
is it
BULLYING?

When someone says or does something
unintentionally hurtful
and they do it once, that's
RUDE.

When someone says or does something
intentionally hurtful
and they do it once, that's
MEAN.

When someone says or does something
intentionally hurtful and they *keep doing it*—
even when you tell them to stop or show
them that you're upset—that's
BULLYING.



_____ 's **Toolbox**

Blue Zone Tools	Green Zone Tools	Yellow Zone Tools	Red Zone Tools
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Anger Iceberg

Icebergs are large pieces of ice found floating in the open ocean. What you can see from the surface can be misleading. Most of the iceberg is hidden below the water.

This is how anger works. Often when we are angry, there are other emotions hidden under the surface.



Angry

embarrassed scared grief
shame tricked overwhelmed
frustrated depressed disgusted
distrustful grumpy stressed
attacked rejected helpless
guilt trapped nervous anxious
trauma annoyed exhausted
disrespected unsure envious
disappointed lonely offended
uncomfortable worried insecure
regret hurt

What's happening in your BODY?

achy

cold

warm

hot

chilly

twitchy

butterflies

sharp

dull

itchy

SHAKY

trembly

tingly

hard

soft

stuck

jittery

icy

weak

relaxed

calm

peaceful

empty

full

flowing

spreading

strong

tight

tense

dizzy

fuzzy

blurry

numb

prickly

jumpy

owie

tearful

goose bumpy

light

heavy

open

tickly

stinging

silky

still

loose

balanced

unsteady

tilted

pounding

airy

sick

shivery

chills

vibrating

deadened

frozen

radiating

shudder

numb

blocked

puffy

bubbly

paralyzed

sweaty

clammy

dry

jerky

energized

burning

damp

electric

dense

cool

throbbing

faint

quivery

bloated

flushed

buzzy

flutter

pressure

wobbly

spinning

EMOTIONAL THERMOMETER.



Angry / aggressive
I need some help



Scared / anxious / lonely /
worried



Sad / Unhappy
I've got a problem

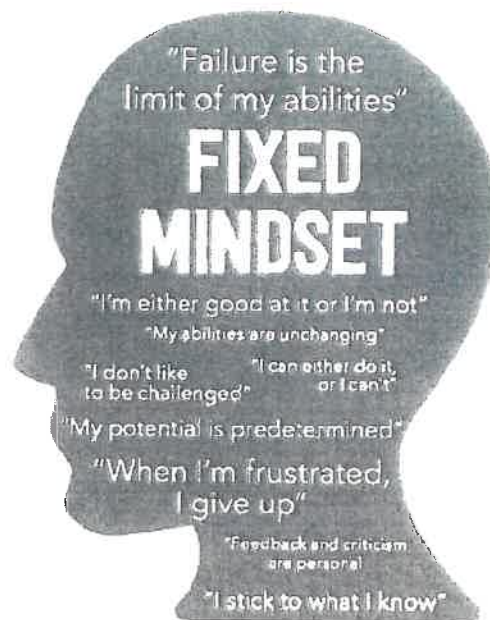


Happy / calm / proud /
relaxed / excellent /
awesome / great / smart /
feeling good

