

Congratulations

This certificate is proudly presented to

in recognition of your participation in the *Flourishing Students Group*



Group Leader



Congratulations

This certificate is proudly presented to

in recognition of your participation in the *Flourishing Students Group*



Principal



_____ 's Compassion Map



Home



School



Community

Goals for Growth

Setting and working toward a goal can help you learn and grow healthy habits.
Growing healthy habits can help you feel like your Best Self.

Choose 1 Best Self Strategy you would like to practice, and use the prompts below to write a personal goal.

Goal Statement:

The Best Self Strategy I would like to grow into a healthy habit is: _____
_____.

Goal Planning:

My goal is to practice this strategy _____ times per week.

What I will do to practice it: _____
_____.

Where I will practice it: _____
_____.

When I will practice it: _____
_____.

My partner can help me by: _____
_____.

Goal Tracking

Color in one box each day you practice.



GREAT WORK!
Keep practicing to grow a healthy habit!

You Have the Power to Build Healthy Habits!

With a partner, discuss ways you will work toward your goal.

1. When will you find the time to practice today?

2. What will you do if you get off track?

3. How can you continue working towards this goal after today and tomorrow?

4. What are some roadblocks that might get in your way?

5. How will you deal with those when they show up?

Powerful Reminder

Bookmark

Powers you hold:

1. The power to be your best self.
2. The power to build healthy habits.
3. The power to pause.
4. The power to show kindness and compassion to yourself and others.

Draw or write your Powerful
Reminder here 😊



The Power You Hold

When you know yourself and you practice learning and growing your skills:

*You have the power to **be your best self.***

*You have the power to **pause.***

*You have the power to **build healthy habits.***

*You have the power to **show kindness and compassion to yourself and others.***



Visualizing My Best Self



Visualizing My Best Self Leader Script

- Guide students to a seated position where they feel safe and comfortable. Then lead students in the following visualization to build self-awareness:

Begin by closing your eyes, or if it feels more comfortable for you, simply look downward.

Take a few deep breaths, noticing your breath as it moves in and out of your body.

Imagine you are walking to a favorite place, a place where you feel safe and peaceful. When you arrive, look around, and notice where you are. What about this place makes you feel safe and peaceful? What are you doing in this place?

- Give students a few moments to reflect.

Now imagine you are getting ready to do an activity you really value, an activity that brings you joy, an activity where you feel strong and capable. What are you doing? Who are you with? How do you feel?

- Give students a few moments to reflect.

Now imagine you are surrounded by all the people whom you love and value. Look around. Who is there? How do you feel?

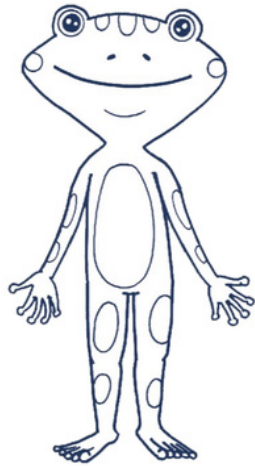
- Give students a few moments to reflect.

Now imagine you have traveled a few years into the future. How have you grown? What have you learned? What values are important to you? How are you staying healthy and caring for yourself?

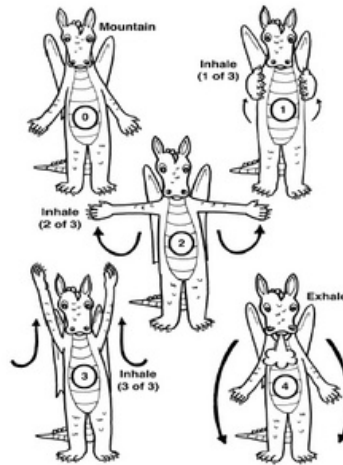
- Give students a few moments to reflect.

Now bring your attention back to right here, right now. Notice the weight of your body on the floor/chair. Notice your breath as it moves in and out. Now just let your mind and body rest.

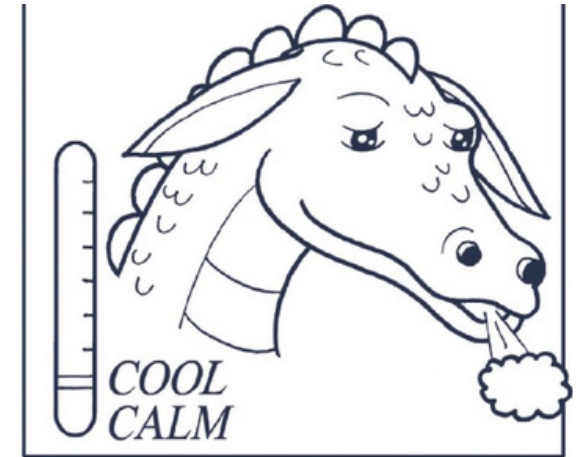
MOUNTAIN



BREATH OF JOY



COOLING BREATH



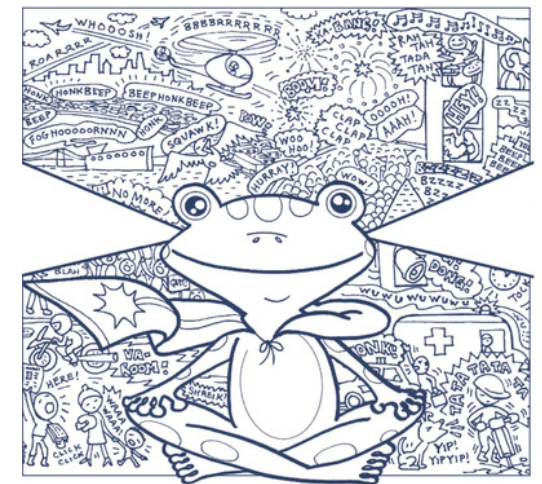
MUSIC



MINI BODY SCAN



MINDFUL LISTENING



EVEN IN/OUT BREATH



TENSION RELEASE



CALMING & FOCUSING



MY BEST SELF

