

## Table of Contents - Ripple Effects for Kids 3.0

# 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**

blurtng 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