



# *HCHC: Resilience Edition* **Examples and Worksheets**

These worksheets and examples are for use with the *Healthy Choices, Healthy Children: Resilience Edition*.

## **Included**

- Lesson 1 — Journal Prompts
- Lesson 1 — Power of Water Examples
- Lesson 2 — Journal Prompts
- Lesson 2 — Can Worksheet
- Lesson 3 — Journal Prompts
- Lesson 3—Jumping Your Hurdles
- Lesson 4 — Journal Prompts
- Motivation Formula Worksheet

# HCHC: Civics & Leadership Edition – Lesson 1 Journal Prompts

## Lesson 1: Connecting the Dots

1. This week, did you find yourself in or approaching a flood zone?

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2. What choices did you make?

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3. Did you reach out to any of your lifelines? Which ones?

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4. Were you able to channel your emotions and energy in a positive way? If so, what did that look like?

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5. What choices will you make next time?

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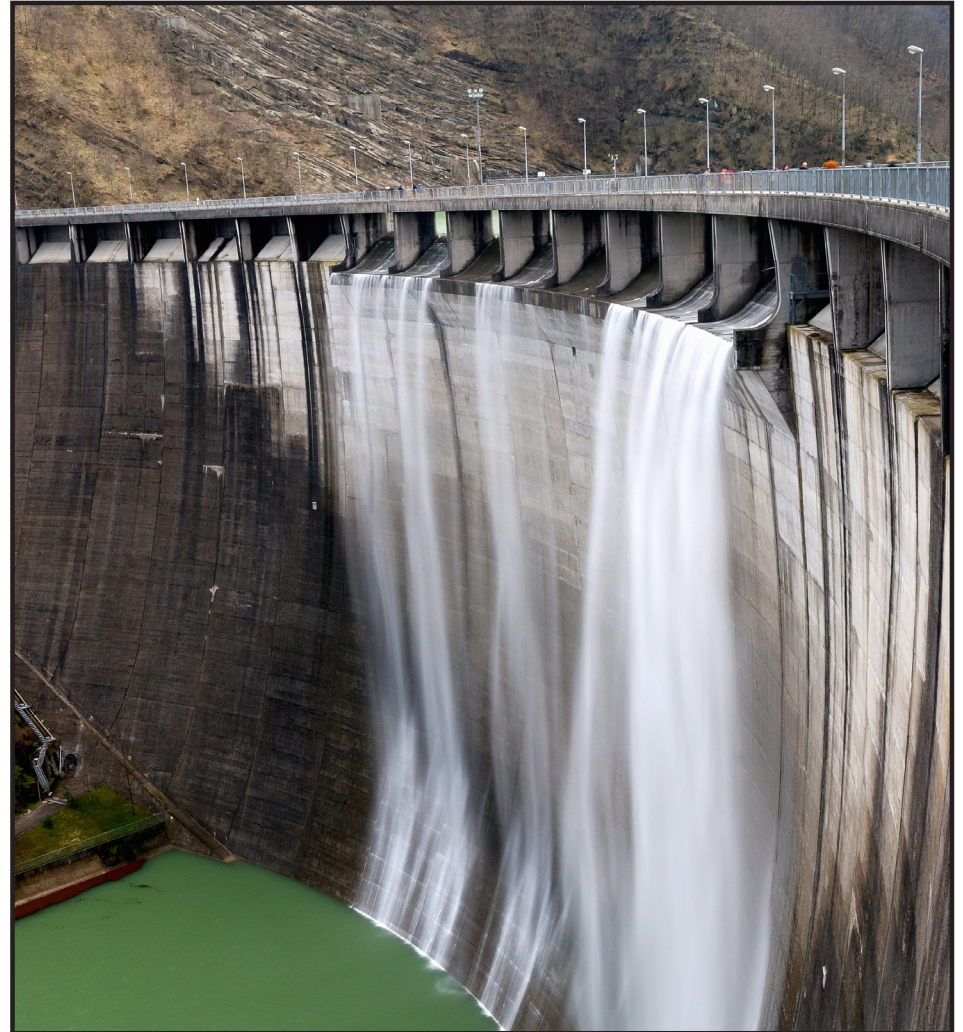
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## ***HCHC: ResilienceEdition* - Lesson 1 The Power of Water Worksheet**

If we don't channel water, it can flood and cause a lot of damage:



Dams prevent flooding by controlling the flow of water. Many dams are built with power stations to convert the water's energy into electricity.



# HCHC: Civics & Leadership Edition – Lesson 2 Journal Prompts

## Lesson 2: Use positive self-talk to tear off your labels

1. Who do you know who has torn off negative labels in the past?

What did they do to show others “the real me”?

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2. How can you start showing others “the real me” at home, school, and with your friends?

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3. What is some positive self-talk you have used or that you can be using?

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4. Talk to a trusted friend or family member about the positive qualities they see in you.

