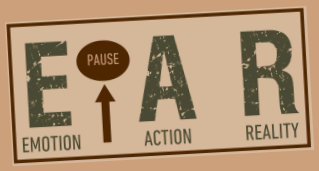
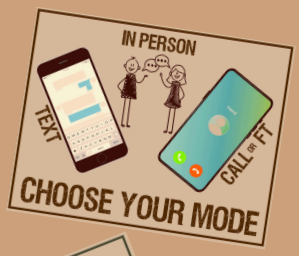
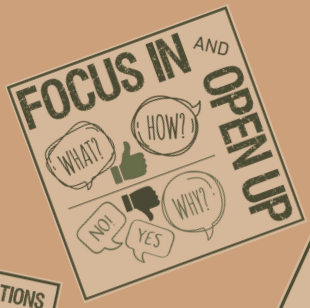
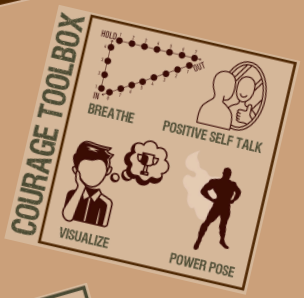
THE TOOLS IN YOUR BAG





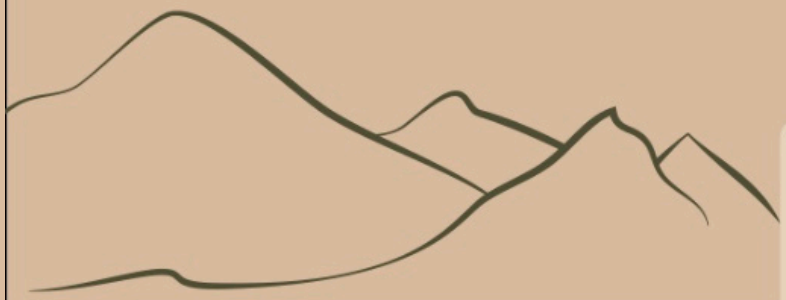




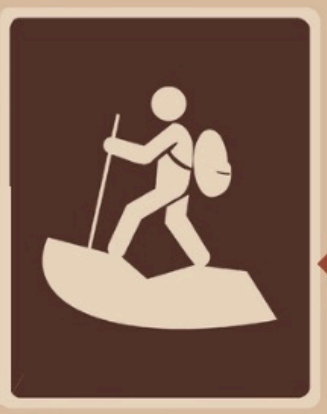
CONVERSATION TRAIL
REST STOPS
GET FOCUSED
GET CURIOUS
CHOOSE KINDNESS
CHOOSE COURAGE
GET TALKING
WHAT IF...?
GET GOING
WAY POINTS
A. What do I want?
B. What can I control?
C. What am I feeling?
D. What are they feeling?
E. What's going on here?
F. Did I miss something?
G. Friend or Foe?
H. Wearing & Carrying Clues
I. Kindness is the filter
J. Kindness for H.I.R.E.
K. Courage is the bridge
L. Courage Toolkit
M. Awkward or Awesome?
N. Share & Ask
O. Focus in & Open up
P. Elaborate & Emphasize
Q. Group Conversations
R. Digital Conversations
S. Social Media Conversations
T. Does it need to be said?
U. From "Hint" to "Hey stop!"
V. Review
W. Practice, practice, practice.
PATHWAYS
PROCEED WITH CAUTION

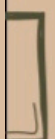
N
O
P
C
B
A
D
E
F
TRAILHEAD - START HERE

K
L
M
PATHWAYS
J
I
H
G



OU MADE IT!



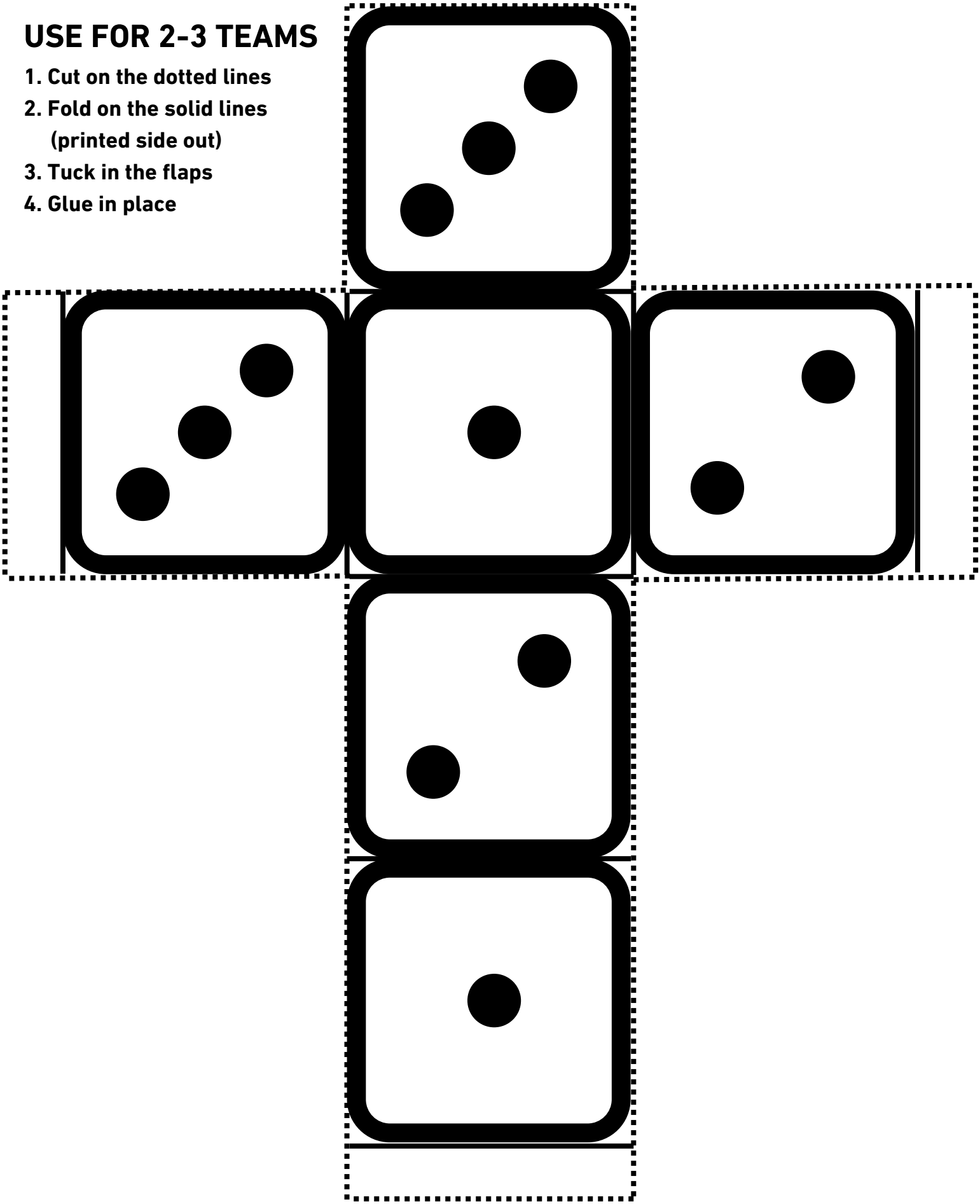


UNIT REVIEW CARDS
(USE THE MATCHING TRAIL SIGN)

WAYPOINT TOOL CARDS
(USE THE MATCHING LETTER)

