

**Powerful You** is a guidance curriculum (grades 3-5) to be used in the classroom or in small groups that:

- » Boosts Self-awareness
- » Increases Self-esteem
- » Enhances Problem solving skills
- » Decreases anxiety in children

**Powerful You** combines breathing and stretching with simple social skills lessons to encourage self-awareness in the developmental years of children. Current research reports that anxiety is running rampant in schools and children with anxiety disorders are at higher risk to perform poorly in school, miss out on important social experiences, and engage in substance abuse<sup>1</sup>. Giving children problem solving tools will reduce stress and bullying while increasing academic excellence.

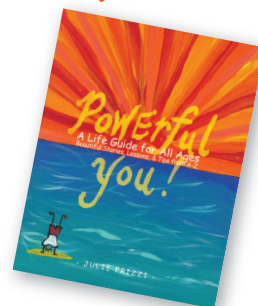
We wish to acknowledge that all children are capable of discovering their internal power to calm down, believe in themselves, and move forward into incredible possibilities in their lives.

The **Powerful You** method is based on teaching a weekly social skill lesson that is integrated into the classroom in just 30 minutes per week. It is our goal to have these positive messages slip into children's conscious thought by having them verbalize, connect with others, and discuss hidden feelings. Each lesson empowers children to go forward in life no matter what has happened to them.

Each **Powerful You** story is aligned with the ASCA National Standards in order to prepare today's students for tomorrow's adults.

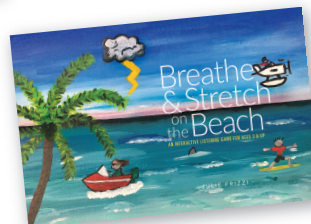
AVAILABLE AT  
[www.powerfuleyou.info](http://www.powerfuleyou.info)