List their responses below

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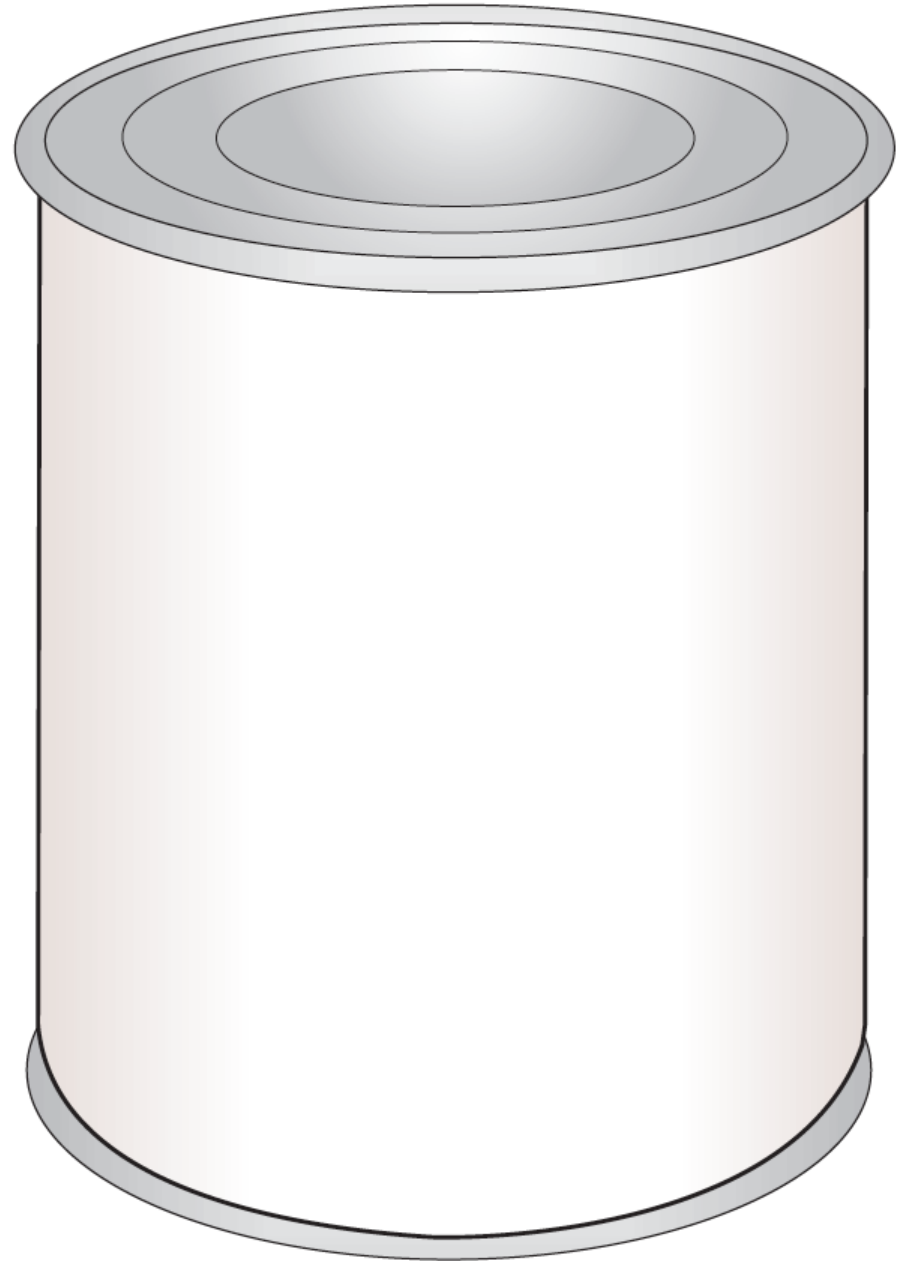
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5. On the back, write a song or poem, or draw a picture that includes positive self-talk

**"Labels"**



**"The Real Me"**



# HCHC: Civics & Leadership Edition – Lesson 3 Journal Prompts

## Lesson 3: Jump hurdles with character and heart

1. Think about the people you care about and who care about you as you answer the following

### A) Who do you call on when:

You want to watch a movie? \_\_\_\_\_

You feel lonely? \_\_\_\_\_

Your parents are upset with you and you need to talk to someone? \_\_\_\_\_

You do something awesome and you want to celebrate? \_\_\_\_\_

You need advice? \_\_\_\_\_

You want to play a game? \_\_\_\_\_

You have some new music and you want someone to listen with you? \_\_\_\_\_

You have a secret you want to share? \_\_\_\_\_

### B) Who calls on you when:

They have a problem? \_\_\_\_\_

They need advice? \_\_\_\_\_

### C) Who is a friend who:

Will be a friend forever? \_\_\_\_\_

Needs you the most? \_\_\_\_\_

You have a great deal of respect for? \_\_\_\_\_

2. Look at the names of the people above. Do any of these people motivate you to jump your hurdles? Which ones? How do they motivate you?

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3. Using the steps from the jumping hurdles paper we completed, on the back write out a game plan for jumping one hurdle in your life. If it's easier, you might choose to draw it out instead.

# Jumping Your Hurdles



## 1. Identify the Problem

What problem do you really want to overcome?

## 2. Create Options

What are some options you can create?

## 3. Get Help

Who can help you get over your hurdle?  
Who can you help?

## 4. Take Action

What specific behaviors (actions) do you need to stop or add to jump your hurdle?

Stopped Behaviors

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Added Behaviors

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## 5. Believe In Change

On a scale from one to ten, circle where you are in believing change will happen.

"I can't change"

1. 2. 3. 4. 5. 6. 7. 8. 9. 10.

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"Maybe"

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"I know I have the strength"

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## 6. Jump Back Up

If you trip, how will jumping back up make you stronger?

Name:



What should your "self talk" be telling you as you try to jump your hurdle?





NAME: \_\_\_\_\_

# The Motivation Formula

## Channeling Anger and Challenges into Positive Motivation

