



BECOMING A
SUPER LEARNER

WORKBOOK



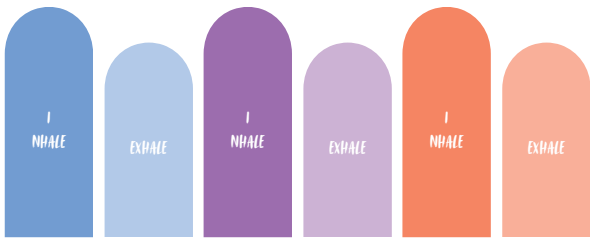
THIS WORKBOOK BELONGS TO:

AND I'M AWESOME!

1 IDENTITY

1 KIND THING I WILL DO TODAY
TO BRIGHTEN SOMEONE'S DAY:

BREATHE BEFORE WRITING



5 THINGS I LIKE ABOUT MYSELF...







WRITE AN UNHELPFUL THOUGHT YOU HAVE

NOW CHANGE IT INTO A HELPFUL THOUGHT

Change the Channel

I AM SPECIAL BECAUSE...



3 KIND THINGS I CAN SAY TO MYSELF
WHEN I'M HAVING A HARD TIME

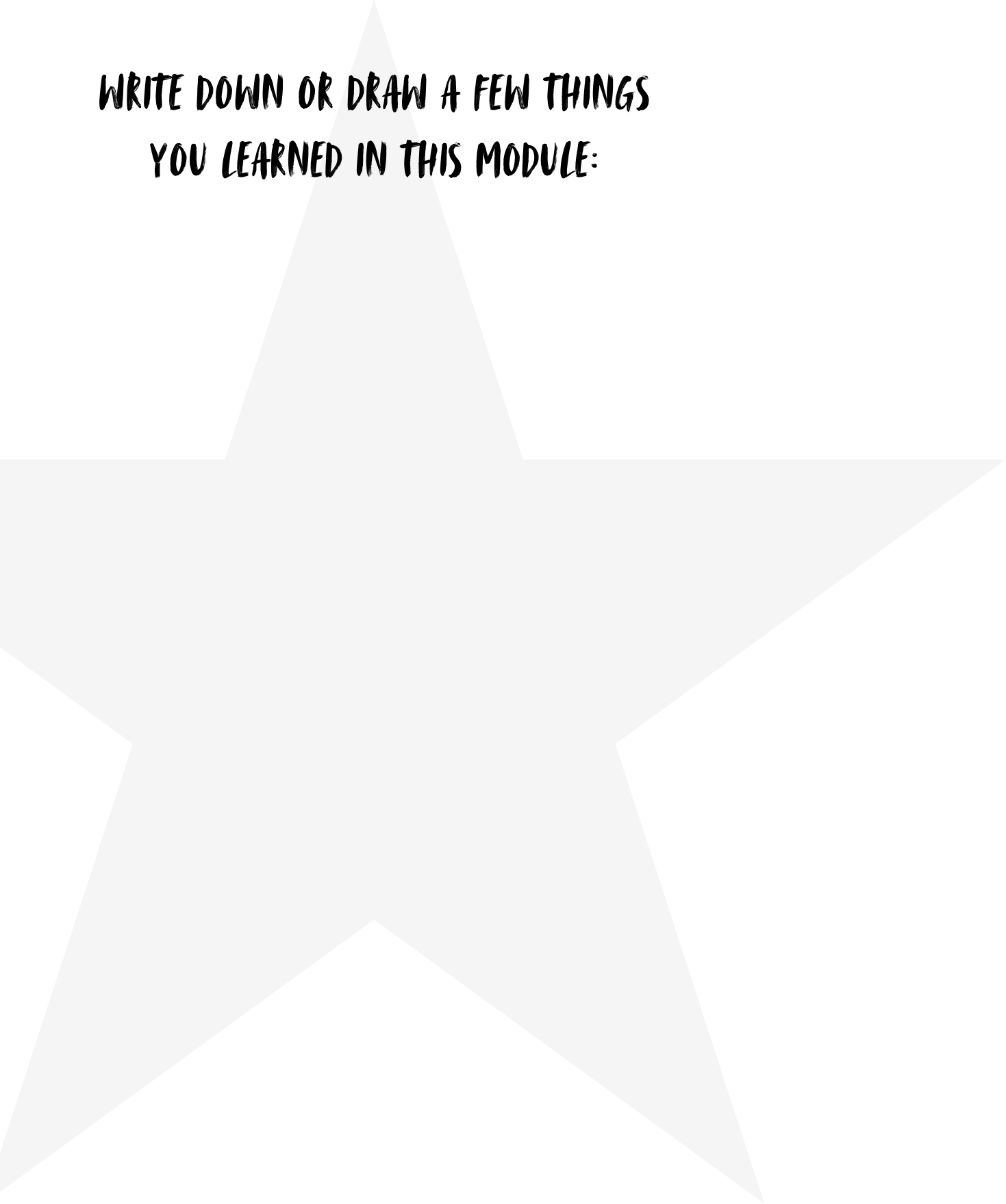
WHY DO PEOPLE SAY OR DO UNKIND THINGS TO ME?