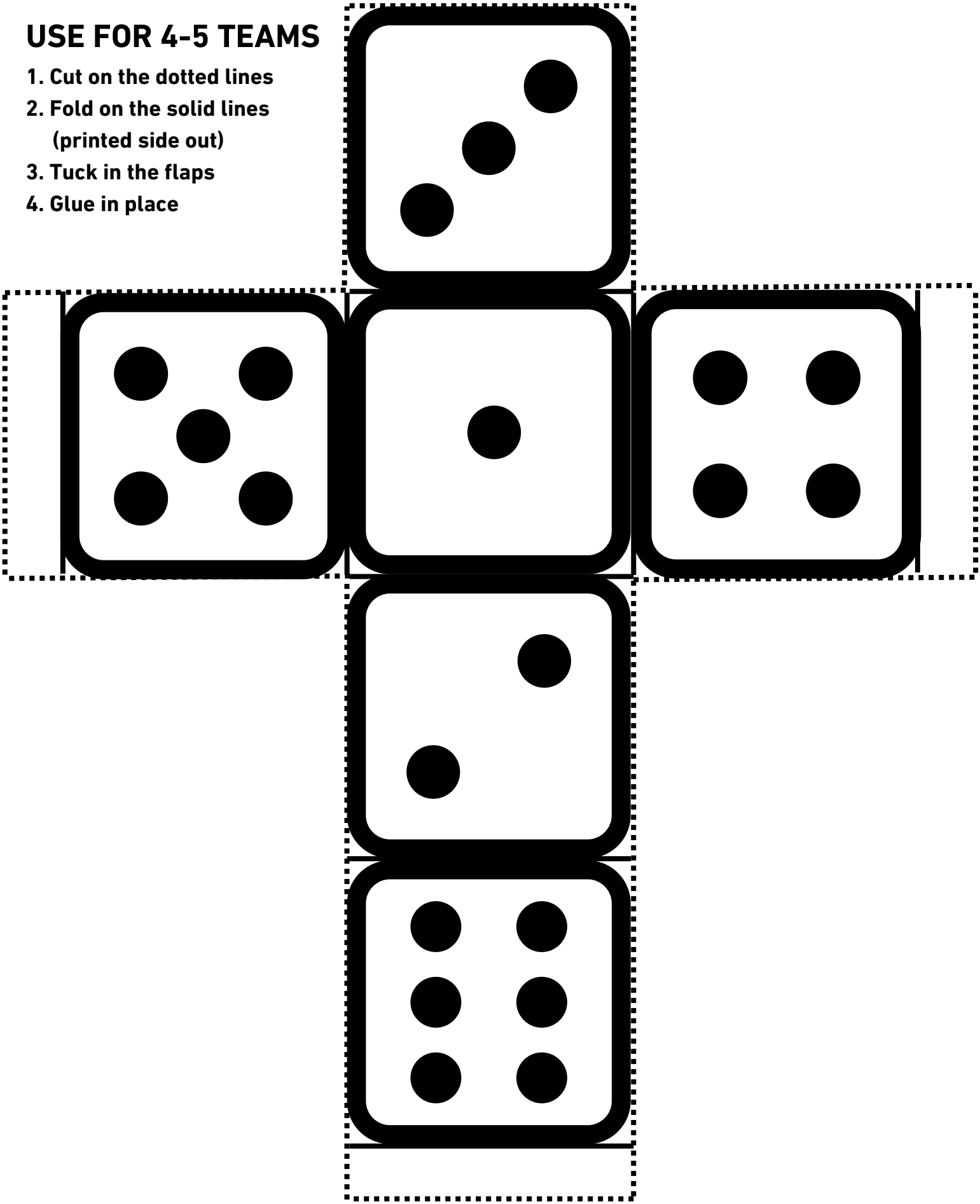
USE FOR 2-3 TEAMS

1. Cut on the dotted lines
2. Fold on the solid lines
   (printed side out)
3. Tuck in the flaps
4. Glue in place

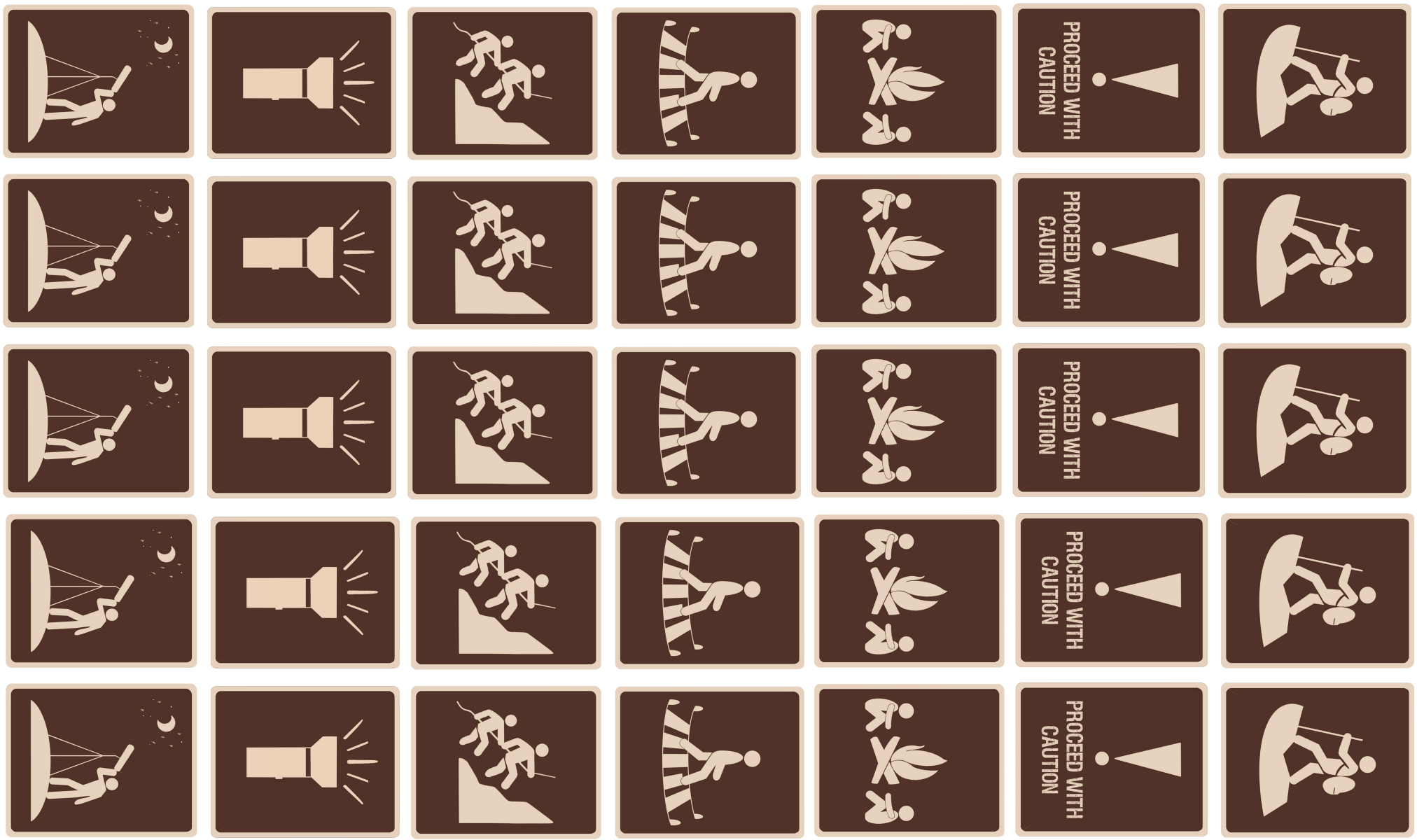


USE FOR 4-5 TEAMS

1. Cut on the dotted lines
2. Fold on the solid lines
   (printed side out)
3. Tuck in the flaps
4. Glue in place



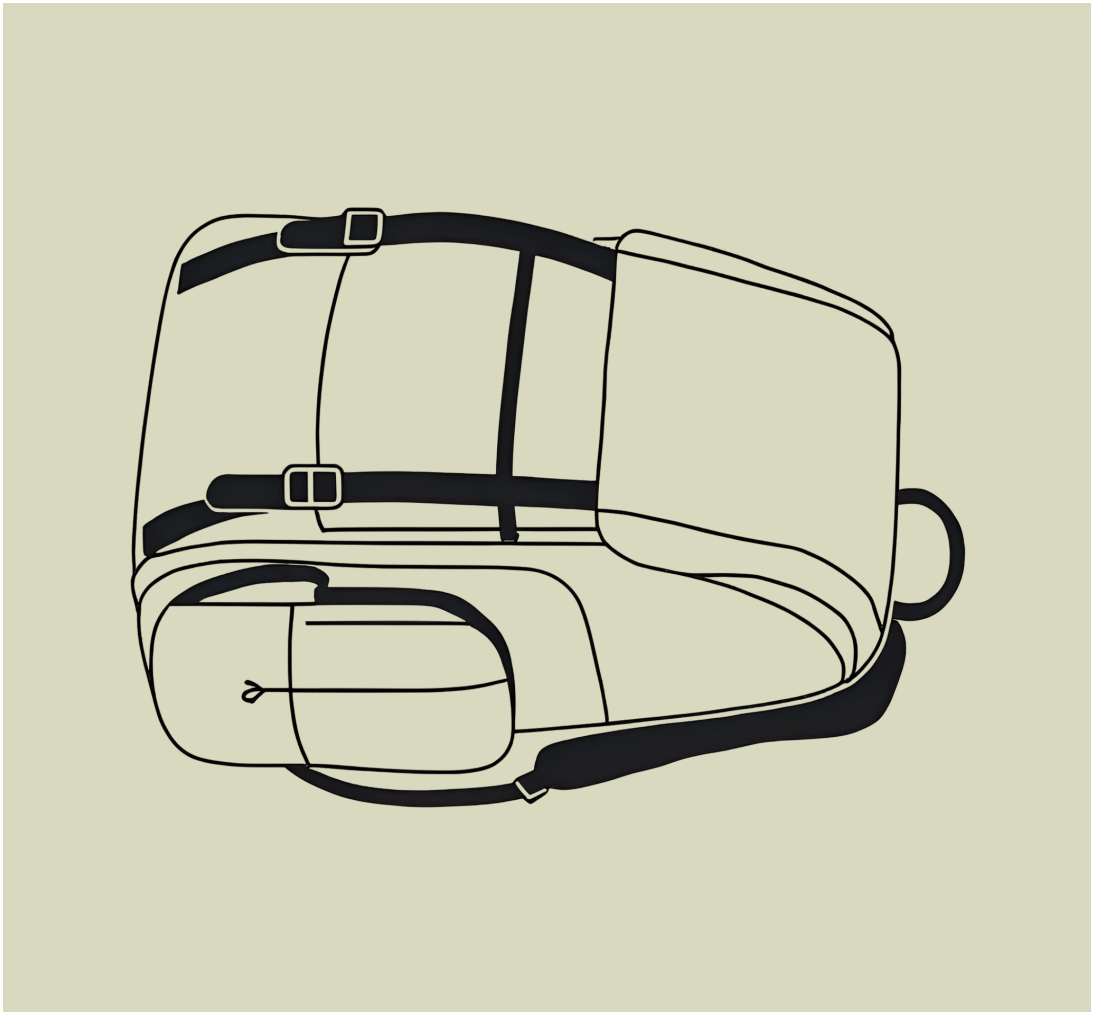
TRAIL SIGN TOKENS

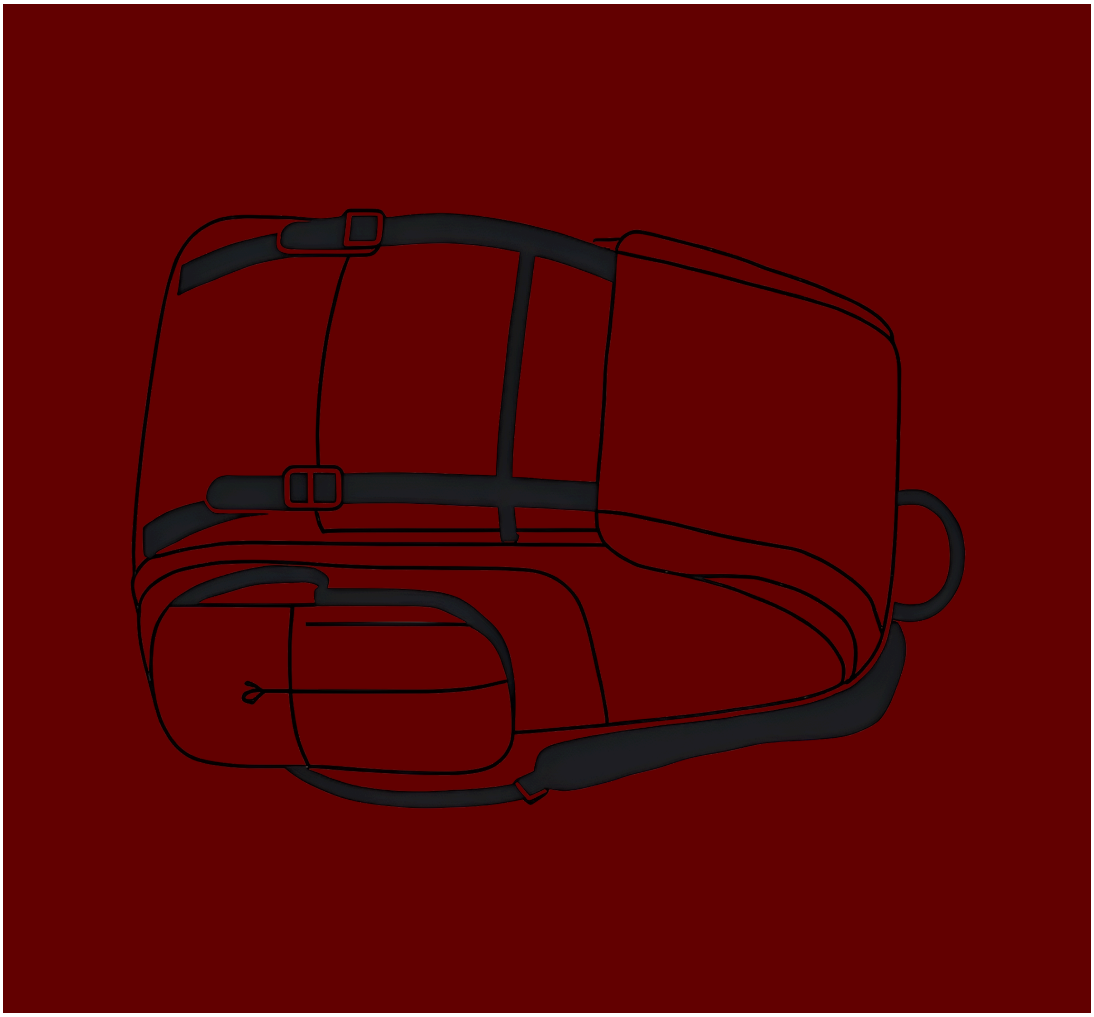


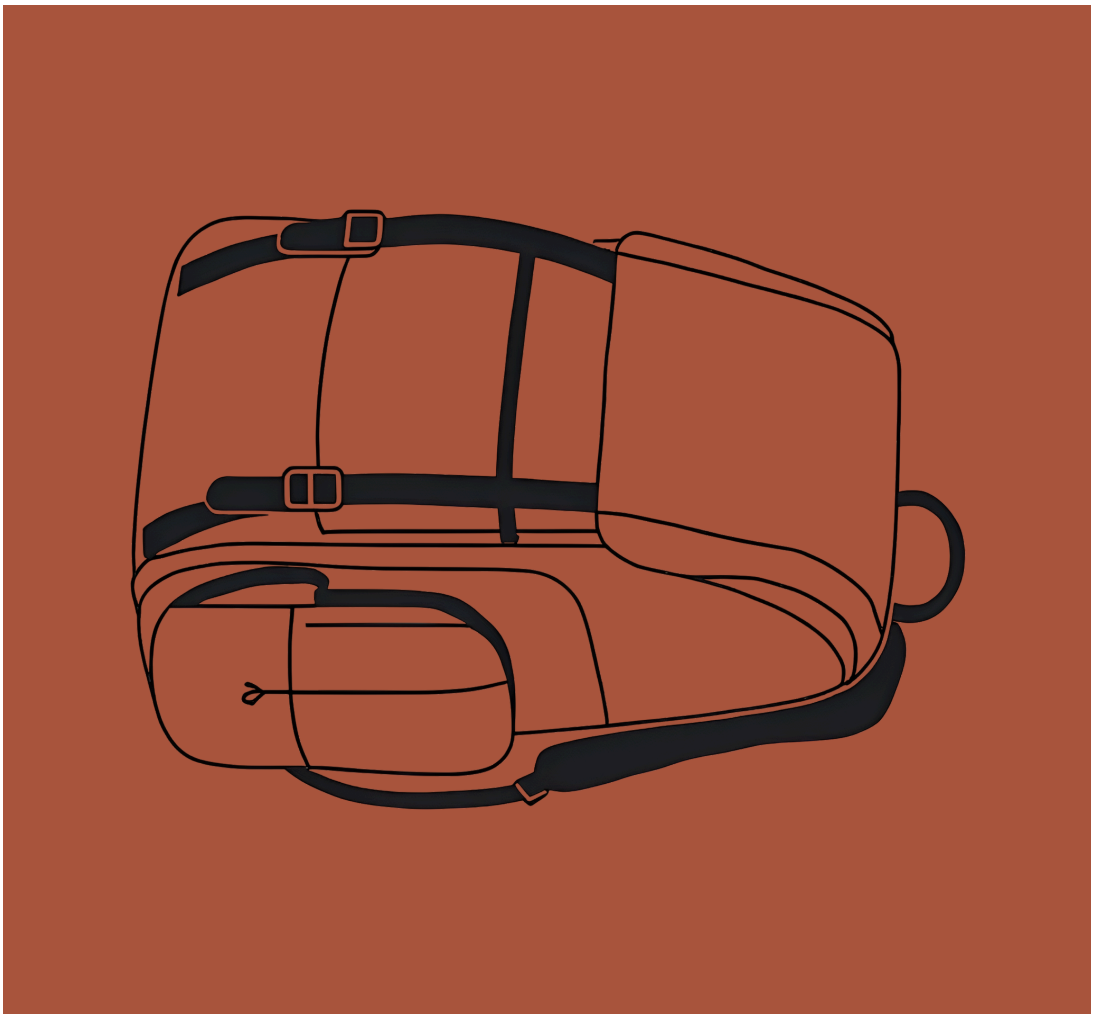
PLAYER Ttotems

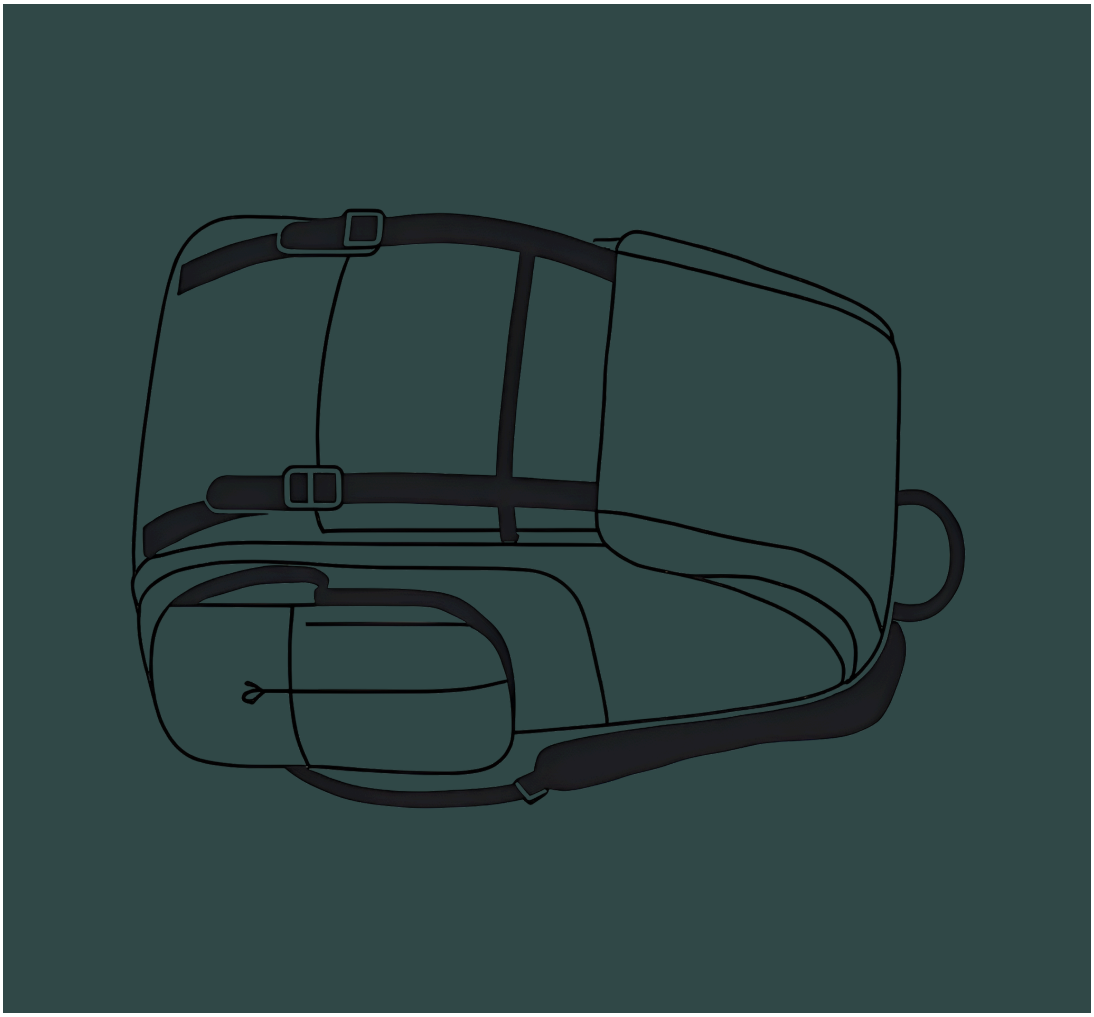
PLAYER BACKPACKS

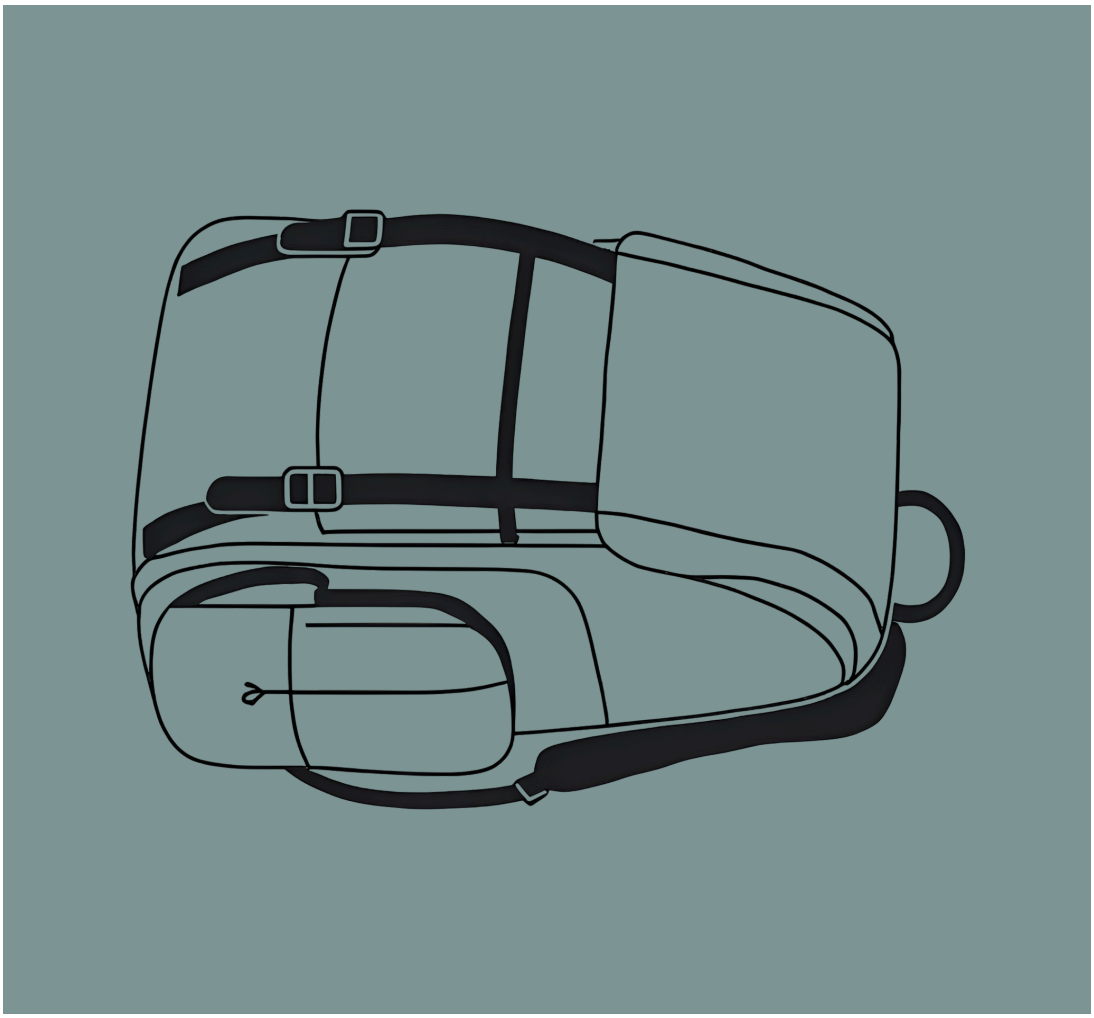
Collect Tool Cards & Tokens
and store them in your backpack











GET FOCUSED

Choose the correct term for this definition:

"*the friendships and close connections that I make*"

CHARACTER REPUTATION COMMUNITY RELATIONSHIPS VALUES

ANSWER = *relationships*

GET FOCUSED

Choose the correct term for this definition:

"*the things and ideas that are most important to me*"

CHARACTER REPUTATION COMMUNITY RELATIONSHIPS VALUES

ANSWER = *values*

GET FOCUSED

Choose the correct term for this definition:

"the way people think of me or how they say that I am"

CHARACTER REPUTATION COMMUNITY RELATIONSHIPS VALUES

ANSWER = *reputation*

GET FOCUSED

Choose the correct term for this definition:

"the people I surround myself with who share something in common"

CHARACTER REPUTATION COMMUNITY RELATIONSHIPS VALUES

ANSWER = *community*