**Powerful You!**  
A Life Guide  
for All Ages



**Powerful You!**  
Educator Cards  
(includes 8 ½ X 11  
picture of each child)

**Breathe &  
Stretch on  
the Beach**  
- An Interactive  
Listening Game



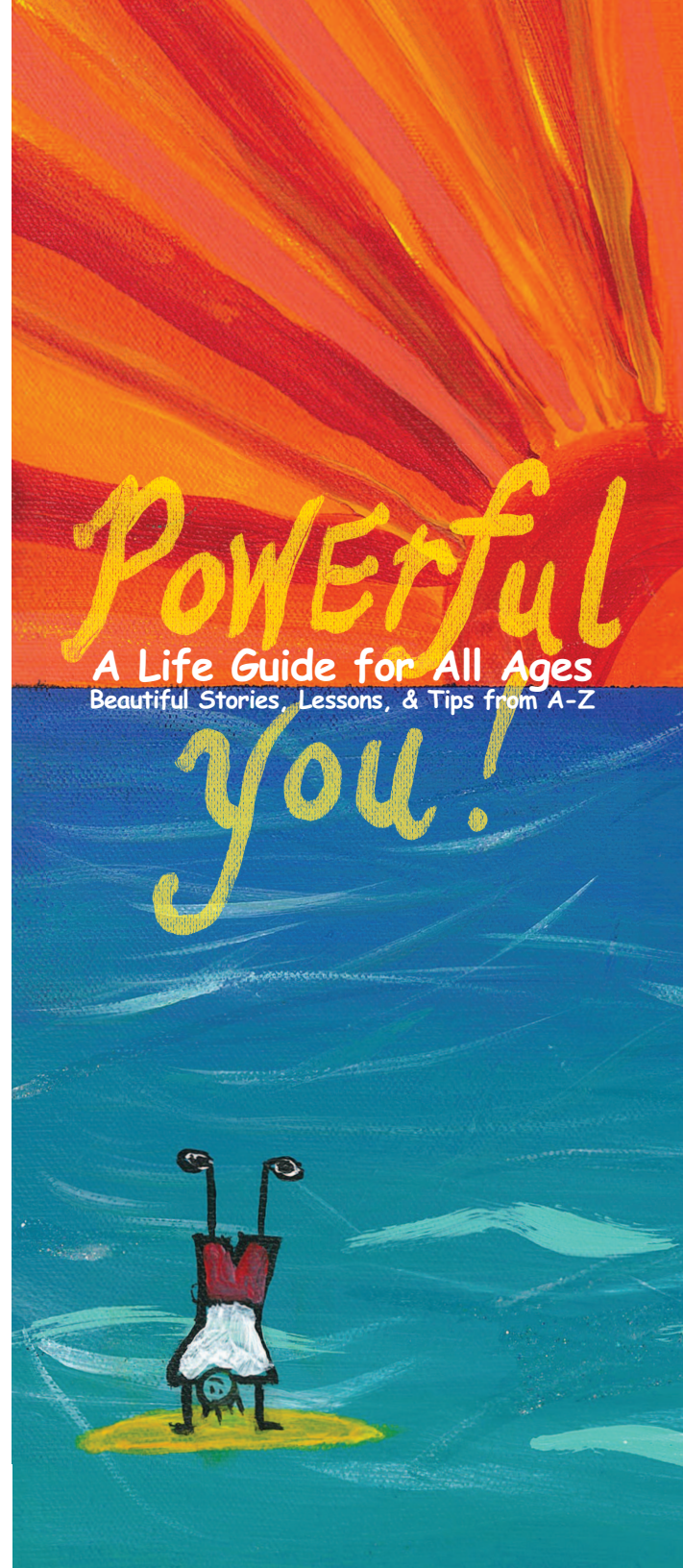
**Breathing Ball**

**Classroom  
Transition  
Chime**



**JULIE FRIZZI**

Author | Speaker | Yoga | School Counselor



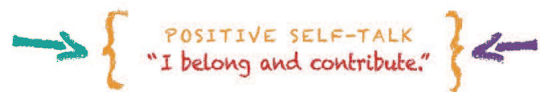
# HOW TO USE *Powerful You!*

## 1. Practice Breathing and Stretching

Use breathing ball to practice a few minutes before each lesson.



## 2. Review Positive Self-Talk



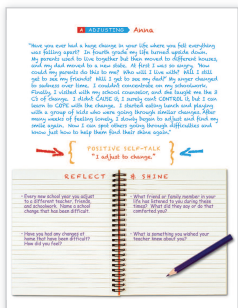
## 3. Introduce One *Powerful You* Kid

Choose one at a time, in any order you choose



## 4. Display the *Powerful You* Educator Card

Show at child's eye level.



## 5. Recite the *Powerful You* Positive Self-Talk

Share the corresponding self-talk from the story aloud and have the children verbalize the affirmation.



## 6. Read the *Powerful You* Story

Read the story aloud to the classroom or group.

### ADJUSTING Anna

"Have you ever had a huge change in your life where you felt everything was falling apart? In fourth grade my life turned upside down. My parents used to live together but then moved to different houses, and my dad moved to a new state. At first I was so angry. 'How could my parents do this to me? Who will I live with? Will I still get to see my friends? Will I get to see my dad?' My anger changed to sadness over time. I couldn't concentrate on my schoolwork. Finally, I visited with my school counselor, and she taught me the 3 C's of change. I didn't CAUSE it, I surely can't CONTROL it, but I can learn to COPE with the change. I started eating lunch and playing with a group of kids who were going through similar changes. After many weeks of feeling lonely, I slowly began to adjust and find my smile again. Now I can spot others going through difficulties and know just how to help them find their shine again."

## 7. Allow Reflection & Journaling Time

Read each journaling question aloud. Children buddy up with a partner or group to allow open communication and discussion with each other.

## 8. Ring the Transition Chime

After 2-5 minutes, ring the chime, to encourage calm transition to next question. If time permits, allow student sharing time with whole group.



## 9. Enjoy Quotes, Activities, and Tips Together

Go to [powerfultyou.info](http://powerfultyou.info) for more books, videos, and activities that go with each *Powerful You* lesson.



## 10. Display Classroom Skill Sign

For classroom integration, display the corresponding skill sign.

## Basic guidelines for implementation

» *Powerful You* lessons are laid out for use in any order. However, it might be best to start the year with *Adjusting Anna* and the color cloud activity. This allows counselors to teach school adjustment and collect important feelings data. A yearly plan using *Powerful You* can then be designed according to school needs.

» Some stories have sensitive information that may cause emotions to erupt during class time. These students may need more individual time with counselor after class.

» Take time to review previous lessons and positive self-talk. Children are empowered each time they repeat memorized positive self-talk from A-Z.

» Give students a chance to make their own personalized *Powerful You* story and picture. Everyone has a story to share! Teach them to be proud of their story and use it to help others.



» Add your own quotes, journaling question, and activities to *Powerful You*. You are more powerful than you will ever know... You make a difference!

# The End of the Beginning.