

TEXT TO SPEECH QR CODES

Poster #4

EMOTIONAL SELF-CONTROL







- Have you had trouble controlling your emotions in certain situations?
- Have you ever made bad decisions when you were angry that you later regretted?
- Do your emotions get in the way of you focusing on things?
- Do you want things immediately and struggle with waiting?

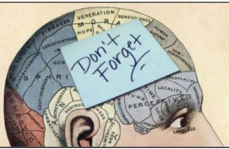
Students who can control their emotions and have patience do better in school, are happier, have stronger relationships, have better health, and make 2-3 times more money than those who don't!

Copyright © 2018 Legacy Mastery Academy ® Lesson 2.2 Creating the Mindset Family Culture

In lesson 2 of Module 0: Creating a Mindset Family Culture, students participate in a **gallery walk** in order to learn about 7 major SEL skills they will strengthen throughout the Mindset Mastery SEL Program. Text to speech codes support their learning by reading out the text to them. This supports English Language Learners and other students with learning differences. Try it out! Direct your camera in photo mode to the QR Code!

The power of belief cards - Cut along the dotted lines


Improve your memory by believing you have a better memory!




Prospective memory is our ability to remember to complete a future action, such as remembering to take out the trash, complete a homework assignment, or call someone back.


In a 2011 study ⁽¹⁾ some people were given a fake drug and told that it would improve their memory, while others received nothing. The group who received the fake drug performed better on the prospective memory test. They also took longer on their exam and put in more effort!

Sophie Parker; 2011 Journal of Memory: A sham drug improves a demanding prospective memory task.






In lesson 1 of Module 1: Rewriting My Story (Erasing limiting beliefs), students pick a card or two among eight **research cards** to read and then teach what they learned to their jigsaw group. After a discussion, they'll justify how important beliefs are to our thoughts, emotions, health, and life outcomes! Try it out! Direct your camera in photo mode to the QR Code!



Name _____ Date _____

21 Day Mental Diet Journal



Introduction: Very happy and successful people have negative thoughts like everyone else, but they don't keep them in their minds for too long. They calm their emotions down using several strategies and then create a positive meaning during tough situations. They have developed this ability through lots of practice, so much that it is almost automatic. Researchers have learned that it takes about 21-66 days to develop a habit where it becomes automatic.

The 21 day mental diet is a powerful way to develop an unstoppable mind so that you can control your emotions, be happier, more confident, and reach your goals. You'll also experience many other benefits of a positive mind: reduced stress, more brain power, better memory, stronger health and immune system, overcome setbacks, better relationships, achieve your goals and many more. Although we will focus on 21 days, we highly recommend you continue strengthening this life enhancing habit on your own!

Goal of the mental diet: This mental diet consists of transforming negative thoughts for 21 days. It doesn't mean you don't have negative thoughts, it just means you will actively work on calming down the negative emotions and applying a more empowering positive meaning to these events. Overtime, you will notice that the amount of negative thoughts will decrease and it will get easier to eliminate negative thoughts as you develop your brain's prefrontal cortex. Remember that negative thoughts drain your energy and lead to negative emotions which lead us to make bad decisions and pull us away from happiness, success and reaching our goals.

How to do the mental diet: Here are the steps to follow when you encounter a negative thought: Remember the acronym RCA. (Recognize, Calm, and Apply)

1. **Recognize minor negative emotions:** Work on being extra sensitive to negative emotions when they are small. A minor negative emotion is a feeling in your body that something is not right, for example stress, confusion, sadness, frustration, hurt, feeling scared, etc. It is much easier to control our emotions when they are small rather than when they are stronger in intensity.
2. **Calm your Amygdala down:** As soon as you feel a minor negative emotion, use one of the quick calm down strategies we learned: Counting down from 5, box breathing, positive quick thoughts, I am excited, walk away, empathy, deintensifying emotions, etc...
3. **Apply a positive meaning:** Think about a positive meaning or opportunity in that negative situation. Thoughts cause our emotions, so if we have positive thoughts, positive emotions will follow which will allow us to think more effectively, resulting in good actions we take, which lead to better results and a stronger belief and confidence in ourselves. Use the following 6 guiding questions to think about the situation.
 1. What is the **opportunity** in this situation/What lesson or skill can I learn?
 2. What greater **problem** did I avoid?/How could it have been worse?
 3. How can I **prevent** this from happening again?
 4. What am I in **control** of in this situation?
 5. What am I **grateful** for in this situation?
 6. **Empathy:** If someone hurts you: What might they be going through?

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In lesson 4 of module 3: The Success Formula, students take reframing challenges to a whole new level by **reading** about the 21-Day Mental Diet, a commitment to reframing each and every negative thought that enters their mind! Try it out! Direct your camera in photo mode to the QR Code!