GET FOCUSED

Choose the correct term for this definition:

"*the person that I actually am inside*"

CHARACTER REPUTATION COMMUNITY RELATIONSHIPS VALUES

ANSWER = *character*

GET FOCUSED

What is the bottom level of the

PYRAMID OF YOU ?

WHAT I DO
WHAT I WANT
WHAT OTHERS SEE

ANSWER = *What I want*

GET FOCUSED

What is the middle level of the

PYRAMID OF YOU ?

WHAT OTHERS SEE
WHAT I WANT
WHAT I DO

ANSWER = *What I do*

GET FOCUSED

What is the top level of the

PYRAMID OF YOU ?

WHAT I DO
WHAT OTHERS SEE
WHAT I WANT

ANSWER = *What others see*

GET FOCUSED

Fill in the blank:

"_____ focuses on what we CAN'T do or control"

RESPONSIBILITY or FAULT

ANSWER = *fault*

GET FOCUSED

Fill in the blank:

"_____ focuses on what we CAN do or control"

RESPONSIBILITY or FAULT

ANSWER = *responsibility*

GET FOCUSED

Fill in the blank:

"_____ says, 'Who should I blame?'"

RESPONSIBILITY or FAULT

ANSWER = *fault*

GET FOCUSED

Fill in the blank:

"_____ says, 'What can I do to make it better?'"

RESPONSIBILITY or FAULT

ANSWER = *responsibility*

GET CURIOUS

Where is one place you might experience or notice your emotions?

ANSWER = *body, thoughts, or actions*

GET CURIOUS

When you feel a strong emotion, what should you do before taking any action?

ANSWER = *pause*

GET CURIOUS

What are two things you can do when you feel a strong emotion to help turn on the part of your brain that has the ability to make choices?

