

16 WEEKS OF STEAM

Family Guide for Personal Growth

Social-Emotional Learning Tools



Social-Emotional Growth Strategies

PERSONAL GROWTH STUDIES

Social And Emotional Learning Tools

Tools to help you succeed and complete the 16 Weeks of STEAM program

We are excited about your participation as a family in the 16 weeks of STEAM program.

To help you make the most of this program we are providing you with the following guidelines.

Begin by goal setting as it is important to set goals as a family about what you want to achieve at the end of the 16 weeks. Going through the program you get to decide your superpowers and affirmations that are right for you!

Using the tools such as stillness, gratitude, touchstones, happy place, and compliments jar makes you productive as a family as you work through any stress or challenging times.

And finally, it is always important to acknowledge your wins and what you have achieved along the way. It will help you make steady progress and ensure that you get to the finish line and complete your project! So let's get started.....



Family Goals

Research repeatedly shows that groups achieve more when they set a goal because goals motivate people and guide their energy towards a common objective. Setting a family goal can really promote cooperation, teamwork, and cohesiveness in your family.

Set a goal or target you want to achieve as a family – win # games, keep the house clean # days, paying # compliments each week, a community project, etc.

Do a 5-minute check-in every other day or as necessary on their progress, what the next steps are, who needs to do what in order to keep on track towards the goal.

Goals

1. Goal #1 _____

2. Goal #1 _____

3. Goal #1 _____

4. Goal #1 _____

AFFIRMING AFFIRMATIONS

Affirmations are statements written or said in present tense describing what it is you want to feel, be, or achieve for yourself. They are most powerful when they start with the words 'I am...' Just by virtue of drawing attention to their thoughts, children can become more self aware, reflective, and even increase their self-worth.

Process

At the beginning of your day, ask each child what they would like to feel, be, or achieve for that day and declare it to you as their affirmation.

If they are feeling nervous or anxious, their affirmation could be what they would rather feel instead like 'I am confident!'

If they feel sad or low, their affirmation could be "I am grateful" or "I am happy."

Affirmations in Action

When each child says their affirmation out loud, the rest of the family then affirms their affirmation back to them by looking at them and saying 'You are confident' or 'You are grateful'. This activity supports a family environment that fosters self-reflection, positivity, and perseverance.

What did you notice after doing this?

WHAT ARE YOUR SUPERPOWERS?

SuperPowers don't have to be flying through the air or leaping tall buildings in a single bound! They can be good qualities we choose to embody to make ourselves and the people around us feel good. At the beginning of the day, have each child name the Super Power they will embody that day. Provide examples to your kids, such as kindness, generosity, flexibility, fitness, intelligence, music, etc.

List 3 "superpowers"



List 3 "superpowers" you want to focus on today



1

Which of your strengths support you the most in doing what you love?