BECAUSE THEY DON'T HAVE VERY MUCH _____ FOR THEMSELVES.

BUT I CAN STILL KNOW I'M AMAZING!

IDENTITY

WRITE DOWN OR DRAW A FEW THINGS
YOU LEARNED IN THIS MODULE:



2 MASTERING EMOTIONS



60 SECOND EMOTIONS

10
20
30
40
50
60

3 EMOTIONS I LIKE TO FEEL

Three overlapping rounded rectangular boxes for writing emotions.

3 EMOTIONS I DON'T LIKE TO FEEL

Three overlapping rounded rectangular boxes for writing emotions.

TRAFFIC LIGHTS

GREEN MEANS:

YELLOW MEANS:

RED MEANS:

5 STEPS FOR STRONG EMOTIONS

- Recognize Emotion
- Close Eyes
- Deep Breath
- Count to 60
- Try Something New

ARE EMOTIONS GOOD BAD OR NEITHER? CIRCLE ONE.

PST...THE ANSWER IS NEITHER! EMOTIONS AREN'T GOOD OR BAD...THEY JUST ARE!

MASTERING EMOTIONS

WRITE DOWN OR DRAW A FEW THINGS
YOU LEARNED IN THIS MODULE:



3 FOCUS

1 KIND THING I WILL DO TODAY
TO BRIGHTEN SOMEONE'S DAY

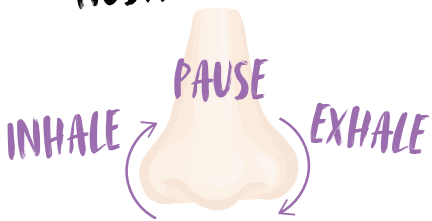
DEEP BELLY BREATH



A BIG TASK:

5 SMALL STEPS

NOSTRIL BREATHING



GIVE YOURSELF
A BREAK!

RAPID BELLY BREATH



HOW TO BEAT BOREDOM

- 1
- 2
- 3
- 4

CROSS CRAWL	EYE TRACKING	LADDER CLIMBING

TRUE OR FALSE:

YOUR BRAIN LEARNS TO FOCUS BETTER WITH PRACTICE?

PSST. IT'S TRUE! AS YOU PRACTICE, YOUR BRAIN GETS BETTER AND BETTER AT FOCUSING!

FOCUS

WRITE DOWN OR DRAW A FEW THINGS
YOU LEARNED IN THIS MODULE:



HOW TO BEAT OVERWHELM

BIG TASK/GOAL:

STEPS:

SMALLER STEPS:

SMALLEST MANAGEABLE STEPS

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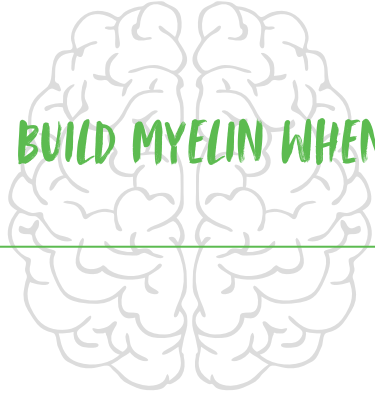
THE ONE STEP TO FOCUS ON RIGHT NOW:

TIP: AFTER YOU FILL OUT EACH SECTION, COVER IT SO YOU CAN JUST FOCUS ON THE NEXT SECTION. BY THE END, EVERYTHING WILL BE COVERED EXCEPT THE ONE NEXT STEP. RIGHT THIS ONE IN PENCIL, SO ONCE IT'S COMPLETE YOU CAN REFER BACK TO SMALLEST STEPS TO FIND YOUR NEXT STEP. THEN ONLY FOCUS ON THAT ONE. FIND WHATEVER VARIATION OF THIS ACTIVITY WORKS FOR YOUR CHILD.

4 DILIGENCE AND DETERMINATION

DO YOU KNOW THAT DIAMONDS ARE SOME OF THE MOST VALUABLE JEWELS IN THE WORLD? GUESS HOW LONG IT TOOK THE EARTH TO FORM THE DIAMONDS WE MINE TODAY... BILLIONS OF YEARS! TALK ABOUT DILIGENCE AND DETERMINATION!

I BUILD MYELIN WHEN:



MY BRAIN CONTINUES TO GROW MY

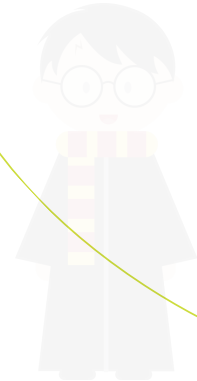
Entire Life

WHICH MEANS I CAN ALWAYS KEEP

Learning

I'M GOING TO TRY...

WHAT DID JK ROWLING, MICHAEL JORDAN, AND EINSTEIN HAVE IN COMMON?



Hint: Two words that start with "D"!

TRUE or FALSE

YOU CAN USE YOUR CHALLENGES TO CREATE SUPERPOWERS?

TRUE or FALSE

People are good at things because they were born that way?

DRAW A PICTURE OF YOU WHEN YOU'RE DILIGENT AND DETERMINED:



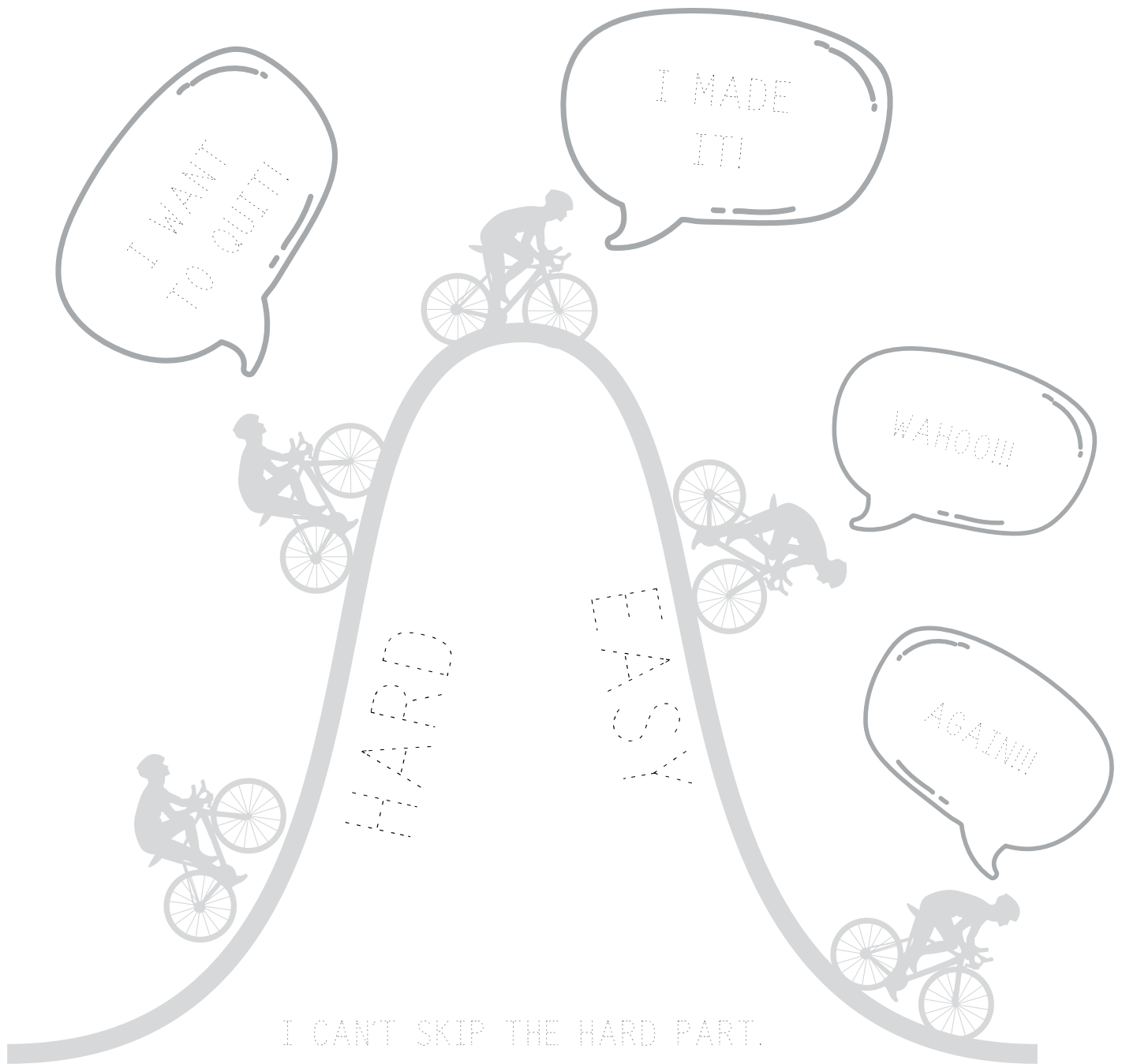
When i'm starting to feel frustrated



"I'M BUILDING MYELIN!"

THE LEARNING CURVE

TRACE THE WORDS TO COMPLETE THE WORKSHEET



WHEN I FEEL LIKE I WANT TO QUIT, I'M ALMOST TO THE TOP!

FOR SOMETHING HARD TO BECOME EASY, I NEED
DILIGENCE AND DETERMINATION.

DILIGENCE AND DETERMINATION

WRITE DOWN OR DRAW A FEW THINGS
YOU LEARNED IN THIS MODULE:



5 DECISION MAKING

MAKING DECISIONS IS THE PROCESS OF CHOOSE AND LEARN. YOU CAN'T CHOOSE AND LEARN. YOU CAN'T MESS THINGS UP - YOU JUST LEARN FROM YOUR DECISIONS AND MAKE A NEW CHOICE :)

1) STARTING AT THE END

THE END GOAL:

DECISIONS

What outcome do I want?
What decisions could I make to get me there?

Do I want the outcome my decisions are leading to?

2) Helpful or Unhelpful Thoughts

WRITE AN UNHELPUFL THOUGHT YOU HAVE

NOW CHANGE IT INTO A HELPFUL THOUGHT

3) LOWER INTERNAL NOISE



4) LISTEN TO YOUR INTUITION

LET YOUR MIND SETTLE LIKE CIDER!

Get Outside!



DECISION SQUARES

FILL THE SQUARES WITH EXAMPLES
FROM YOUR LIFE

<p>Feels Bad Is Bad For Me</p>	<p>Feels Good Is Bad For Me</p>
<p>Feels Bad Is Good For Me</p>	<p>Feels Good Is Good For Me</p>



How Do You Get From Here to Here?