(hint: both words start with the letter "N")

ANSWER = *Notice & Name the emotion*

GET CURIOUS

Fill in the blank:

"Your actions determine your _____"

EMOTIONS or REALITY

ANSWER = *reality*

GET CURIOUS

True or False?

"An emotion is a thought."

ANSWER = *False*
(An emotion is the way my body RESPONDS to a thought or circumstance)

GET CURIOUS

True or False?

"You can always tell what someone is feeling by their actions."

ANSWER = *False*
(We don't know what is going on under the surface in their body or thoughts)

GET CURIOUS

Choose the correct term for this definition:

"being aware of your own character, emotions, desires, and behaviors"

SELF-CONSCIOUS or SELF-AWARE

ANSWER = *self-aware*

GET CURIOUS

Choose the correct term for this definition:

"feeling uncomfortably aware of how your looks and behaviors appear to others"

SELF-AWARE or SELF CONSCIOUS

ANSWER = *self-conscious*

GET CURIOUS

Choose the correct term for this definition:

"the ability to imagine and express care for the feelings of another person"

JUDGMENT or EMPATHY

ANSWER = *empathy*

GET CURIOUS

Choose the correct term for this definition:

"forming an opinion or conclusion about someone or something"

JUDGMENT or EMPATHY

ANSWER = *judgment*

GET CURIOUS

True or False?

"Judgment is always a bad thing."

ANSWER = *False*
(Good judgment can help us make better decisions and avoid dangerous situations.)

GET CURIOUS

Fill in the blank:

"Shifting from judgment to ___ allows us to assume the best about others."

ACTION or WONDER

ANSWER = *wonder*

GET CURIOUS

List 2 examples of environments with this tone:

"*energetic, loud, active*"

ANSWER = *sporting event, party,, playground, etc.*

GET CURIOUS

List 2 examples of environments with this tone:

"calm, peaceful, relaxed"

ANSWER = *bedroom, spa, library, sanctuary, etc.*

GET CURIOUS

Choose the correct term for this definition:

"the setting or surroundings in which a particular activity is carried on"

PERSPECTIVE or ENVIRONMENT

ANSWER = *environment*

GET CURIOUS

Choose the correct term for this definition:

"the way things appear in relationship to surroundings or other context "

PERSPECTIVE or ENVIRONMENT

ANSWER = *perspective*

GET CURIOUS

List 2 examples of environments with this tone:

"warm, friendly, welcoming"

ANSWER = *grandma's house, cafe, campfire, etc.*

GET CURIOUS

List 2 things you might notice in an environment where you are not invited to participate:

ANSWER = *closed circle of people, hushed whisper or sudden silence, people turning away, facial expression or body language indicating a desire to be alone, etc.*

GET CURIOUS

True or False?

"People give off signals that can attract or turn others away whether they realize it or not."

ANSWER = *True*
(facial expression, body language, etc.)

GET CURIOUS

True or False?

"You can always trust someone's facial expression and body language to tell the truth about what they are feeling inside."

ANSWER = *False*
(you can't see what they're thinking or feeling inside)

GET CURIOUS

True or False?

"You can consciously change the signals you are sending out to match what you want others to know about you."

ANSWER = *True*
(you can choose to adapt your body language)

GET CURIOUS

True or False?

"People always want you to approach them and try to make a connection."

ANSWER = *False*
(sometimes people prefer to be alone)

GET CURIOUS

Fill in the blank:

"_____ asks what might be going on below the surface"

JUDGMENT or WONDER

ANSWER = *wonder*

GET CURIOUS

Fill in the blank:

"_____ only sees what's going on above the surface"

WONDER or JUDGMENT

ANSWER = *judgment*

GET CURIOUS

Fill in the blank:

"The things people wear and carry can provide ____ about things that interest them"

JOKES or CLUES

ANSWER = *clues.*

GET CURIOUS

Fill in the blank:

"The main difference between expressing interest and interrogating someone is _____ "

KINDNESS or JOY

ANSWER = *kindness*

GET CURIOUS

Fill in the blank:

"Curiosity is the ability to notice something and _____ about it"

TALK or WONDER

ANSWER = *wonder*

GET CURIOUS

True or False?

"The only way to let others know what's interesting to you is to tell them with your words."

ANSWER = *False*
(you can offer clues in what you wear and carry)

GET CURIOUS

True or False?

"You can wonder about something without asking anyone about it"

ANSWER = *True*
(you don't always have to say what you're thinking)

GET CURIOUS

True or False?

"It's ok to ask every question that comes to mind when you look at someone's appearance"

ANSWER = *False*
(some things could be hurtful or inappropriate)

GET CURIOUS

True or False?

"People usually see threats before they see opportunities"

ANSWER = *True (this is called negativity bias)*

GET CURIOUS

Fill in the blank:

"You can train your brain to look for positives by finding 3 things you are _____ every day."

GRATEFUL FOR or AFRAID OF

ANSWER = *grateful for*

GET CURIOUS

List 2 examples of body language that might tell you someone is willing to connect:

ANSWER = *chin up, shoulders back, smile or peaceful expression, relaxed, face forward, etc.*

GET CURIOUS

List 2 examples of body language that might tell you someone is not looking to connect:

ANSWER = *chin tucked, shoulders hunched, looking down, body curved in or faced away, furrowed eyebrows, frown, clenched fists, etc.*

GET CURIOUS

True or False?

"You should always ignore the negatives in every situation"

ANSWER = *False*
(sometimes negative behaviors or patterns can alert us to dangerous or unhealthy situations)

GET CURIOUS

True or False?

"Every situation is full of good and bad, and we can decide which to see more or less of."

ANSWER = *True*

CHOOSE KINDNESS

Fill in the blank to complete the image:

"Kindness is a _____ that lifts."

ANSWER = *hand*

CHOOSE KINDNESS

Fill in the blank to complete the image:

"Cruelty is a ____ that crushes."

ANSWER = *Fist*

CHOOSE KINDNESS

Fill in the blanks:

"*Cruelty is ___ and ___ others"*

HELPING, CRUSHING,
HARMING, CONSIDERING

ANSWER = *harming and crushing*

CHOOSE KINDNESS

Fill in the blanks:

"Kindness is ___ and ___ others."

HELPING, CRUSHING,
HARMING, CONSIDERING

ANSWER = *helping and considering*

CHOOSE KINDNESS

TRUE or FALSE?

"One act of kindness has the potential to change someone's outlook for the rest of the day"

ANSWER = *True*

CHOOSE KINDNESS

TRUE or FALSE?

"The world is full of cruelty,
and there is nothing we you do about that."

ANSWER = *False*
(Individual acts of kindness can create the world we want to live in.)

CHOOSE KINDNESS

What does the H stand for in H.I.R.E. when thinking about the things KINDNESS *does*?

ANSWER = *helps*

CHOOSE KINDNESS

What does the I stand for in H.I.R.E. when thinking about the things KINDNESS *does*?

ANSWER = *invites*

CHOOSE KINDNESS

What does the R stand for in H.I.R.E. when thinking about the things KINDNESS *does*?

ANSWER = *respects*

CHOOSE KINDNESS

What does the E stand for in H.I.R.E. when thinking about the things KINDNESS *does*?

ANSWER = *encourages*

CHOOSE KINDNESS

True or False?

"Silly nicknames, teasing, and jokes, even among friends, can be a form of cruelty."

ANSWER = *True*
(Sometimes what's funny to you is not funny for the person being teased.)

CHOOSE KINDNESS

Choose the best term for this definition:

"Treating others and their belongings with consideration and kindness, honoring their feelings and boundaries."

ENCOURAGEMENT or RESPECT

ANSWER = *respect*
(encouragement supports with positive words/actions)

CHOOSE COURAGE

Fill in the blank:

"*Courage is telling fear ___ "*

ANSWER = *no*

CHOOSE COURAGE

Fill in the blank:

"*Sometimes fear can hold us back from getting what we really ___ "*

ANSWER = *want*

CHOOSE COURAGE

True or False?

"Fear can be good and helpful."

ANSWER = *True*
(Fear is an emotion that helps us choose the best action, and can warn us of danger.)

CHOOSE COURAGE

True or False?

"Fear always wants the best thing for you, and you should always do what it says."

ANSWER = *False*
(Sometimes fear can keep us from getting the things we really want most)

CHOOSE COURAGE

Fill in the blank:

"Courage is the ___ from where we are to where we want to be"

ANSWER = *bridge*

CHOOSE COURAGE

True or False?

"Sometimes fear is right, and we need to respond by choosing safety."

ANSWER = *True*

CHOOSE COURAGE

Which of these tools might be helpful when you need to choose COURAGE?

imagine all the positives that cold come from this OR make a list of everything that could go wrong

ANSWER = *visualize the positives*

CHOOSE COURAGE

Which of these tools might be helpful when you need to choose COURAGE?

breathe heavy and fast to amp yourself up OR take slow, deep, breaths to calm yourself down

ANSWER = *slow, deep breathing*

CHOOSE COURAGE

Which of these tools might be helpful when you need to choose COURAGE?

curl up your body for comfort OR stand tall and open in a powerful pose

ANSWER = *power pose*

CHOOSE COURAGE

Which of these tools might be helpful when you need to choose COURAGE?

tell yourself all the positive things about you OR be realistic and remind yourself of your limits

ANSWER = *positive self talk*

CHOOSE COURAGE

True or False?

"Having a safe person to check in with before and after choosing a brave action is unnecessary and will make you appear weak."

ANSWER = *False*
(Kindness from a safe person can encourage us)

CHOOSE COURAGE

True or False?

"Saying no to fear is scary, and it will never get any easier."

ANSWER = *False*
(The more times you choose courage and say NO to fear, the easier it will get!)

GET TALKING

Which of these is more important in order to have true, meaningful friendships?

CONVERSATIONS or INTERACTIONS

ANSWER = *conversations*

GET TALKING

Fill in the blank:

"_____ are mostly about DOING something."

CONVERSATIONS or INTERACTIONS

ANSWER = *interactions*

GET TALKING

Which of these can tell me something about what is going on iINSIDE another person?

TALK ABOUT THEM OBSERVE THEM
HAVE A CONVERSATION WITH THEM

ANSWER = *Have a conversation with them*

GET TALKING

Fill in the blank:

"_____ require talking and listening."

CONVERSATIONS or INTERACTIONS

ANSWER = *conversations*

GET TALKING

Which of these can make a conversation AWESOME?

CELEBRATE THEM or CORRECT THEM

ANSWER = *celebrate them*

GET TALKING

Which of these can make a conversation AWESOME?

TALK ABOUT YOURSELF ALOT
or LET BOTH PEOPLE TALK

ANSWER = *let both people talk*

GET TALKING

True or False?

"Talking about others can break down someone's ability to trust you."

ANSWER = *True*

GET TALKING

True or False?

"Sharing something about yourself can invite trust and connection

ANSWER = *True*

GET TALKING

True or False?

"Pretending to be someone you're not is a great way to impress others."

ANSWER = *False*

GET TALKING

True or False?

"Sharing deep or sensitive things right away makes others comfortable."

ANSWER = *False*

GET TALKING

True or False?

"People won't always accept your invitation to connect, and that's ok."

ANSWER = *True*

GET TALKING

True or False?

"Offering something about yourself that you might have in common can let the other person know you're interested in connecting with them."

ANSWER =*True*

GET TALKING

True or False?

"Yes" or "No" questions only require one word answers, and can stall or stop a conversation without a good follow-up question

ANSWER = *True*

GET TALKING

True or False?

Questions beginning with "when" or "where" can provide some information to help focus a conversation, but do not invite a longer response.

ANSWER = *True*

GET TALKING

Fill in the blank with the correct word:

Questions that begin with _____ can make the other person feel defensive.

HOW WHY WHAT

ANSWER = *why*

GET TALKING

Fill in the blank with the correct words:

Questions that begin with _____ or _____ can invite a more detailed response or interesting story.

HOW WHY WHAT

ANSWER = *how or what*

GET TALKING

True or False?

