe someone disagrees with a part of who we are, but we can sometimes hear a bad news message and think that something is wrong with us. If people leave us feeling bad about ourselves, we might believe them and that can stop us becoming who we really are.

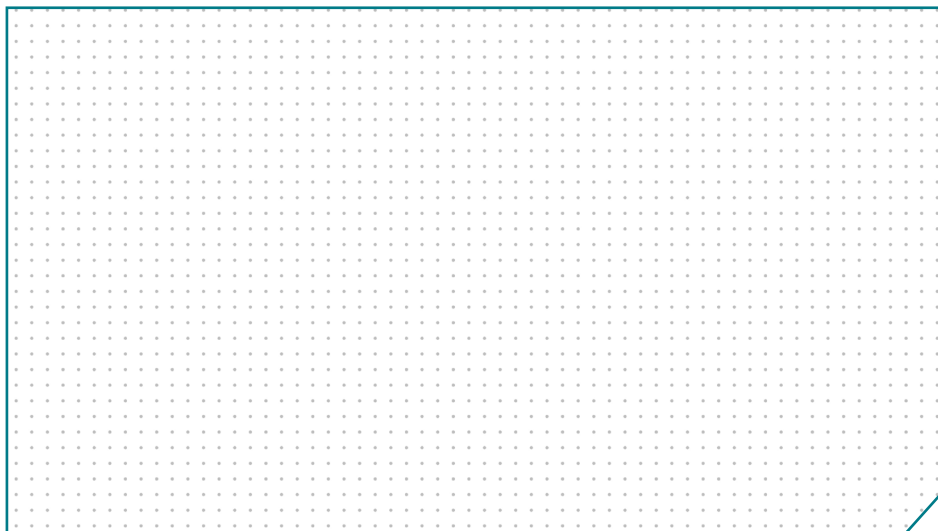
A healthy self-esteem means that you know you have worth as a human being, no matter what other people say. When you have good self-esteem, you are able to try new things, meet new people, and look to enjoy life. You can get through tough times and try again if things don't work out.

So how do we develop healthy self-esteem?

Play the 'Have You Ever' Game

Do the 'Find The Message' Activity

In the activity you received encouraging messages of encouragement. Write your own message of encouragement for yourself below.



Complete the framework below:

**THREE THINGS I LIKE
ABOUT MYSELF**

I am

**THREE THINGS THAT
MAKE ME SPECIAL**

**THREE THINGS I'M PROUD
THAT I HAVE ACHIEVED**

**THREE WAYS I MAKE THE
WORLD A BETTER PLACE**

Feelings & *emotions*

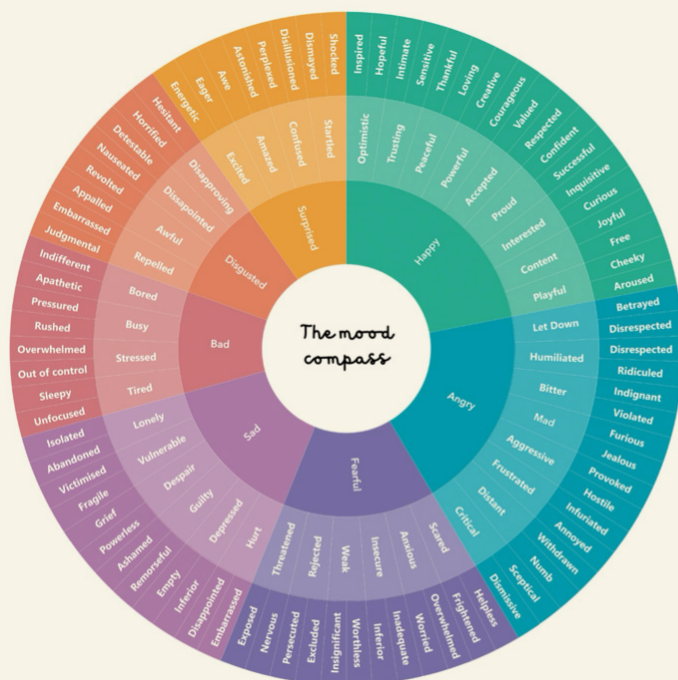
Introduction

There are different types of feelings we can experience. It is normal for people to experience times of feeling sad and times of feeling afraid, angry, or happy. Our feelings are messages about what we are experiencing, but that doesn't mean they are meant to control our lives. We need to be aware of our feelings and explore them, but not just follow our emotions. But sometimes our emotions can feel so big or strong that we don't feel able to handle it.

How do we handle feelings and emotions?

Play the Where Do You Feel It Game

It can be found in the VALERE materials - [VAIERE_Participant Journal_FINAL_V2 Folder](#)



Write 3 emotions you've felt today...

Do the 'Emotion Cards' Activity

Digging Deeper

Here are a few strategies that could help you handle negative feelings or painful emotions.

