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Strengths

KNOWING YOURSELF

Who you are

strengths
character
beliefs
learning style
smarts
feelings - knowing yours
body type
self-esteem

Where you come from

background

Where you want to go

goals

How you'll get there

effort
mistakes
resilience

EMPATHY

understanding feelings
feelings-changing
feelings-mixed
motives - understanding
point of view
feelings - predicting
caring - show it
listening
questions - asking
stereotypes - resisting

IMPULSE CONTROL

reactions - controlling
consequences - predict
permission - getting
hands and feet

ASSERTIVENESS

assertive body
assertive message
assertive voice
communicating feelings
making a complaint
peer pressure
refusing

DECISION-MAKING

problem-solving
problem - naming
options - brainstorming
options- weighing them
solutions - testing

MANAGING FEELINGS

self-awareness
triggers - catching
calming down
self-talk
expressing feelings
letting go

CONNECTING WITH OTHERS

Communication skills

apologies
compliments
conversations
friends - making
help-getting it
help-giving it
inviting
ignoring
introducing

Group skills

citizenship
resolving conflict
diversity-appreciating
group-joining
sharing

Values

honesty
fairness
courtesy
respect
responsibility
trust
forgiving

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Problems

BEHAVIOR PROBLEMS

blurting out
breaking rules
bully-you do it
cheating
clingy
cursing
fighting
gossiping
hands and feet
hitting
late
lying
name-calling
pushing and shoving
skipping school
stealing
talking back
teasing
threats

LEARNING ISSUES

attention problems
failure-school
grades
instructions-following
learning problems
learning style
permission-getting
smarts
study habits
teacher problems
tests

FEELINGS

afraid
angry
ashamed
disappointed
embarrassed
envious
frustrated
nervous
sad
shy
trust

HEALTH ISSUES

diet
exercise
fat
hormones
physical differences
Ritalin
sick a lot
touch

HARD THINGS

beaten
bed wetting
blankie
death
divorce
left out
mistakes
molested
pet dying

SUBSTANCE ABUSE

alcohol
drugs
marijuana
smoking

FRIENDS AND FAMILY

bystander
crush
family problems
friend problems
parent-talking to
telling

PERSONAL SAFETY

beaten
bullied
discipline
gangs
molested
secrets
snatched-afraid of
telling
touch

SOCIAL ISSUES

citizenship
cultural differences
diversity-appreciating

Reasons

INSIDE YOU

don't know yourself
don't set goals
don't try
can't bounce back
don't assert yourself
don't feel for others
don't connect w others
feelings control you
don't control impulses
don't problem solve
different
disabilities
discouraged
shy

OUTSIDE YOU

discrimination
gangs
parents' substance use
peer pressure
picked on-by peers
neighborhood
problems