Good questions lead to good conversations and less awkward moments

ANSWER = *True*

GET TALKING

True or False?

"You can know someone really well, even if you've never had a conversation with them."

ANSWER = *False*

(Knowing ABOUT someone is not the same as spending time together and talking with them)

GET TALKING

True or False?

"Being curious about someone else means that you don't have any control over which subjects you get to talk about with them."

ANSWER = *False*

(You can put clues in your answers to let others know what you want to talk about)

GET TALKING

Fill in the blank with the correct word:

"*Putting good ____ in my answers to other people's questions provides an opportunity for them to notice and wonder about me."*

INSTRUCTIONS CLUES PROBLEMS

ANSWER = *clues*

GET TALKING

True or False?

"You can provide clues in your conversations to let others know what you would like to talk about."

ANSWER = *True*

GET TALKING

Choose the correct term for this definition:

"a*dding more than one fact to your answer"*

ELABORATE or EMPHASIZE

ANSWER = *elaborate*

GET TALKING

True or False?

Cole loves glitter.

ANSWER = *False*

GET TALKING

Choose the correct term for this definition:

"*putting more attention or importance on one part of your answer"*

ELABORATE or EMPHASIZE

ANSWER = *emphasize*

GET TALKING

True or False?

"You don't always have to contribute to a group conversation."

ANSWER = *True*

GET TALKING

True or False?

"You should only go as deep into a topic as the level of trust that you have with every member in a group conversation."

ANSWER = *True*

GET TALKING

Choose the correct term for this definition:

"Covering one big general idea or a lot of small ideas"

broad or shallow

ANSWER = *broad*

GET TALKING

Choose the correct term for this definition:

"Not very deep; doesn't require a lot of serious thought"

broad or shallow

ANSWER = *shallow*

GET TALKING

True or False?

"In a group conversation, you should keep bringing up your own topic every chance you get."

ANSWER = *False*
(Stick with the topic being "tossed" around)

GET TALKING

True or False?

"Jumping into a group conversation without doing a 'vibe check' first can sometimes create a disruption."

ANSWER = *True*
(Stick with the topic being "tossed" around)

GET TALKING

Choose the correct term for this definition:

"the message or information you are sharing"

content or context

ANSWER = *content*

GET TALKING

Choose the correct term for this definition:

"the things that are going on around or related to the message you are sharing"

content or context

ANSWER = *context*

GET TALKING

Choose the MODE OF COMMUNICATION that best matches these <u>downsides</u>:

You have less time to think about a response.
You're missing some context.
It can be glitchy sometimes.

TEXT, CALL/FACETIME, or IN PERSON

<u>ANSWER = *Call / FaceTime*</u>

GET TALKING

Choose the MODE OF COMMUNICATION that best matches these <u>benefits</u>:

You can respond when you have time.
It's easier to think before you reply.
You can talk without being interrupted.

TEXT, CALL/FACETIME, or IN PERSON

<u>ANSWER = *Text*</u>

GET TALKING

Choose the MODE OF COMMUNICATION that best matches these <u>downsides</u>:

Almost all context is missing.
It takes longer for a full conversation.
Misunderstandings can happen easier.

TEXT, CALL/FACETIME, or IN PERSON

<u>ANSWER = *Text*</u>

GET TALKING

Choose the MODE OF COMMUNICATION that best matches these <u>benefits</u>:

You can see their full body language.
It's easier to understand the bigger context.
It's more personal and connected.

TEXT, CALL/FACETIME, or IN PERSON

<u>ANSWER = *In Person*</u>

GET TALKING

Choose the term associated with this group of words:

passive consume receive watch

INFLUENCER or INFLUENCED

<u>ANSWER = *influenced*</u>

GET TALKING

Choose the term associated with this group of words:

produce active share create

INFLUENCER or INFLUENCED

<u>ANSWER = *influencer*</u>

GET TALKING

True or False?

"Social media cannot inspire belonging or connection."

<u>ANSWER = *False*</u>
(It can when used in healthy ways)

GET TALKING

True or False?

"As long as you don't engage with it, scrolling social media is harmless."

<u>ANSWER = *False*</u>
(Scrolling = being influenced
All input and no output can create tension)

GET TALKING

True or False?

"You have the power to see and create a better world on social media."

ANSWER = *True*

GET TALKING

True or False?

"Whatever you give attention to on social media will grow into more."

ANSWER = *True*

WHAT IF?

True or False?

"You should always speak up when you see a problem or mistake, even if you don't have a solution or the ability to help."

ANSWER = *False*
(Some things don't need to be said)

WHAT IF?

Fill in the blank with the correct word:

"If someone cannot _____ something in 30 seconds or less, it might not be worth pointing out

SEE or FIX

ANSWER = *fix*

WHAT IF?

True or False?

"Sometimes choosing kindness means going along with something you don't always enjoy or isn't your first choice, but it's important to the other person."

ANSWER = *True*

WHAT IF?

Fill in the blank with the correct word:

"Without the right kind of _____, a well-meaning word might be seen as offensive or disrespectful."

questions or relationship

ANSWER = *relationship*

WHAT IF?

True or False?

"It's ok to talk about other people when they're not around as long as you're not saying anything untrue."

ANSWER = *False*
(Some things don't need to be said)

WHAT IF?

True or False?

"Complaining focuses on what we can't control, which can leave us and others feeling powerless."

ANSWER = *True*

WHAT IF?

True or False?

"Giving hints instead of telling the whole truth is lying."

ANSWER = *False*

WHAT IF?

True or False?

"If someone doesn't pick up on your hints, they're just being rude."

ANSWER = *False*

WHAT IF?

True or False?

"Hints are tricky, because sometimes people guess the wrong thing."

ANSWER = *True*

WHAT IF?

Choose the correct answer:

If it feels unkind to be direct and you want to give someone a gentle hint instead, which should you try first?

BODY LANGUAGE or VERBAL HINTS

ANSWER = *body language*

WHAT IF?

True or False?

If you've tried using body language and direct hints, and your voice still isn't being heard, or you're being disrespected, it might be time to step away.

ANSWER = *True*

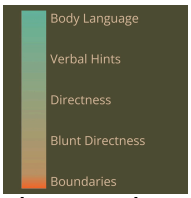
WHAT IF?

Choose the correct answer:

If it feels unkind to be direct and you've already given hints with your body language, what should you try next?

DIRECTNESS or VERBAL HINTS

ANSWER = *verbal hints*



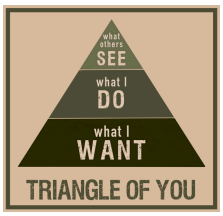
FROM "HINT" TO "HEY STOP!"
SCALE OF DIRECTNESS

A friend is being overly competitive during a game, and it's getting uncomfortably intense, even after using body language and verbal hints.

WHAT KIND OF HINT COULD YOU GIVE NOW?

ANSWER: *Be direct. "Hey, this is getting uncomfortable. I thought we were just having fun." etc.*

A

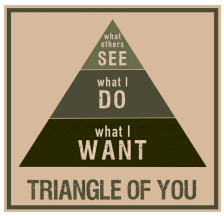


What I WANT most determines what I DO and what others SEE

SCENARIO: You want others to know you are an honest person and they can trust you. Last night, you forgot to do your homework, and now you consider telling the teacher you accidentally left it at home.

WHAT WILL YOU DO? Answer = *Choose honesty*

A

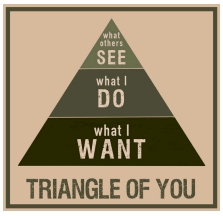


What I WANT most determines what I DO and what others SEE

SCENARIO: You want a new bike so you can join a group of students who ride after school. You've been saving for awhile, when you notice the latest Playstation game just came out, and you have enough cash to get it.

WHAT WILL YOU DO? Answer = *Save your money*

A

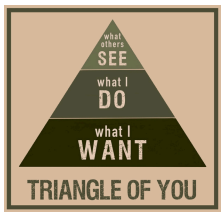


What I WANT most determines what I DO and what others SEE

SCENARIO: You want your neighbor to know they can trust you to be a responsible pet sitter. You're in the middle of a game of kickball with friends next to the house when your mom asks you to take out the trash.

WHAT WILL YOU DO? Answer = *Pause and do it now*

A

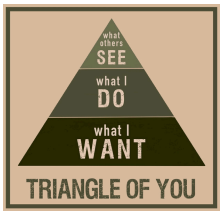


What I WANT most determines what I DO and what others SEE

SCENARIO: You want to be the kind of person who stands up for what is right. At lunch, you notice a group of popular students picking on a younger student for her new haircut, and everyone else in the room is laughing.

WHAT WILL YOU DO? Answer = *Stand up for her*

A

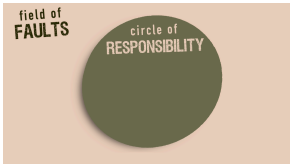


What I WANT most determines what I DO and what others SEE

SCENARIO: You want to pass your Math class, but you know you need to improve your grades. There's a Math test tomorrow and you don't feel prepared, but your favorite show just dropped a new season.

WHAT WILL YOU DO? Answer = *Study now, watch later*

B

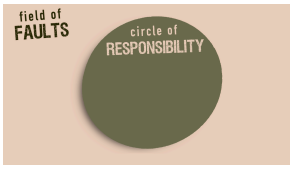


Fault asks: Who should I blame?
Responsibility asks: What can I do?

SCENARIO: Your group project is due tomorrow, and you gave it your best. But your teammate hasn't done much, and now the project won't be complete in time.

WHAT IS ONE THING YOU CAN DO?
Answer should include: *a POSITIVE **action** to take, **thought** to focus on, or healthy response to **emotions***

B



Fault asks: Who should I blame?
Responsibility asks: What can I do?

SCENARIO: Your mom cleaned the kitchen while you were at school. Now, you can't find the paper you need for class tomorrow that you left on the kitchen table.

WHAT IS ONE THING YOU CAN DO?
Answer should include: *a POSITIVE **action** to take, **thought** to focus on, or healthy response to **emotions***

B

Fault asks: Who should I blame?
Responsibility asks: What can I do?

SCENARIO: You've been practicing a lot and are proud of your efforts in today's soccer game. Another member kept goofing off and missing passes. In the end, your team lost.

WHAT IS ONE THING YOU CAN DO?
Answer should include: *a POSITIVE **action** to take, **thought** to focus on, or healthy response to **emotions***

B

Fault asks:
Who should I blame?
Responsibility asks:
What can I do?

SCENARIO: You're doing homework on your parent's iPad when your little brother bumps into you, knocking the device on the floor, and the screen shatters.

WHAT IS ONE THING YOU CAN DO?
Answer should include: *a POSITIVE **action** to take, **thought** to focus on, or healthy response to **emotions***

B

Fault asks:
Who should I blame?
Responsibility asks:
What can I do?

SCENARIO: Your alarm didn't go off and nobody woke you up. You overslept, missing the bus for school.

WHAT IS ONE THING YOU CAN DO?
Answer should include: *a POSITIVE **action** to take, **thought** to focus on, or healthy response to **emotions***

C

EMOTION WHEEL
NOTICE & NAME

Your heart pounds as you grip your notecards. *"What if I forget?"* you think to yourself. Your hands are sweaty, and your legs feel shaky.

LIST 2 EMOTIONS YOU MIGHT BE FEELING
ANSWER: *fearful, anxious, worried, stressed, etc.*

C

EMOTION WHEEL
NOTICE & NAME

She trips in the hallway and laughter erupts all around. Her face burns as she stares at the floor, and her shoulders slump as she collects her books.

LIST 2 EMOTIONS SHE MIGHT BE FEELING
ANSWER: *embarrassed, hurt, sad, humiliated, etc.*

C

EMOTION WHEEL
NOTICE & NAME

You watch the ball leave your hand and soar right into the basket. Your heart is pounding as you pump your fist in the air, letting out a loud cheer.