When feeling down or lonely, we need to reach out to other people. This could mean making a telephone call, sending a text message, or connecting online. Write the names of the people you could go to talk to about your emotions.

Who can I...			
Catch up with?			
Call on the phone?			
Message?			

Some places lift our spirits and make us feel better. What places could you go when feeling down or lonely?

Anger



Introduction

Anger is a natural and powerful emotion. We often feel angry when we are frustrated, embarrassed, hurt or misunderstood. We can get angry when we don't get what we want. It is okay to feel angry when things aren't fair or people treat us poorly. While we can't control our feelings, we do have control over our responses.

When we feel angry, it can be hard to express it in a healthy and positive way. We might lose control and hurt people by what we do and say. However, if we can control ourselves and express ourselves in healthy ways it can bring about positive change.

What do we do when we are angry?

Play the 'What Would Make You Angrier' Game

How did you go with the game? What made you the angriest? What does it feel like when you get angry? What happens to you?

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....

.....



Assertiveness

Do the 'Act it Out' Activity

Circle whether you think each person is passive, aggressive or assertive.



Make sure you buy some bread and milk today! And don't forget like you did last week! You never do anything right around here!



You're right. I do always forget. Whatever you say.

Passive	Aggressive	Assertive
---------	------------	-----------

Passive	Aggressive	Assertive
---------	------------	-----------



We need bread and milk! You better get me some, or there'll be trouble!



I don't think that's fair. I am happy to buy some bread and milk, but I'd like you to ask without putting me down.

Passive	Aggressive	Assertive
---------	------------	-----------

Passive	Aggressive	Assertive
---------	------------	-----------

Introduction

Sometimes it can be hard to say what we really want. We can feel like people are pressuring us one way, or we'd be disappointing them if we didn't do what they want. Sometimes it can be hard for us to draw boundaries, or to let people know what we really think about a situation. But if we struggle to assert ourselves, we can end up not getting what we need, or frustrated at having to deal with others.

There are three options on how we choose to behave towards others. Sometimes people are passive, and give in to others and avoid conflict. Sometimes people are aggressive and overpower others and even use anger. The last option is to be assertive, to speak honestly and respectfully about what we think and want.

How can we be assertive when we deal with others?

Here's some definitions to help us in this session:

PASSIVE means letting others decide for you and push you around

AGGRESSIVE means bossing people around and being rude

ASSERTIVE means confidently saying what you need and considering others



Connections

Introduction

We are made for connecting with other people. We have lots of different connections with people. Our relationships with our parents, siblings, cousins, friends, and teachers are all different.

Healthy connections are important for us to grow and live healthy lives. Broken or difficult relationships can cause stress, sadness, anger, and anxiety in our lives. This is especially true when it is with people who are important to us.

How do we build healthy connections with others?

Play the 'People Bingo' Game

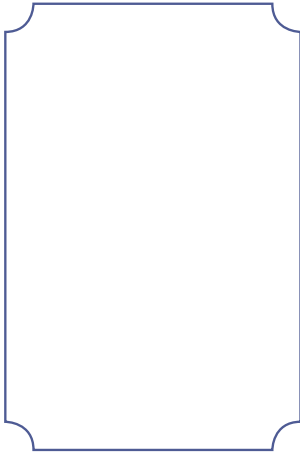
Write the name of person in the group who fits the category. See if you can get 5 in a row!

Has blue eyes	Was born in another state	Born in October	Has been to 3 or more schools	Is left-handed
Has a dog	Likes to cook	Likes soccer	Is the youngest in their family	Likes winter
Can ride a bike	Born in February	Loves pizza	Has travelled to another country	Has a scar
Has curly hair	Has gone snorkeling	Has a six-letter name	Is the oldest child in their family	Can wiggle their ears
Likes to sing	Plays a sport	Knows a magic trick	Has red hair	Plays an instrument

Do the 'People Picture Frames' Activity

In each of the picture frames, draw or write the people who matter to you in those categories.

