

# KINESTHETIC MANIPULATIVES

## 4 Ways to become more responsible

We will learn about 4 ways to become more responsible.

- In teams of 4, organize the 12 cards into four columns by strategy title, image, and description. (4min)
- Ensure that everyone has a chance to speak and that everyone actively listens to each other.

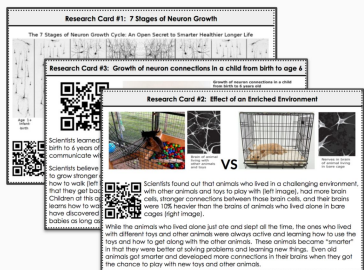


Change the way you view responsibility	Avoid these 3 signs of irresponsibility	Take Ownership	Think and Make Proactive Decisions
People fear the word "responsibility" but successful people see it as "Response Ability" our ability to respond to situations and to take charge of our lives. Get excited about making decisions that will help you grow, achieve goals, build confidence, and build the life you really want!	Avoid blaming others, shaming yourself, or making excuses. These 3 things keep us in a reactive mode, where we let our emotions, external events, and others control our lives. Successful people are proactive and know that they are 100% responsible for their lives!	Admit when you're wrong and learn from your mistakes, but don't beat yourself up. Feeling guilty does not help you fix the situation. Apologize, learn, and correct the situation right away. When we apologize, admit mistakes, and fix the situation, we build confidence, meet our goals, and become trustworthy and respected by others. Everyone makes mistakes, but owning up to them is an admirable and powerful quality.	Our decisions first begin as the thoughts we choose to have, which then create our emotions that drive our actions. Successful people choose their thoughts carefully. If they have negative emotions, they calm their emotions down, focus on their values, think of the impact of their actions on others, and then make a decision.

In lesson 4 of Module 2: Personal Power, students **categorize the cards** to learn about the four ways to become more responsible!

## Intelligence Research Cards

- In teams of 3-5, each member selects one or two research cards to explore. There are ten in total, but you're team will choose 8 overall. (30sec)
- Read and prepare a 30 second summary of each card "in your own words" explaining what you learned. (5min)
- Be ready to share with your team.



In lesson 4 of module 3: The Genius Secret, students pick a **research card** to read or hear (QR text-speech) and then teach their group what they learned about the science of intelligence! After a group jigsaw activity discussion, students will discover that our intelligence, personality traits, athletic ability, and even talents are malleable with enough effort, feedback, mentorship, learning from mistakes and trying new approaches.

## The Mindset Game

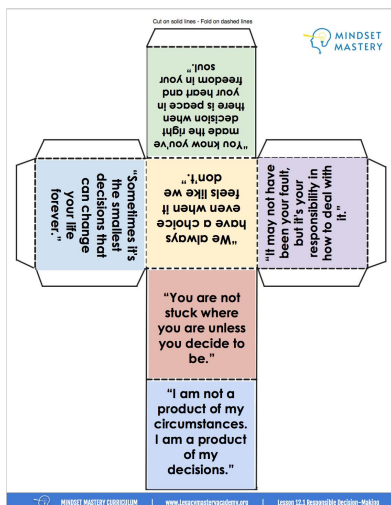


Directions: (in groups of 3-4 students)

- The left side of your table/desk represents "Mindset Drainers" and the right will be "Mindset Chargers."
- Pick one card at a time, read it to the group, and discuss which side it belongs in and why. Use these discussion stems:  
"I think this goes here because..." "I agree/I'm not sure because..."
- You have 10 minutes to complete as many as you can before time runs out!

MINDSET DRAINERS	MINDSET CHARGERS
Helping Others/acts of kindness	Getting 8 hours of sleep
Drinking lots of water	Taking study breaks
Meditation/breathing Well	Eating healthy food
Balancing work and play	My friends help me academically
Having meaningful conversations	Recharge with a nap, massage or trip
Being Grateful	Sleeping late
Drinking soda all-day	Studying for long hours in a row
Playing video games excessively	My friends hate school & pressure me
Being on social media for hours	Never taking time to re-energize
Hearing negative music	Worrying only about yourself
Exercising or playing sports	Sitting around with little activity
Focusing on what you don't want	Focusing on what you want
Focusing on what you can't control	Focusing on what you can control
Blaming yourself for everything	Learning from your mistakes
Reading motivational books	I watch hours of funny YouTube vids
Gossiping and venting with friends	Talking to a mentor or role model
Trying to be someone you are not	Being your true self
I focus so much on my weaknesses	I appreciate my strengths
Complaining and making excuses	Constantly improving little by little

In lesson 8 of module 9: Self-Management, students **sort the statements** into Mindset Chargers or Drainers in order to explore how to nourish their minds effectively!



In lesson 1 of module 12: Responsible Decision-Making students roll the **decision-cube** in order to discuss how they relate to the quote!