LIST 2 EMOTIONS YOU MIGHT BE FEELING
ANSWER: *happy, joyful, excited, proud, etc.*

C

EMOTION WHEEL
NOTICE & NAME

You aren't hungry and you just want to lay in bed. You're not interested in your favorite video game, and you don't have the energy to text your friends.

LIST 2 EMOTIONS YOU MIGHT BE FEELING
ANSWER: *depressed, empty, sad, grief, etc.*

C

EMOTION WHEEL
NOTICE & NAME

You bumped the table, spilling blue liquid all over your lab partner's notes. His face flushes red, and he frowns as his fist clenches in his lap.

LIST 2 EMOTIONS HE MIGHT BE FEELING
ANSWER: *angry, annoyed, mad, furious, etc.*

D

POWER of PAUSE
NOTICE & NAME +
DISCERN & DECIDE

You overhear a classmate whisper, *"They're so bad at this!"* Your chest tightens, and anger bubbles up.

WHICH ACTION WILL PRODUCE A BETTER REALITY?

say something rude back OR take a deep breath and decide to prove them wrong by practicing harder.

ANSWER: *breathe and practice*

D

POWER of PAUSE
NOTICE & NAME +
DISCERN & DECIDE

Your best friend cancels plans last minute. You roll your eyes, annoyed, and sigh, *"She always does this!"*

WHICH ACTION WILL PRODUCE A BETTER REALITY?

ignore her texts until she apologizes OR
walk it off and decide to talk it out later

ANSWER: *walk and talk later*

D

POWER of PAUSE
NOTICE & NAME +
DISCERN & DECIDE

You realize you left your project at home, and the teacher marks it as incomplete. *"This feels so unfair!"*

WHICH ACTION WILL PRODUCE A BETTER REALITY?

take a breath and calmly ask if you can bring it tomorrow for a late grade OR argue with the teacher

ANSWER: *breathe and ask*

D

POWER of PAUSE
NOTICE & NAME +
DISCERN & DECIDE

You're excited to play a new video game, but your little sister won't give up the TV. You angrily clench your fists.

WHICH ACTION WILL PRODUCE A BETTER REALITY?

walk away and find something else to do for awhile OR
yell at her and take the remote control

ANSWER: *walk and find something else to do*

D

POWER of PAUSE
NOTICE & NAME +
DISCERN & DECIDE

You forgot your umbrella, and now it's pouring outside at the bus stop. *"Just great! I'm soaked!"* you yell in anger.

WHICH ACTION WILL PRODUCE A BETTER REALITY?

complain to everyone and remain grumpy OR laugh it off and splash through puddles with your friend

ANSWER: *laugh and splash*

E

ICEBERG PRINCIPLE
YOU CAN'T ALWAYS SEE
WHAT'S GOING ON
UNDER THE SURFACE

Olivia laughs and shrugs when her friends talk about a party she wasn't invited to. *"Oh, that's cool. I was busy anyway,"* she says casually.
On the surface, she seems unbothered, but inside...

WHAT MIGHT SHE ACTUALLY BE FEELING?

ANSWER: *hurt, rejected, disappointed, lonely, etc.*

E

ICEBERG PRINCIPLE
YOU CAN'T ALWAYS SEE
WHAT'S GOING ON
UNDER THE SURFACE

Jason sees that his name isn't on the cast list for the school play and shrugs.
"I didn't even want to be in the play anyway."
He acts like he doesn't really care, but inside...

WHAT MIGHT HE ACTUALLY BE FEELING?

ANSWER: *sad, disappointed, frustrated, etc.*

E

ICEBERG PRINCIPLE
YOU CAN'T ALWAYS SEE
WHAT'S GOING ON
UNDER THE SURFACE

Sophia's friends tease her new haircut, and she laughs along. *"Yeah, it does look kinda weird!"*
She seems to agree, but inside...

WHAT MIGHT SHE ACTUALLY BE FEELING?

ANSWER: *embarrassment, disappointment, regret, etc.*

E

ICEBERG PRINCIPLE
YOU CAN'T ALWAYS SEE
WHAT'S GOING ON
UNDER THE SURFACE

Emma holds her Second Place ribbon, and congratulates her friend for getting First. *"Wow, you totally deserved it!"*
She looks happy, but inside...

WHAT MIGHT SHE ACTUALLY BE FEELING?

ANSWER: *disappointment, sadness, envy, etc.*

E

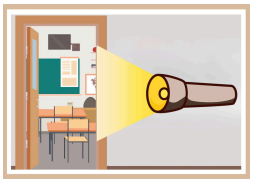
ICEBERG PRINCIPLE
YOU CAN'T ALWAYS SEE
WHAT'S GOING ON
UNDER THE SURFACE

Noah stands at the edge of the diving board while his friends cheer him on. *"This is easy!"* He smirks. He looks confident, but inside...

WHAT MIGHT HE ACTUALLY BE FEELING?

ANSWER: *afraid, nervous, anxious, etc.*

F



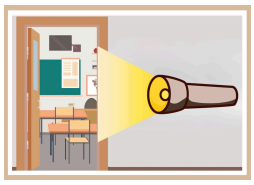
DOORWAY VIBECHECK

You are leaving the gymnasium, and headed into the library.

HOW MIGHT YOU NEED TO CHANGE YOUR ACTIONS AND TONE OF VOICE?

ANSWER: *slow down, gentler body movements, hushed voice or soft whisper, etc.*

F



DOORWAY VIBECHECK

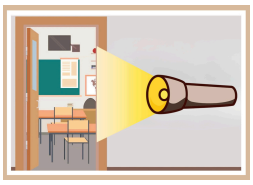
You see 2 of your friends leaning in and talking quietly to one another with serious expressions on their faces.

WHAT SHOULD YOU DO?

WALK OVER AND ASK WHAT'S UP or LET THEM BE

ANSWER: *Let them be. It seems like they're having a private conversation.*

F



DOORWAY VIBECHECK

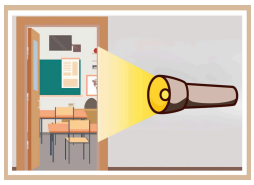
You're disappointed about losing the tournament, and when you walk into a restaurant for lunch, you hear and see the winning team celebrating at a table together.

WHAT SHOULD YOU DO?

IGNORE THEM or CONGRATULATE THEM

ANSWER: *Congratulate them! Let them enjoy the win.*

F



DOORWAY VIBECHECK

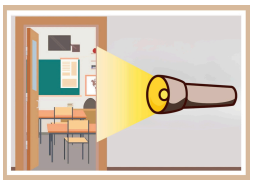
When you enter the classroom, your teacher who is usually upbeat seems quiet and serious.

WHAT SHOULD YOU DO?

TELL A JOKE TO LIGHTEN THE MOOD or
REMAIN FOCUSED AND EXTRA RESPECTFUL

ANSWER: *Remain focused and respectful.*

F



DOORWAY VIBECHECK

You are walking slowly, chatting quietly with your friend, then you enter the gymnasium to join an active group.

HOW MIGHT YOU NEED TO CHANGE YOUR ACTIONS AND TONE OF VOICE?

ANSWER: *pick up your speed to match the activity, raise your voice to match the volume of the room, etc.*

G

FRIEND OR FOE
CHOOSE YOUR
FILTER

You sit at the edge of the table, headphones in, avoiding eye contact. Under the surface, you feel nervous and unsure, wanting to join but afraid of not fitting in. What you really want is for someone to say hi and invite you into the conversation.

HOW CAN YOU CHANGE YOUR SIGNAL?

ANSWER: *headphones out, look up and smile, etc.*

G

FRIEND OR FOE
CHOOSE YOUR
FILTER

You crack jokes, talk loudly, and make goofy faces. Everyone is laughing, which feels great, but you know its just a cover for feeling insecure. You really want to be accepted as you are, without having to be silly.

HOW CAN YOU CHANGE YOUR SIGNAL?

ANSWER: *be authentic and friendly, relax your body, smile, etc.*

G

FRIEND OR FOE
CHOOSE YOUR FILTER

You roll your eyes and walk away from your friend, avoiding his gaze. He's going on about his new game, and you're sad that you can't afford to buy one yourself. What you really want is to play the game with him.

HOW CAN YOU CHANGE YOUR SIGNAL?
ANSWER: *smile and share his joy, stay engaged, keep your body open towards him, etc.*

G

FRIEND OR FOE
CHOOSE YOUR FILTER

Your face is tense. You're tapping your foot and fiddling with your pen because you're nervous inside, but what you really want is for others to know you are skilled and capable of doing this job well.

HOW CAN YOU CHANGE YOUR SIGNAL?
ANSWER: *relax your face, shoulders back, sit or stand tall, smile, etc.*

G

FRIEND OR FOE
CHOOSE YOUR FILTER

You're frowning and your eyebrows are furrowed. Your whole body is tense and you look down at the floor. You are frustrated that you weren't chosen yet, and really want others to know you would make a good teammate

HOW CAN YOU CHANGE YOUR SIGNAL?
ANSWER: *relax your face and body, look up, smile, etc.*

H

LOOK FOR CLUES
WEARING & CARRYING

They're dressed in a band tee and ripped jeans, with a pair of chunky headphones resting around their neck. Their backpack is decorated with music-themed pins, and a collection of guitar picks jingles on a keychain.

WHAT ARE 2 THINGS YOU MIGHT WONDER?
ANSWER: *Favorite band? Genre? Do they play an instrument? Been to a concert? etc.*

H

LOOK FOR CLUES
WEARING & CARRYING

They're wearing a team jersey, athletic shorts, and a pair of high-top sneakers. Their gym bag, slung over one shoulder, holds a water bottle and an energy bar.

WHAT ARE 2 THINGS YOU MIGHT WONDER?
ANSWER: *Do they play or watch a sport? Which sport? Headed to/from a game? Favorite energy bar? etc.*

H

LOOK FOR CLUES
WEARING & CARRYING

They're wearing a NASA T-shirt and a digital watch beeps on their wrist. You can see a couple of science books and the handle of a magnifying glass peeking out of the blue backpack slung over their shoulder..

WHAT ARE 2 THINGS YOU MIGHT WONDER?
ANSWER: *Are they into science? Astronomy? Been to the Space Center? Is blue a favorite color? etc.*

H

LOOK FOR CLUES
WEARING & CARRYING

There's paint splattered on her overalls and shoes, and she's wearing colorful earrings. She has a stack of fantasy novels and a sketchbook tucked under her arm.

WHAT ARE 2 THINGS YOU MIGHT WONDER?
ANSWER: *Is she an artist? Current painting project? Does she enjoy reading? Favorite novel? etc.*

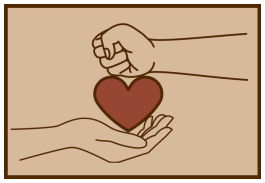
H

LOOK FOR CLUES
WEARING & CARRYING

He's wearing a pixel-art hoodie and fingerless gloves. His water bottle is covered in video game symbols, and wired earbuds hang out of his pocket.

WHAT ARE 2 THINGS YOU MIGHT WONDER?
ANSWER: *Is he a gamer? Favorite video game or gaming system? Listening to music? Favorite band? etc.*

I

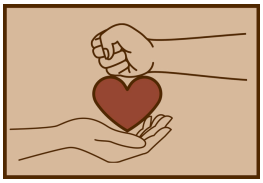


KINDNESS
LIFTS
CRUELTY
CRUSHES

A quiet student sits down at a lunch table, hoping to join a conversation. Someone at the table says, *"Why are you sitting here? Don't you have your own friends?"*
WHAT WOULD KINDNESS SAY INSTEAD?

CHANGE THE CRUEL RESPONSE TO A KIND ONE:
ANSWER: *Say something welcoming, or ask them a question that invites them into the conversation, etc.*

I



KINDNESS
LIFTS
CRUELTY
CRUSHES

A student unpacks their homemade lunch. It doesn't look like anything you've ever seen, and has a very strong odor. Someone says, *"Ewww! Why would you eat that?!"*
WHAT WOULD KINDNESS SAY INSTEAD?

