



EMOTION GRID EXERCISE


Instructions: Think about recent situations that made you feel these different emotions. Jot down what made you feel that way and why.




Peaceful




Loved




Happy




Sad




Bored




Angry



Proud



Scared



Surprised

GOAL SETTING WORKSHEET

My Goal: _____



What steps do I need to take to achieve this goal?



STEP 1:

STEP 2:

STEP 3:

Why do I want to accomplish this goal?



How long will it take me to reach this goal?



What help do I need? Who can help me achieve this goal?



GROWTH MINDSET CONVERSATION CUBE

Instructions: Fold each flap inward, then fold each square along its lines. Add glue to each flap as you put the cube together.
Roll the cube and strike up a conversation!