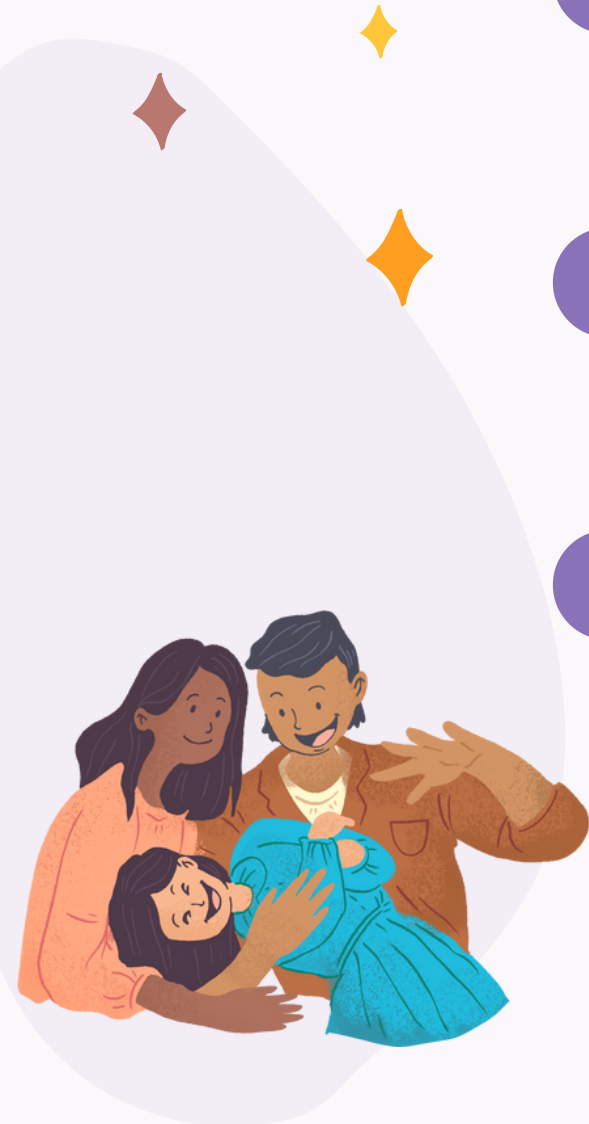
2

Do any weaknesses affect you to do more of what you love?

3

What strengths drive you towards doing strenuous activities?

At the end of the day, ask each child how they used their superpower that day in a way that made them or someone else feel good. This teaches your children to embody positivity, support each other, and be their best selves!



Wonderful Wins

Sometimes we can have a terrible day. Sometimes our day starts with something that ticks us off then it snowballs into tons of things going wrong.

However, even on the bad days, there are things that do go right! Recognizing the small things that did go right in your day ignites positive emotions, fuels motivation, and triggers feelings of success and accomplishment.

Wonderful Wins

1. Remind your children it's important to have big goals, but it's exceptionally important to celebrate small steps along the way. This also helps one develop a deeper sense of gratitude, which is key to increasing happiness, joy, and fulfillment!
2. Have your child reflect on their day and focus on what went right!

Have them acknowledge something that went right that day and share with the rest of the family. This acknowledgment serves as a reminder that even the smallest things that went right are, in fact, Wonderful Wins!
- 3.

1.

2.

3.

Self-Love Check-in

Loving yourself doesn't always come easy, and at times you can beat yourself up over things you could have done better. When you love and respect yourself, other people will love and respect you too.

The Self-Love Check-In is four questions children ask themselves at the end of their day.

Process

For example, instead of being mad at themselves for making a mistake, they take the time to acknowledge what they did well, what they could do better, and how they'll do it differently next time.

Have your children write down the answers to the following questions: How was I brave? How was I kind? Did I make a mistake? What did I learn? This activity is extremely helpful in identifying how each child is feeling and if they need a bit of extra support.

It's important to let your child know that self-love is a path, and this activity is designed to help guide them towards self-compassion while releasing negative judgements about themselves.

What did you notice after doing this?

Grounding Gratitude

We all know that the attitudes of our kids have a large impact on the family dynamic. We want to inspire a positive attitude, increase empathy, and build a strong, safe community. Sharing what you are grateful for helps you shift your focus that you're not happy with to appreciating everything that's going right and the blessings you already have.

To get started in your family, I recommend actually writing your own gratitude list for a few weeks and feeling its intense power!

Then you can share your example with your children and have them do a 5-minute exercise to jump-start the day. Have each child share what they are grateful for, and if applicable, they can write 3-5 of them in a Gratitude journal to remind them each day what is going right!

What are you grateful for today?

1

2

3



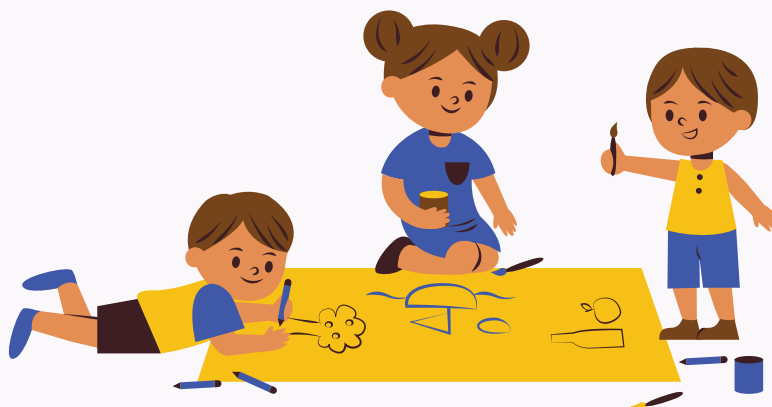
Stillness

Stillness is the ability to calm your mind, emotions, and nervous system by using breath and focus on just one thing – this brings your energy back to a place of peace and centers your body.