CHANGE THE CRUEL RESPONSE TO A KIND ONE:
ANSWER: *Express interest and curiosity, "What's in it? How do you make it? Who made it for you?" etc.*

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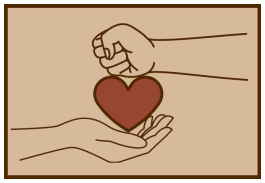


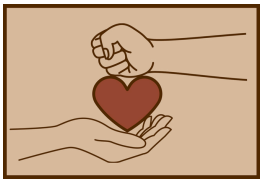
KINDNESS
LIFTS
CRUELTY
CRUSHES

Groups were assigned to work on a project together, and one student excitedly shares an idea. Another classmate thinks its a bad idea and says, *"Nobody asked you!"*

WHAT WOULD KINDNESS SAY INSTEAD?

CHANGE THE CRUEL RESPONSE TO A KIND ONE:
ANSWER: *Thank them for contributing, encourage them to keep thinking of more ideas, etc.*

I



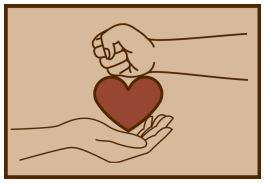
KINDNESS
LIFTS
CRUELTY
CRUSHES

A student who usually struggles in a subject does well on a test and excitedly shares their score. A friend, laughing says, *"Wow, you actually did something right for once."*

WHAT WOULD KINDNESS SAY INSTEAD?

CHANGE THE CRUEL RESPONSE TO A KIND ONE:
ANSWER: *Congratulate them, offer encouragement, etc.*

I



KINDNESS
LIFTS
CRUELTY
CRUSHES

A friend points out that a joke you made earlier was actually hurtful to them. You reply, *"Wow, you're so sensitive! It was only kidding. Can't you take a joke?"*

WHAT WOULD KINDNESS SAY INSTEAD?

CHANGE THE CRUEL RESPONSE TO A KIND ONE:
ANSWER: *Offer an apology, take responsibility for saying something hurtful, ask forgiveness, etc.*

J

KINDNESS
for
H.I.R.E.

A classmate is about to give a presentation and looks incredibly anxious.

WHAT WOULD KINDNESS DO?

ANSWER: *ENCOURAGE them, cheer them on, "You've got this!" etc.*

J

KINDNESS
for
H.I.R.E.

A shy new student sits alone at lunch, nervously picking at their food.

WHAT WOULD KINDNESS DO?

ANSWER: *INVITE them to join you and your friends, ENCOURAGE them with kind words, etc.*

J

KINDNESS
for
H.I.R.E.

Someone is struggling to find a seat on the crowded bus. The seats are designed for 2 people, but your bag and coat are taking up the space next to you.

WHAT WOULD KINDNESS DO?

ANSWER: *HELP them by moving your things and INVITE them to sit with you, etc.*

J

KINDNESS
for
H.I.R.E.

A neighbor is putting up missing pet flyers, looking worried and upset.

WHAT WOULD KINDNESS DO?

ANSWER: *HELP them put up flyers, ENCOURAGE them with kind remarks about their pet, etc.*

J

KINDNESS
for
H.I.R.E.

Someone in a group chat is making mean comments about a classmate who isn't there to defend themselves.

WHAT WOULD KINDNESS DO?

ANSWER: *ENCOURAGE the others to RESPECT the absent person, change the subject, leave the chat, etc.*

K

COURAGE
is telling fear
NO!

All your friends are making fun of someone behind their back. If you tell them to stop, they might turn on you. If you're silent or join in, someone else gets hurt.

WHAT WOULD COURAGE LOOK LIKE?

ANSWER: *Kindness wins. "That's mean. Let's talk about something else." or "Peace out!" and walk away, etc.*

K

COURAGE
is telling fear
NO!

You don't understand the lesson, but you're afraid to raise your hand in class. You don't want to look dumb, but you also don't want to stay confused and fail the assignment.

WHAT WOULD COURAGE LOOK LIKE?

ANSWER: *Focus on what you want most, take a deep breath and raise your hand with confidence, etc.*

K

COURAGE
is telling fear
NO!

You had an argument with a friend, and haven't spoken since. If you apologize first, they might not forgive you. If you wait for them, things might never be repaired.

WHAT WOULD COURAGE LOOK LIKE?

ANSWER: *The relationship is worth the risk. Imagine a better, stronger friendship and take the first step, etc.*

K

COURAGE
is telling fear
NO!

You've been invited to a birthday party, and you really want to go, but you don't know the other guests and are afraid that you won't know what to say or do.

WHAT WOULD COURAGE LOOK LIKE?

ANSWER: *Go! Get encouragement from a trusted adult. Think of the positives. Give yourself a pep talk, etc.*

K

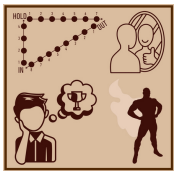
COURAGE
is telling fear
NO!

There's someone in your class you really want to be friends with, but you're scared they won't like you or will think you're weird if you start a conversation.

WHAT WOULD COURAGE LOOK LIKE?

ANSWER: *Focus on what you want most. Remind yourself of all the ways you're a good friend. Use the tools from this class to start a conversation, etc.*

L



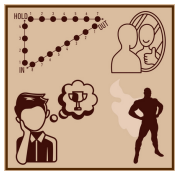
COURAGE TOOLKIT
Breathe Visualize
Positive Self Talk
Power Pose

You're in line for tryouts, feeling worried that you're not good enough. You've put in the work and practiced every day, but you're still afraid you will make a mistake.

WHICH OF THE 4 TOOLS WOULD YOU USE?

ANSWER: *Positive Self Talk. Remind yourself of all the practice you've put in, the things you're really good at, and all the ways you've improved.*

L



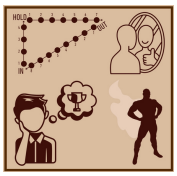
COURAGE TOOLKIT
Breathe Visualize
Positive Self Talk
Power Pose

You're backstage waiting for your turn to perform in front of a big crowd. Your heart is racing and your whole body is shaking.

WHICH OF THE 4 TOOLS WOULD YOU USE?

ANSWER: *Breathe first. After your body has calmed down, you can try some of the other tools.*

L



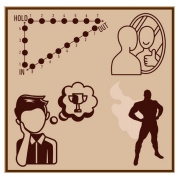
COURAGE TOOLKIT
Breathe Visualize
Positive Self Talk
Power Pose

You see someone being treated unfairly, and you want to speak up, but your voice feels small.

WHICH OF THE 4 TOOLS WOULD YOU USE?

ANSWER: *Power Pose. Make your body feel big and strong and your voice will follow.*

L



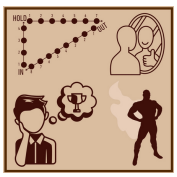
COURAGE TOOLKIT
Breathe Visualize
Positive Self Talk
Power Pose

Your friends want to go on a big roller coaster, but you're scared. You keep thinking of all the things that could go wrong, but you really want to try it.

WHICH OF THE 4 TOOLS WOULD YOU USE?

ANSWER: *Visualize the best scenario. Think of all the things that could go right and what you'll gain.*

L



COURAGE TOOLKIT
Breathe Visualize
Positive Self Talk
Power Pose

It's your first day volunteering at the animal shelter. You want to feel confident as you walk in, but everyone else is older and you suddenly feel small.

WHICH OF THE 4 TOOLS WOULD YOU USE?

ANSWER: *Power Pose or Positive Self-Talk. Make your body feel big and your confidence will follow. Remind yourself of all the ways you are capable.*

M

AWKWARD or AWESOME
CORRECT - CELEBRATE
I TALK - WE BOTH TALK
JUDGMENT - CURIOSITY

Your friend is sharing an exciting story from their weekend. You quickly jump in with, *"That's cool, but guess what happened to ME this weekend!"*

AWKWARD!
How can you make it AWESOME instead?

ANSWER: *Listen with curiosity. Wait until they're finished to talk. Find out more before sharing your own story, etc.*

M

AWKWARD or AWESOME
CORRECT - CELEBRATE
I TALK - WE BOTH TALK
JUDGMENT - CURIOSITY

Your friend is excitedly talking about their favorite band, and you interrupt with, *"Ew, their music is terrible."*

AWKWARD!
How can you make it AWESOME instead?

ANSWER: *Let them finish. Instead of judging, ask curious questions about the songs, band members, etc.*

M

AWKWARD or AWESOME
CORRECT - CELEBRATE
I TALK - WE BOTH TALK
JUDGMENT - CURIOSITY

Your friend tells a joke, and you say, *"Actually, that joke doesn't make sense because…"* and explain why it's wrong.

AWKWARD!
How can you make it AWESOME instead?

ANSWER: *Instead of correcting, find something to celebrate, "You always find ways to make people smile!" etc.*

M

AWKWARD or AWESOME
CORRECT - CELEBRATE
I TALK - WE BOTH TALK
JUDGMENT - CURIOSITY

A friend is telling you about their new hobby and how much they enjoy knitting, and you respond with, *"Why would you do that? Only grandmas knit."*

AWKWARD!
How can you make it AWESOME instead?

ANSWER: *Celebrate with them, "Wow, that's great!" and ask curious questions about the hobby, etc.*

M

AWKWARD or AWESOME
CORRECT - CELEBRATE
I TALK - WE BOTH TALK
JUDGMENT - CURIOSITY

A friend begins talking about a new series she just started watching, and you interrupt with, *"Oh yeah, I saw that one!"* and tell them all about the finale.

AWKWARD!
How can you make it AWESOME instead?

ANSWER: *Wait for them to finish THEN share that you've seen it. Take turns asking each other about it, etc.*

N

NOTICE
SHARE
ASK

You're a big football fan, and you see someone wearing a hoodie with the logo of a familiar team.

WHAT COULD YOU SHARE AND ASK?

ANSWER: *"I just saw the game last week! Can you believe they won?" or "I thought I was their only fan! Have you seen them play?" etc.*

N

NOTICE
SHARE
ASK

You notice a friend reading a fantasy novel and realize its from one of your favorite series.

WHAT COULD YOU SHARE AND ASK?

ANSWER: *"Oh wow - I read that one! How far have you gotten?" or "Which character is your favorite?" etc.*

N

NOTICE
SHARE
ASK

You really enjoy art, and you see a classmate pull out a colorful sketchbook and begin drawing.

WHAT COULD YOU SHARE AND ASK?

ANSWER: *"Nice work! I love drawing - especially animals. What kinds of things do you like to sketch?" etc.*

N

NOTICE
SHARE
ASK

The new student has stickers on their water bottle of a cartoon character you recognize.

WHAT COULD YOU SHARE AND ASK?

ANSWER: *"That character cracks me up! Do you watch the show?" or "Do you have a favorite episode?" etc.*

N

NOTICE
SHARE
ASK

You notice a student wearing a unique, handmade bracelet that reminds you of one you have at home.

WHAT COULD YOU SHARE AND ASK?

ANSWER: *"That's so cool! It reminds me of one my cousin gave me. Did you make it yourself?" etc.*

O

FOCUS IN
AND
OPEN UP

"Why do you dress like that?"

TURN THE "WHY" QUESTION INTO A "HOW" OR "WHAT" QUESTION

ANSWER: *"What inspires your style?" or "How did you know that vest would go so well with that skirt?" etc.*

O

FOCUS IN
AND
OPEN UP

"Why did you do it that way?"

TURN THE "WHY" QUESTION INTO A "HOW" OR "WHAT" QUESTION

ANSWER: *"How did you come up with that idea?" or "What prompted that idea?" etc.*

O

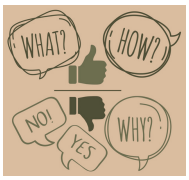
FOCUS IN
AND
OPEN UP

"Why do you hang out with them?"

TURN THE "WHY" QUESTION INTO A "HOW" OR "WHAT" QUESTION

ANSWER: *"What do you like about your friends?" or "How did you guys become friends?" etc.*

O



FOCUS IN
AND
OPEN UP

"Why do you like that band?"

