



The Things I'm Grateful for:

We all experience things that we are grateful for each day. Sometimes these things are big, like the security of having a job you like, family you love, or work colleagues who support you no matter what, and sometimes these things are small, like a hug when you're feeling down or some help on a lesson plan.

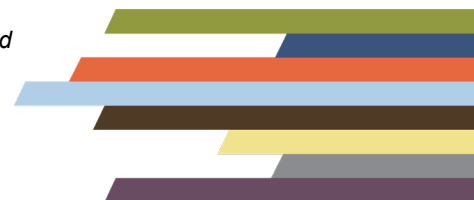
On the lines below think back over the last few days and take note of a few things (3-5) that you are grateful for:

I am grateful for: Click or tap here to enter text.

I am grateful for: Click or tap here to enter text.

I am grateful for: Click or tap here to enter text.

Why are you grateful for these things? Click or tap here to enter text.



Note-Taking Guide

SOCIAL DEVELOPMENT STRATEGY

Click or tap here to enter text.

ACHIEVER MODEL

Click or tap here to enter text.

If you could be remembered for 3 things, what would they be?

Click or tap here to enter text.

WOOP

Click or tap here to enter text.

GRATITUDE

Click or tap here to enter text.

FINAL REFLECTIONS

Click or tap here to enter text.



THE SOCIAL DEVELOPMENT STRATEGY APPROACH TO POSITIVE DEVELOPMENT

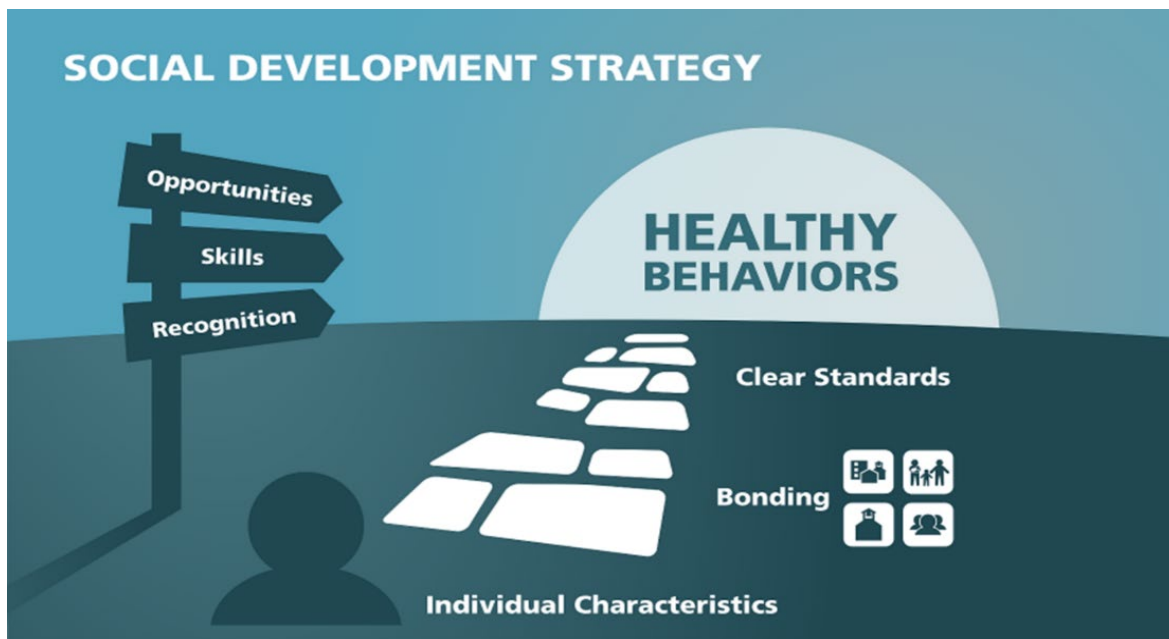


TABLE 1: EVIDENCE-BASED PRACTICES IN SDS COMPONENTS

Opportunities	Skills	Recognition	Bonding	Healthy Beliefs
Positive Greetings at the Door	Gratitude	5-1	Establish, Maintain, Restore	ACHIEVER Model
Emotional Hooks	WOOP	Wise Feedback	Acts of Kindness	Possible Selves
Choice Making	Self-evaluation/monitoring			Growth Mindset
Opportunities to Respond	Character Strengths	No text	No text	No text

-----Cooperative Learning-----



The **ACHIEVER** Model: 8 Key Skills

The ACHIEVER Model is based on 8 skills built around the ACHIEVER Model acronym.

Awareness and Empowerment through mindfulness practices

- Mindfulness is the awareness of the moment when we purposefully view present experiences with a calm, non-judgmental lens
- A mindful approach allows us to stop and calmly address challenging or stressful events

Choosing your attention and Practicing gratitude

- With every experience, we choose how to interpret and respond. By practicing gratitude and choosing to attend to the positive we can decrease stress and increase positivity

Helping and doing good deeds for others

- Doing good deeds, through random acts of kindness or otherwise has been shown to increase positivity and general well-being, leading to "Elevation" that feeling of having a warm or full heart

Identifying unhelpful thoughts and refining them to be helpful

- We all have negative thoughts. However, we also have the ability to identify when they will be unhelpful and consciously work to change them.

