

# Contents

<b>About the Authors</b> .....	viii
<b>Introduction</b> .....	1
<b>Participant Confidentiality Agreement</b> .....	4
<b>Chapter 1 – Life Skills – Self</b> .....	5
Suggested Ways to Present Chapter 1 .....	6
<i>Activity Handouts</i>	
Who is Pushing Who? .....	11
Thoughts Influence Actions .....	12
Assert Yourself. ....	13
What Would I Name Myself? .....	14
Bounce Back! .....	15
Accountability .....	16
Me – A Creative Crusader .....	17
Eat an Elephant? .....	18
CHANGE.....	19
What Do I Owe Myself? .....	20
<b>Chapter 2 – Life Skills – Let’s Hear it for Healthy Health</b> .....	21
Suggested Ways to Present Chapter 2 .....	22
<i>Activity Handouts</i>	
Balance .....	26
Safety .....	27
Food .....	28

Exercise .....	29
Body Image .....	30
Difficulties Can Help You to Cope in a Better Way .....	31
I Imagine That I May Be Different in Ways Others May Not Understand .....	32
Recovery .....	33
Two Types of Stress .....	34
Health-Wise .....	35

**Chapter 3 – Life Skills – Social** ..... 37

Suggested Ways to Present Chapter 3 .....	38
---	----

*Activity Handouts*

Beyond Words .....	42
Your Digital Footprint.....	43
Ways to Show Empathy.....	44
Viewpoints .....	45
Red Flags – Green Flags .....	46
See Eye-to-Eye? .....	47
Compare Myself to WHO? .....	48
Someone or Something? .....	49
Social Jitters .....	50
Me as a Reporter .....	51

**Chapter 4 – Life Skills – Education** ..... 53

Suggested Ways to Present Chapter 4 .....	54
---	----

*Activity Handouts*

I Have Changed!.....	58
We Learn by Doing.....	59

Educate Their Hearts .....	60
Light Your Fire .....	61
The Beauty Remains .....	62
If You Haven't Learned .....	63
Just Start! .....	64
Who Am I? .....	65
Fact or Fake? .....	66
A Little Learning .....	67
<b>Chapter 5 – Life Skills – Career</b> .....	<b>69</b>
Suggested Ways to Present Chapter 5 .....	70
<i>Activity Handouts</i>	
Peak Experiences .....	74
Productive Anger .....	75
Growth or 'Garbage' Mindset? .....	76
Work Ethics ... Full House .....	77
Why Would Someone Get Fired? .....	78
Me as a Careers-Fair Representative .....	79
My Traits That Will Lead to Success .....	80
The Best of Both Worlds .....	81
Respect the Position! .....	82
Every Job is Important .....	83