TURN THE "WHY" QUESTION INTO A "HOW" OR "WHAT" QUESTION

ANSWER: *"What do you like about that band?" or "How did you first hear their music?" etc.*

O

FOCUS IN
AND
OPEN UP

"Why are you sitting there all alone?"

TURN THE "WHY" QUESTION INTO A "HOW" OR "WHAT" QUESTION

ANSWER: *"What's on your mind today?" or "How's your day going?" etc.*

P

GIVING CLUES
ELABORATE
and
EMPHASIZE

Question: *"Which snack is your favorite?"*

PUT CLUES IN YOUR ANSWER TO HINT AT WHAT YOU MIGHT WANT TO TALK ABOUT MORE

ANSWER: *"I can't resist a good donut, especially sprinkled! There's a new donut shop on the boardwalk at the beach I visited with my grandma last summer." etc.*

P

GIVING CLUES
ELABORATE
and
EMPHASIZE

Question: *"What kind of ice cream do you like?"*

PUT CLUES IN YOUR ANSWER TO HINT AT WHAT YOU MIGHT WANT TO TALK ABOUT MORE

ANSWER: *"I like strawberry a lot, especially the kind with chunks of fruit in it. But I'm really curious to try Rocky Road since my dad eats it almost every day!" etc.*

P

GIVING CLUES
ELABORATE
and
EMPHASIZE

Question: *"What did you eat for breakfast today?"*

PUT CLUES IN YOUR ANSWER TO HINT AT WHAT YOU MIGHT WANT TO TALK ABOUT MORE

ANSWER: *"Today I had a bowl of cereal, the kind with marshmallows in it. But last week I had a huge stack of pancakes drowning in syrup at the team fundraiser!" etc.*

P

GIVING CLUES
ELABORATE
and
EMPHASIZE

Question: *"Which zoo animal do you think is the cutest?"*

PUT CLUES IN YOUR ANSWER TO HINT AT WHAT YOU MIGHT WANT TO TALK ABOUT MORE

ANSWER: *"The panda bear looks soft and cuddly, but do you know what I think is the craziest - the sloth! Have you ever seen one? They move so slowly!" etc.*

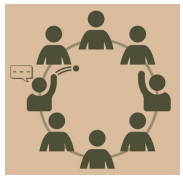
P

GIVING CLUES
ELABORATE
and
EMPHASIZE

Question: *"Which sport is your favorite?"*

PUT CLUES IN YOUR ANSWER TO HINT AT WHAT YOU MIGHT WANT TO TALK ABOUT MORE

ANSWER: *"I'm not super athletic, but I do like swimming! Every summer at camp, we go swimming. We also sing and make crafts. Have you ever been to camp?" etc.*



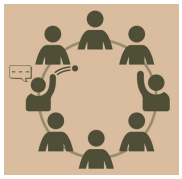
CATCH
RESPOND
ASK
TOSS

CATCH the topic in this group conversation:

Devon: *"I heard there's a new pizza place in town!"*
Sophia: *"My grandma took us there last week. The sausage was so good, and they even had arcade games!"*

RESPOND then ASK a related question

ANSWER: *Ex: "I love sausage pizza! I'm so excited to check it out. What kind of arcade games were there?"*



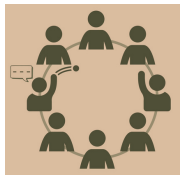
CATCH
RESPOND
ASK
TOSS

CATCH the topic in this group conversation:

Max: *"I'm so stressed about the science fair tomorrow!"*
Zoe: *"Really? What's making you feel that way?"*
Max: *"I got super nervous talking to the judges last year."*

RESPOND then ASK a related question

ANSWER: *Ex: "Ugh. I don't love that part either! Have you tried the breathing technique we learned in class?"*



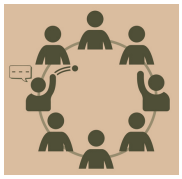
CATCH
RESPOND
ASK
TOSS

CATCH the topic in this group conversation:

Jada: *"I had the weirdest dream last night. I had wings and could fly anywhere I wanted!"*
Anna: *"Woah, I wish I had wings in real life!"*

RESPOND then ASK a related question

ANSWER: *Ex: "Me too! If I had wings, I'd fly over the Grand Canyon! Where would you guys fly?"*



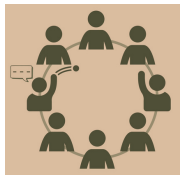
CATCH
RESPOND
ASK
TOSS

CATCH the topic in this group conversation:

Sam: *"Did you guys see that crazy video going around?"*
David: *"Yeah, it was insane how fast the baseball was flying through the air before it hit!"*

RESPOND then ASK a related question

ANSWER: *Ex: "I saw it yesterday. That pitcher is on fire this year! Have you guys seen any of his other games?"*



CATCH
RESPOND
ASK
TOSS

CATCH the topic in this group conversation:

Layla: *"You guys, I just got a new puppy!"*
Cayden: *"That's awesome! What did you name it?"*
Layla: *"We picked Boots because his paws are black."*

RESPOND then ASK a related question

ANSWER: *Ex: "That sounds like a perfect name! Do you know what breed it is?"*

CHOOSE
YOUR
MODE

You found something that belongs to a classmate and need to return it.

WHAT IS THE BEST MODE OF COMMUNICATION?
TEXT, CALL/FACETIME, or IN PERSON

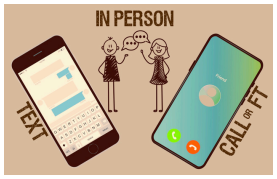
ANSWER: *Text*

CHOOSE
YOUR
MODE

You and your cousin live in different states, and you want to catch up.

WHAT IS THE BEST MODE OF COMMUNICATION?
TEXT, CALL/FACETIME, or IN PERSON

ANSWER: *Call/FaceTime*



CHOOSE
YOUR
MODE

You're working on a group project and need to quickly check who's bringing supplies.

WHAT IS THE BEST MODE OF COMMUNICATION?
TEXT, CALL/FACETIME, or IN PERSON

ANSWER: *Text*

R

CHOOSE YOUR MODE

You had a big fight with your friend, and now that you've both had time to calm down, you want to try to repair the relationship.

WHAT IS THE BEST MODE OF COMMUNICATION?
TEXT, CALL/FACETIME, or IN PERSON

ANSWER: *In Person*

R

CHOOSE YOUR MODE

Your teacher gave you a big compliment on your work, and you want to tell your grandma.

WHAT IS THE BEST MODE OF COMMUNICATION?
TEXT, CALL/FACETIME, or IN PERSON

ANSWER: *Call/Facetime or In Person*

S

PARTICIPATE AND ELIMINATE

Your friend posted a pic of themself and another student both wearing the school uniform asking for likes with the caption, *"Who wore it better?"*

HOW CAN YOU CHOOSE TO INFLUENCE POSITIVELY RATHER THAN BE INFLUENCED?

ANSWER: *Celebrate the inner beauty of both. "I love your friendly smile and how their eyes sparkle with kindness!" etc.*

S

PARTICIPATE AND ELIMINATE

Your classmate shared a post complaining about a teacher giving too much homework, and other classmates are agreeing and making rude comments.

HOW CAN YOU CHOOSE TO INFLUENCE POSITIVELY RATHER THAN BE INFLUENCED?

ANSWER: *Share something you appreciate about the teacher, are grateful for in that class, or don't engage.*

S

PARTICIPATE AND ELIMINATE

You started following a popular influencer because they were sharing funny stories, but lately their jokes have been more cruel than funny.

HOW CAN YOU CHOOSE TO INFLUENCE POSITIVELY RATHER THAN BE INFLUENCED?

ANSWER: *Comment, "Hey let's keep it kind. Jokes shouldn't hurt people." ELIMINATE: consider unfollowing*

S

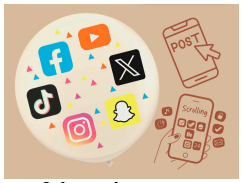
PARTICIPATE AND ELIMINATE

You like to draw. You've been watching a lot of reels where people share their artwork with music and an inspirational quote, and you're feeling inspired.

HOW CAN YOU CHOOSE TO INFLUENCE POSITIVELY RATHER THAN BE INFLUENCED?

ANSWER: *Share some of the reels to inspire others, create your own to post, invite others to do the same,etc.*

S



PARTICIPATE AND ELIMINATE

A lot of your friends are posting videos of a trending challenge that looks dangerous, and one of them tagged you in his video saying, "Your turn!"

HOW CAN YOU CHOOSE TO INFLUENCE POSITIVELY RATHER THAN BE INFLUENCED?

ANSWER: *"I'll pass - This doesn't seem safe!" or "Let's find something fun that won't get anyone hurt", etc.*

T

DOES IT NEED TO BE SAID?
BY ME?
RIGHT NOW?

You overhear two classmates arguing about something that doesn't involve you.

DOES IT NEED TO BE SAID? BY YOU? RIGHT NOW?

ANSWER: *Not by me. Leave it to them or an adult.*

T

DOES IT NEED TO BE SAID?
BY ME?
RIGHT NOW?

Your classmate gets called on to answer a question, but they say something totally wrong.

DOES IT NEED TO BE SAID? BY YOU? RIGHT NOW?

ANSWER: *Not by me. Leave it to the teacher.*

T

DOES IT NEED TO BE SAID?
BY ME?
RIGHT NOW?

Your teacher is in the middle of explaining the lesson when you remember something you wanted to ask her about earlier in the day.

DOES IT NEED TO BE SAID? BY YOU? RIGHT NOW?

ANSWER: *Don't interrupt. It can wait until class is over.*

T

DOES IT NEED TO BE SAID?
BY ME?
RIGHT NOW?

Your close friend shows you a video they're about to post of a classmate tripping on his shoelace earlier and everyone around him laughing.

DOES IT NEED TO BE SAID? BY YOU? RIGHT NOW?

ANSWER: *Yes. You. Now.You have the relationship to let them know you think its unkind before its public.*

T

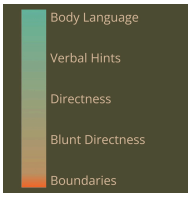
DOES IT NEED TO BE SAID?
BY ME?
RIGHT NOW?

Your close friend is wearing a new dress and asks what you think, but you don't really like it.

DOES IT NEED TO BE SAID? BY YOU? RIGHT NOW?

ANSWER: *No. Find something positive to say instead.*

U



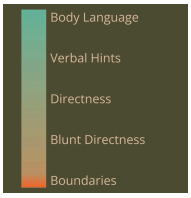
FROM "HINT" TO "HEY STOP!"
SCALE OF DIRECTNESS

The person talking to you is standing very close, and their breath is unpleasant.

WHAT KIND OF HINT COULD YOU GIVE?

ANSWER: *Use body language like taking a small step back, leaning away slightly, etc.*

U



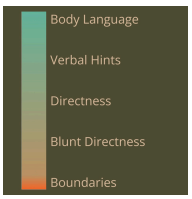
FROM "HINT" TO "HEY STOP!"
SCALE OF DIRECTNESS

A friend won't stop talking to you, and you really need to focus on your work. You've already used body language by turning away slightly.

WHAT KIND OF HINT COULD YOU GIVE NOW?

ANSWER: *Verbal Hint. "Wow, you must be getting your work done faster than me!" etc.*

U



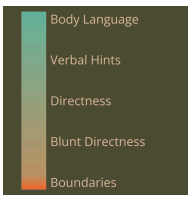
FROM "HINT" TO "HEY STOP!"
SCALE OF DIRECTNESS

Someone keeps interrupting you when you try to share in a conversation. You've already used body language and given them a few verbal hints.

WHAT KIND OF HINT COULD YOU GIVE NOW?

ANSWER: *Be direct. "I'd really like to share, too, but you keep interrupting." etc.*

U



FROM "HINT" TO "HEY STOP!"
SCALE OF DIRECTNESS

A friend keeps grabbing your phone to look things up, and you aren't really comfortable with it.

WHAT KIND OF HINT COULD YOU GIVE?

ANSWER: *Use body language like holding your hand out palm up, or sliding the phone further away, etc.*