Establishing good role models and social support

- Social support has been linked across numerous fields and uncountable studies to important mental and emotional benefits such as increasing life satisfaction and decreasing stress.

Values clarification and commitment

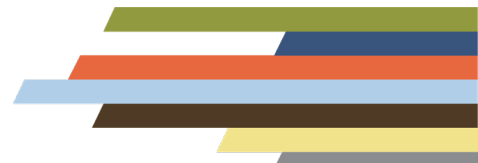
- We all hold certain values above others. For some they are things like hard work or wherewithal, for others willingness to forge into the unknown and similar traits. While we all hold different value for different traits, we should work hard to commit to those that we feel truly strong about.

Exercise, eat well, and engage in good sleep

- Mental health is not only in our heads. It is also reliant on our physical health. Good sleep, eating well, and regular exercise have all been shown to have positive effects on mental well-being.

Reward yourself through relaxation and recreation

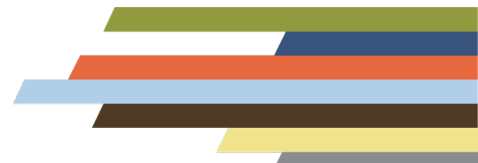
- Relaxation is essential parts of our mental and emotional well-being. Even in times of high stress, well timed sessions of relaxation and recreation can improve productivity and decrease stress.



WOOP (Wishes, Outcomes, Obstacles, Plan)

Using WOOP to achieve your goals

- 1) Choose a goal and write it down.
- 2) Imagine the best outcome from achieving this goal. Take a few minutes to think carefully about what this would look like and what achieving it would gain.
- 3) Next, think of and write down obstacles that stand in the way of achieving their goals. Again, take some time to explore this fully.
 - a. Think more specifically of when and where the obstacles might occur. Try to be as specific as possible (e.g. "it will be hard to remember to use this in the middle of a tough lesson" In which lesson will it be hard to remember to use it? Morning class or afternoon? In a class with specific students or all classes?) The more specific the better.
- 4) Brainstorm what to do to overcome these obstacles (e.g. practice in easier classes, role play it, set reminders). Think about how you can go about doing these obstacle busters.
- 5) Fill out an "if..., then..." template for these different obstacles that one might encounter (if obstacle A, then action/behavior B)
- 6) Return to this process as needed and use it to help organize and achieve goals. Research shows that for best results on achieving larger or more long-term goals, multiple review sessions over the course of a few weeks is most effective.



Goal Setting Worksheet

Making the **ACHIEVER** Model work for you

Directions: Choose one part of the ACHIEVER model that you feel you could use more often or sometimes struggle with. Using the prompts below, plan out a goal to improve in that area. What you are seeking to achieve, what are the obstacles to achieving your goal, and how will work towards obtaining your goal?

For my goal, I want to work on:

Click or tap here to enter text.

Some obstacles I might face:

Click or tap here to enter text.

Benefits I will gain by completing my goal:

Click or tap here to enter text.

My plan to overcome an obstacle and work towards my goal:

Click or tap here to enter text.



OBSTACLE: Click or tap here to enter text.



HOW TO OVERCOME IT: Click or tap here to enter text.



HOW TO OVERCOME IT: Click or tap here to enter text.



Though I now know how to overcome the obstacles, I should plan on how I will put my ideas to work.

My Plan:

Step Number Goal: Click or tap here to enter text.

What will you do? Click or tap here to enter text.

Step Number Goal: Click or tap here to enter text.

What will you do? Click or tap here to enter text.

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Step Number Goal: Click or tap here to enter text.

What will you do? Click or tap here to enter text.



Gratitude Prompts

"I am grateful for my family because..." Click or tap here to enter text.

"Something good happened this week..." Click or tap here to enter text.

"I am grateful for my friendship with... because..." Click or tap here to enter text.

"I am grateful for who I am because..." Click or tap here to enter text.

"Something silly that I am grateful for..." Click or tap here to enter text.

"Something else I am grateful for..." Click or tap here to enter text.

"Something that wasn't what I hoped would happen, but it turned out to be OK..."

Click or tap here to enter text.

"Something I'm grateful for that happened to my friend..." Click or tap here to enter text.

"Someone I'm lucky to have in my life is... because..." Click or tap here to enter text.

"I said thank you today to Click or tap here to enter text. for Click or tap here to enter text."

"Three things that went well for me today and why they went well..."

"I was surprised today that..." Click or tap here to enter text.

"If... Click or tap here to enter text.. wasn't in my life, I would miss..." Click or tap here to

enter text.

