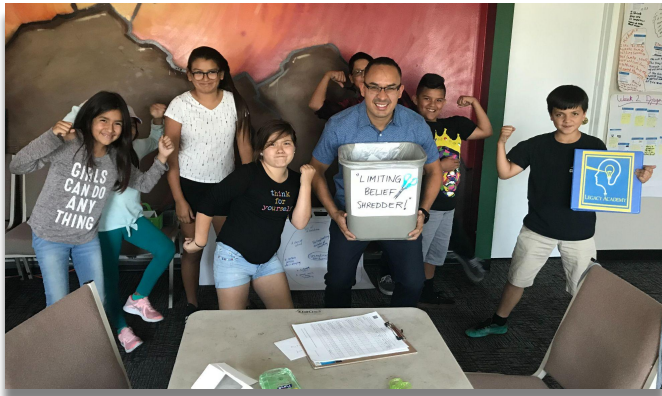



ENGAGING DEMOS & ANALOGIES



In lesson 1 of Module 9: Self-Management, students recreate the famous **marshmallow experiment** on delayed gratification in 1972 led by psychologist Walter Mischel, a professor at Stanford University. Can they persist by not eating the given marshmallow so they can earn a second one or will their willpower give into temptation? Students then explore what happened to those students in the actual study when they were analyzed years later and the impact that self-control has on happiness, financial wellbeing, relationships, health and even longevity!




In lesson 4 of module 1: Rewriting My Story, students **uncover their limiting beliefs** and shred them in a limiting belief shredding ritual. Then they create new empowering beliefs with a plan to fortify them with small wins to provide evidence for the new belief!




Engage: Like Soda or Water?

Do you want to be like a soda can or water bottle?



Reactive: Your emotions drive your actions. Events and people drive your mood, feelings, and reactions.

OR




Proactive: Your values not your emotions, drive your actions. You find a positive meaning in tough situations.

Think of all the bad things that could happen on a day. (30sec) (Get up late, skip breakfast, forget to study, etc).

Be ready for hot call!

- As each student shares a bad event, I'll shake the can for 2 seconds.
- After 10 bad events, I'll ask someone to open the can.
- Using the definitions, does the can represent a reactive or proactive person? Explain.
- Then we will repeat the same process with the water bottle

In lesson 2 of module 4: The Success Blueprint, students experience the **soda can and water demo** to determine if they behave like a soda can or water bottle when shaken or impacted by negative thoughts, emotions, or external events. Students contribute different examples of stressors throughout their day such as getting up late, not eating, being teased, making mistakes, and others and with each stressor, the can or bottle is shaken until it is opened!!!!



The Mindset String

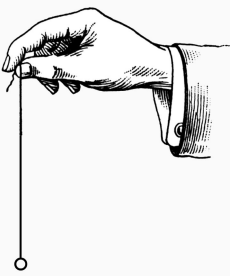
"Now without looking at our hand, and only looking at the washer, we will tell the washer to move left and right. Left and right, left and right, left and right... The washer should now be moving left and right and getting wider and wider..."

Now let's all say 'Still' and bring the washer to a still position.

Now let's get the washer to move forwards and backwards. Forwards and backwards...

Now let's get the washer to be still.

Now let's get the washer to move in circles in a clockwise way. Round and round, clockwise..."



In lesson 1 of module 7: Dream Design - From Vision To Reality, students engage in three powerful and shocking visualization demos: the free throw experiment, the arm stretch, and the **mind string demo** shown here where they learn how to use visualization to accomplishment amazing feats and especially achieve their own personal and academic goals!