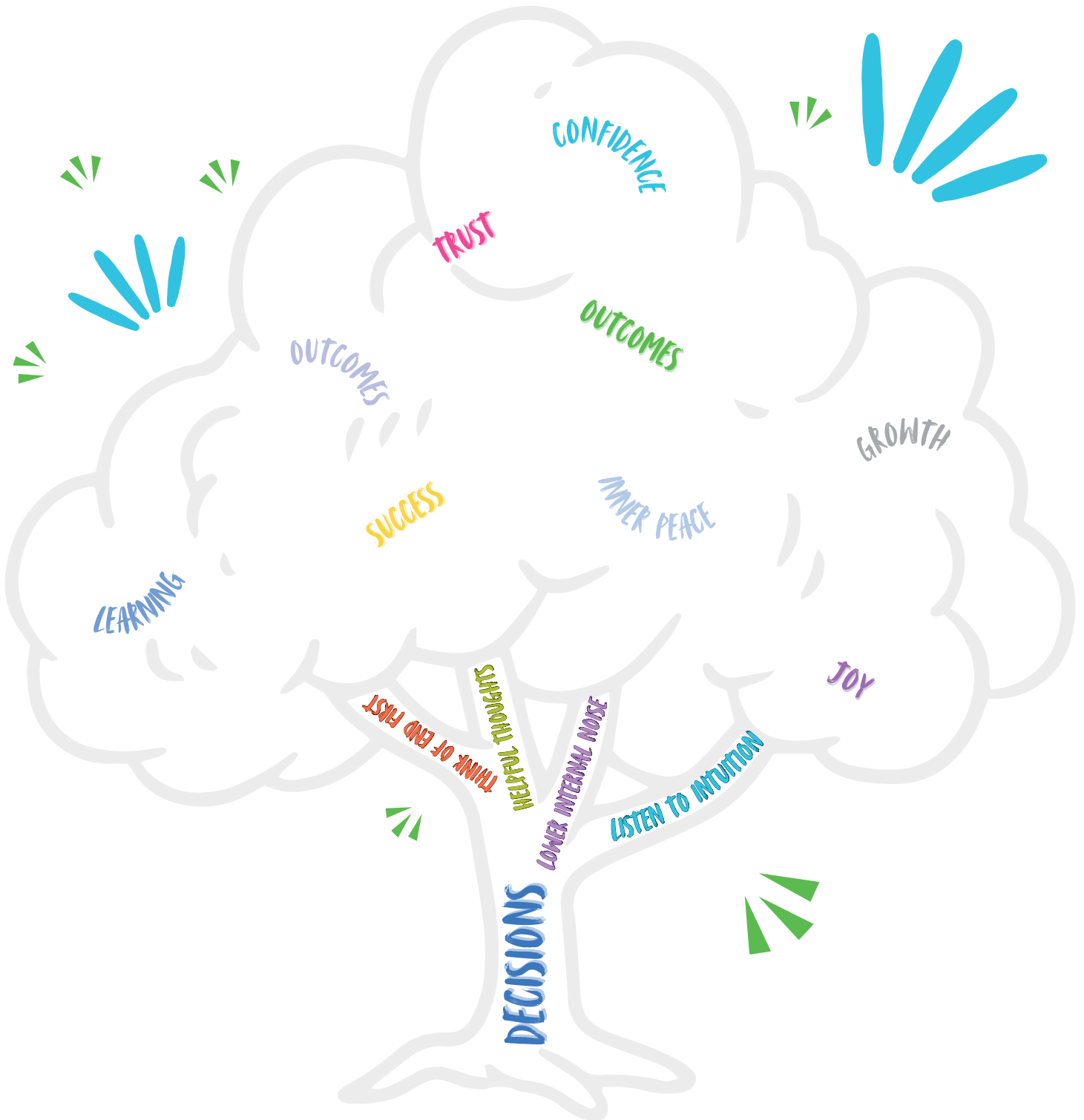
DECISION MAKING

WRITE DOWN OR DRAW A FEW THINGS
YOU LEARNED IN THIS MODULE:



DECISION MAKING TREE

MY SUPERPOWER GUIDE



"I AM AN EMPOWERED DECISION MAKER!"

MY FAVORITE THINGS

WRITE DOWN OR DRAW SOME OF YOUR
FAVORITE THINGS YOU LEARNED IN THIS COURSE