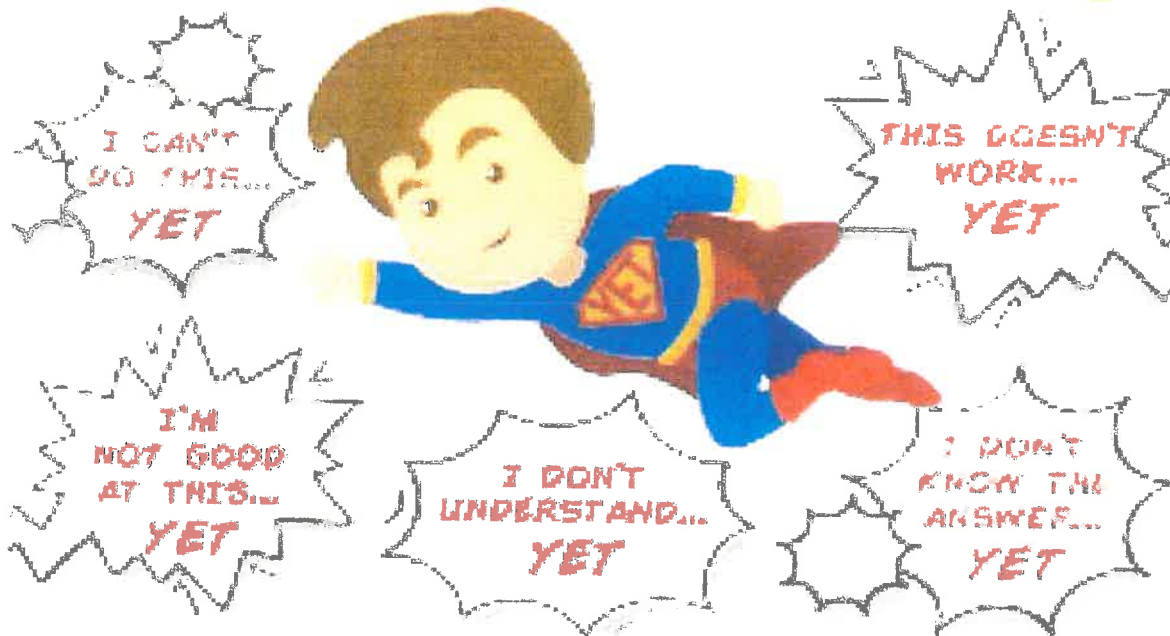
DEVELOPING A GROWTH MINDSET

INSTEAD OF...	SAY THIS...
I'm not good at this	What am I missing?
I give up	I'll use a different strategy
It's good enough	Is this really my best work?
I can't make this any better	I can always improve
I made a mistake	Mistakes help me to learn
I just can't do this	I am going to train my brain
I'll never be that smart	I will learn how to do this
Plan A didn't work	There's always Plan B
My friend can do it	I will learn from them





THE POWER OF YET!





Strengths and Emotions

WHAT ARE CHARACTER STRENGTHS? - boosting your Strengths and Emotions element of wellbeing

Character Strengths are qualities which make up who you are as a person:

- you have all 24 of them in your own special mix
- you use them naturally in your every thought, word and action.







Your top five strengths are called your *Signature Strengths*:

- your next few strengths are your top supporting ones
- you use them to be happy and grateful for who you are
- to make good decisions
- to be positive and make others happy too
- discover yours by doing the free Youth Survey at www.viacharacter.org
- before you do the survey think about what your *Signature Strengths* will be.



My predictions are

Using your strengths well is called the Golden Mean.

VIRTUES	24 CHARACTER STRENGTHS				
WISDOM	CREATIVITY <ul style="list-style-type: none"> • Originality • Adaptive • Ingenuity 	CURIOSITY <ul style="list-style-type: none"> • Interest • Novelty-Seeking • Exploration • Openness 	JUDGMENT <ul style="list-style-type: none"> • Critical Thinking • Thinking Things Through • Open-mindedness 	LOVE OF LEARNING <ul style="list-style-type: none"> • Mastering New Skills and Topics • Systematically Adding to Knowledge 	PERSPECTIVE <ul style="list-style-type: none"> • Wisdom • Providing Wise Counsel • Taking the Big Picture View
COURAGE	BRAVERY <ul style="list-style-type: none"> • Valour • Not Shrinking from Fear • Speaking Up for What Is Right 	PERSEVERANCE <ul style="list-style-type: none"> • Persistence • Industry • Finishing What One Starts 	HONESTY <ul style="list-style-type: none"> • Authenticity • Integrity 	ZEST <ul style="list-style-type: none"> • Vitality • Enthusiasm • Vigour • Energy • Feeling Alive 	
HUMANITY	LOVE <ul style="list-style-type: none"> • Both Loving and Being Loved • Valuing Close Relations with Others 	KINDNESS <ul style="list-style-type: none"> • Generosity • Nurturance • Care and Compassion • Altruism • "Niceness" 			SOCIAL INTELLIGENCE <ul style="list-style-type: none"> • Aware of the Motives/Feelings of Self/Others • Knowing What Makes Other People Tick
JUSTICE	TEAMWORK <ul style="list-style-type: none"> • Citizenship • Social Responsibility • Loyalty 			FAIRNESS <ul style="list-style-type: none"> • Just • Not Letting Feelings Bias Decisions About Others 	LEADERSHIP <ul style="list-style-type: none"> • Organising Group Activities • Encouraging a Group to Get Things Done
TEMPERANCE		FORGIVENESS <ul style="list-style-type: none"> • Mercy • Accepting Others' Shortcomings • Giving People a Second Chance 	HUMILITY <ul style="list-style-type: none"> • Modesty • Letting One's Accomplishments Speak for Themselves 	PRUDENCE <ul style="list-style-type: none"> • Careful • Cautious • Not Taking Undue Risks 	SELF-REGULATION <ul style="list-style-type: none"> • Self-control • Disciplined • Managing Impulses and Emotions
TRANSCENDENCE	APPRECIATION OF BEAUTY & EXCELLENCE <ul style="list-style-type: none"> • Awe • Wonder • Elevation 	GRATITUDE <ul style="list-style-type: none"> • Thankful for the Good • Expressing Thanks • Feeling Blessed 	HOPE <ul style="list-style-type: none"> • Optimism • Future-mindedness • Future Orientation 	HUMOUR <ul style="list-style-type: none"> • Playfulness • Bringing Smiles to Others • Lighthearted 	SPIRITUALITY <ul style="list-style-type: none"> • Faith • Purpose • Meaning

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"Just as we don't realise we are breathing, we often don't realise we are using our character strengths." Martin Seligman

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I can't make this any better	I can always improve
This is too hard	This may take some time
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