

Workflow:

Name and Intro
Rules of Engagement
Power posture
How do you know?
Tap, stomp, clap
Draw an elephant
Brain break
Sing a NOT poem
How do you feel?
Power posture
What did we learn?

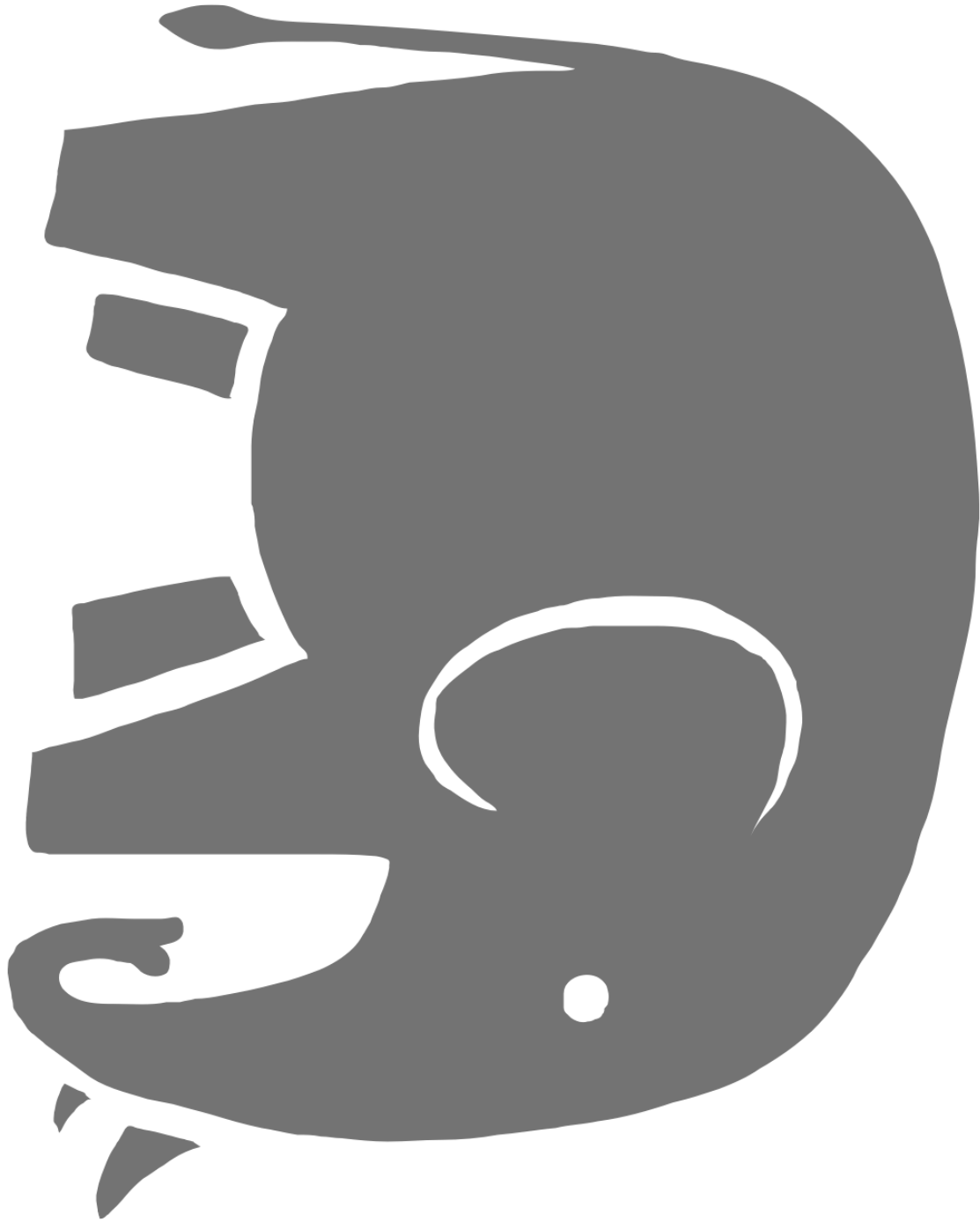
Rules of Engagement

Future STRONG Academy



Present, Polite & Positive

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Group Elephant Exercise

Solo Elephant Exercise



Draw your picture

How do you describe your top THREE emotions?

EMOTION ONE:

EMOTION TWO:

EMOTION THREE:

Label Your Emotions



Reflection Time



Complete the worksheet.

Look at the board.

You described yourself in three words.

You described your emotions in three words.

You and your emotions are different.

Reflection Time

Call to Action



1. Our Promise:

No matter what anyone says, we know ourselves. And we are STRONG. Practice power pose.

2. Our Goal:

To always listen to ourselves first.

3. Our Practice:

Before we reply, we pause, think and then speak.

Before you speak, **THINK.**

Is it **TRUE?**

Is it **HELPFUL?**

Is it **INSPIRING?**

Is it **NECESSARY?**

Is it **KIND?**

Class Takeaway