Introducing periods of stillness and silence can give children a deeper sense of self, teaching them how to control their impulses, become more reflective, and think before acting.

1 Minute Process

1. First, ask your kiddos to sit in a comfortable position, feet flat on the floor, and close their eyes.
2. Start with a Calming Breath, breathing in for the count of five, then breathing out for the count of five.
3. As they continue to do this, ask them to focus only on their breath going in through their nose and out of their nose.
4. This simple exercise is an incredibly effective way for children to reset themselves, think more clearly and improve their ability to regulate their emotions.

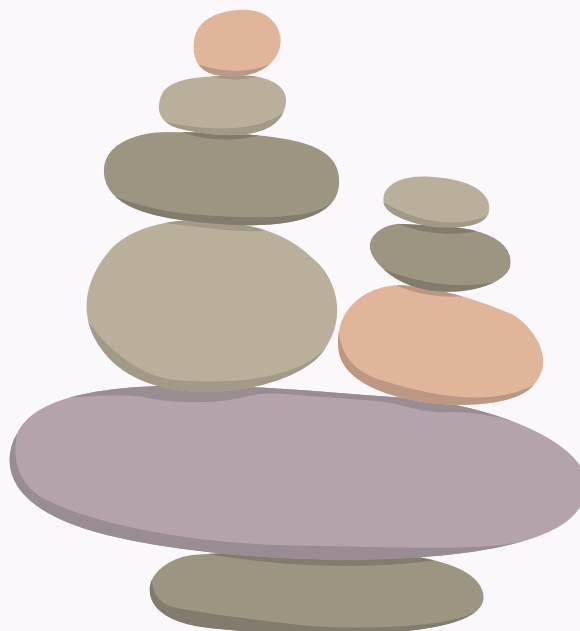


Touchstones

Touch Stones are smooth stones that are small enough to fit in your pocket that have an affirmation written on them.

Process

1. Each child can find as many stones as they like and use a permanent marker to write an affirmation on the stone.
2. Each morning they can choose which Touch Stone or affirmation they want to be or feel that day and carry that stone in their pocket.
3. When they are feeling stressed or anxious, they can rub the Touch Stone between their fingers and repeat their affirmation either out loud or in their mind to shift their focus and calm themselves.
4. This activity also helps build confidence, positive self talk, and can boost their self-esteem.



Compliments Jar

Encouraging your children to pay compliments to others is a positive way to end a day on a high note.

Process

- 1.** This exercise is particularly useful if there is a challenging personality within the family as it shifts the focus from what other family members don't like to what they DO like about that person.
- 2.** Additionally, this fosters a safe, respectful, and responsible environment. To get started, use a large jar (or any suitable container) with the words 'Compliment Jar' on it and have it somewhere visible in the house.
- 3.** This will prompt you and the rest of the family to remember to compliment someone! Encourage everyone to share a compliment for another family member that day.
- 4.** Compliments must be genuine and kind. The person who gives the compliment puts their name on a piece of paper in the jar. Then the person whose name is in the jar most at the end of the week or month receives a reward of your choosing.



Happy Space Visualization

Visualization has many benefits – ranging from better self-control, stress relief, anxiety management, concentration, and mental focus.

This particular visualization encourages children to use their imagination to create their own mental 'Happy Place'.

1

First, choose a soft, ethereal song to play while doing this visualization.

2

To begin, have your child sit in a comfortable position, feet flat on the floor, closing their eyes.

3

Start with a Calming Breath, breathing in for the count of five, then breathing out for the count of five.

4

Then tell your child it's time to start creating their version of their Happy Place. It can be a place they have visited, something they saw in a movie, a video game, or a combination of all these things.

5

Each time they do this visualization, they add features, change things, and tap into their imagination! Tell your child they can make their Happy Place as interesting and spectacular as they want!