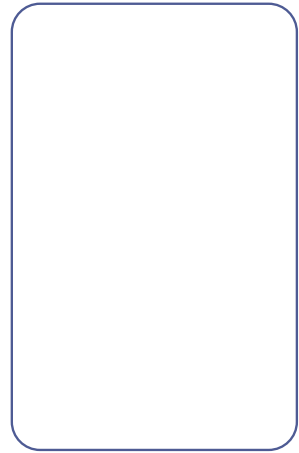
**Someone who
listens to me**



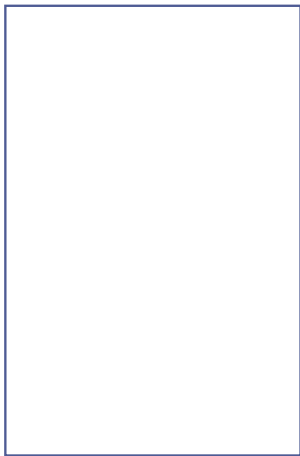
**Someone who
helps me**



**Someone who
encourages me**



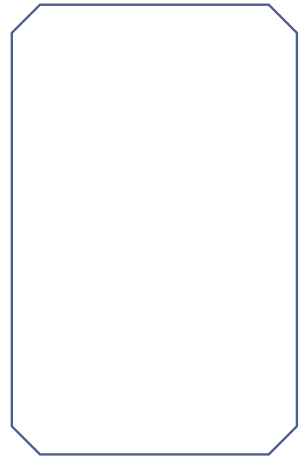
Someone I trust



**Someone I have
fun with**



**Someone who makes
me feel safe**



Setting goals

Introduction

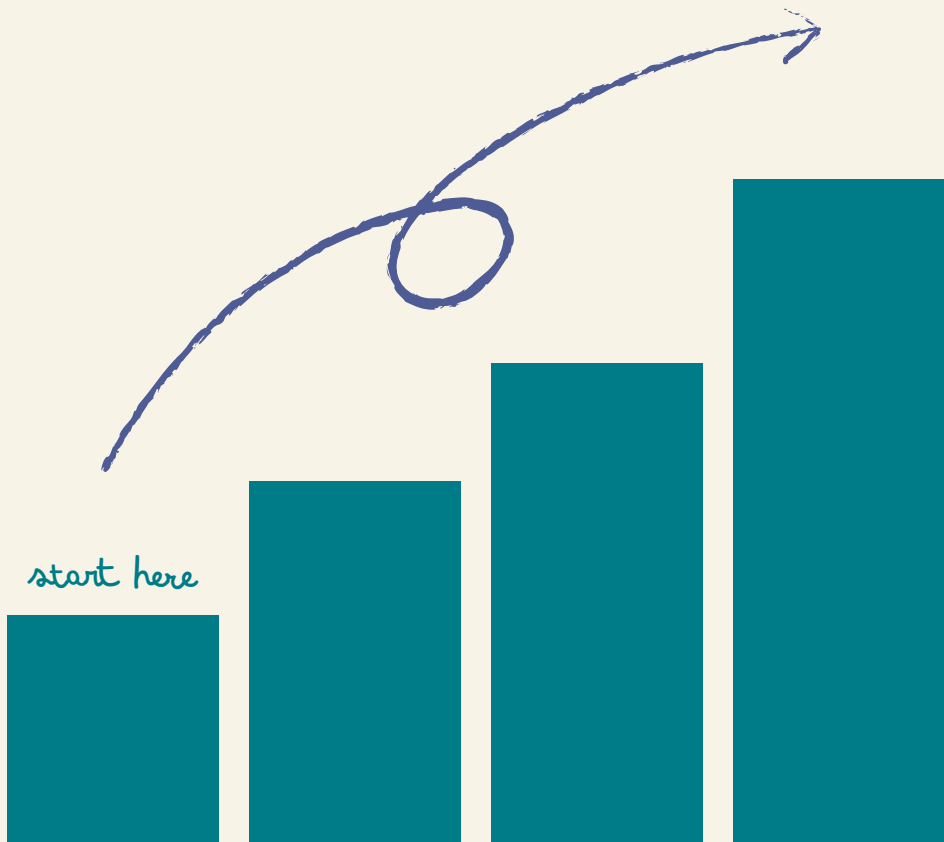
We all have goals in life. Some are big, like wanting to own a house and get a good job. Others are important, like saving money, getting your drivers license, or starting a relationship. Some are little, like passing a video game, or watching a whole television series. Whatever your dream is, goals keep us motivated and give us something to hope for. But sometimes it's not easy to set goals or achieve them. Sometimes we don't know how to get there.

How do we set and achieve goals?

Do the 'Operation Bear Care' Activity

Digging Deeper

If you have a bigger, long-term goal, it can be important to break it down into a series of steps that will help you achieve your goal. In the example below, write in your goal for change and see if you can break it down into a series of smaller steps. It may be helpful to discuss this with a friend or the group leader. If you need more steps, just add them.





Sometimes we fail to achieve our goals. It happens to all of us - and will happen again. Whenever we seek change, we will face setbacks, opposition, doubts and discouragement. When we fail to achieve a goal, it is tempting to give up. We can feel discouraged and return to negative self-talk like 'I'm hopeless' and 'Things will never change.' We choose not to set goals again because then we can't fail!

So we need to learn how to handle the setback, move on and not give up. Remember:

1. No one is perfect and old habits can be difficult to break.
2. Setbacks and difficulties contain lessons for growth.
3. You want to grow and change. Remember the reason or purpose for setting this goal and set your sights on the goal again. Every day is a fresh start.

Conclusion

Whether you set it as a goal or not, you have now completed the PLP course. Congratulations! You have faced some important issues in your life and you are now a richer and better person for it. You have grown as a person and will continue to grow - things will never be the same again. Well done!