

My Gift Workbook



Weakness or Strength?

Sometimes the very thing that we think is a weakness, can be a strength when we look at it in a different way! Write how the following characters have weaknesses or strengths depending on how you look at it.

Weakness

Strength



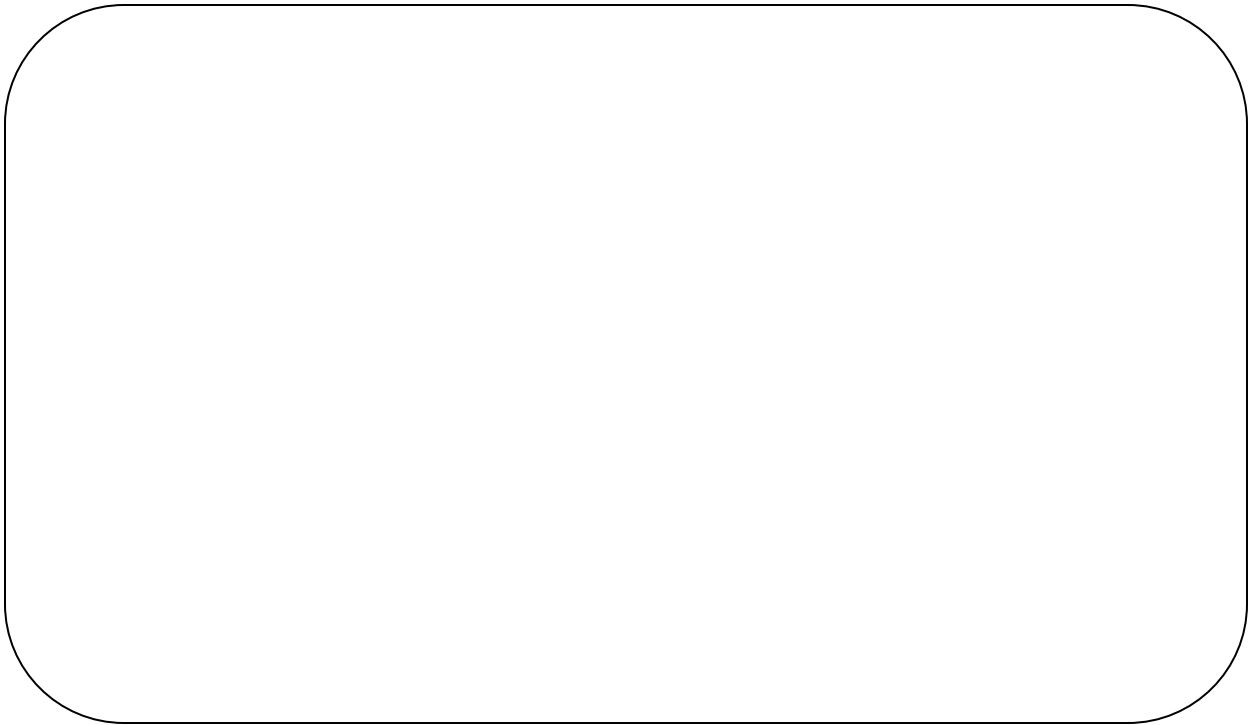




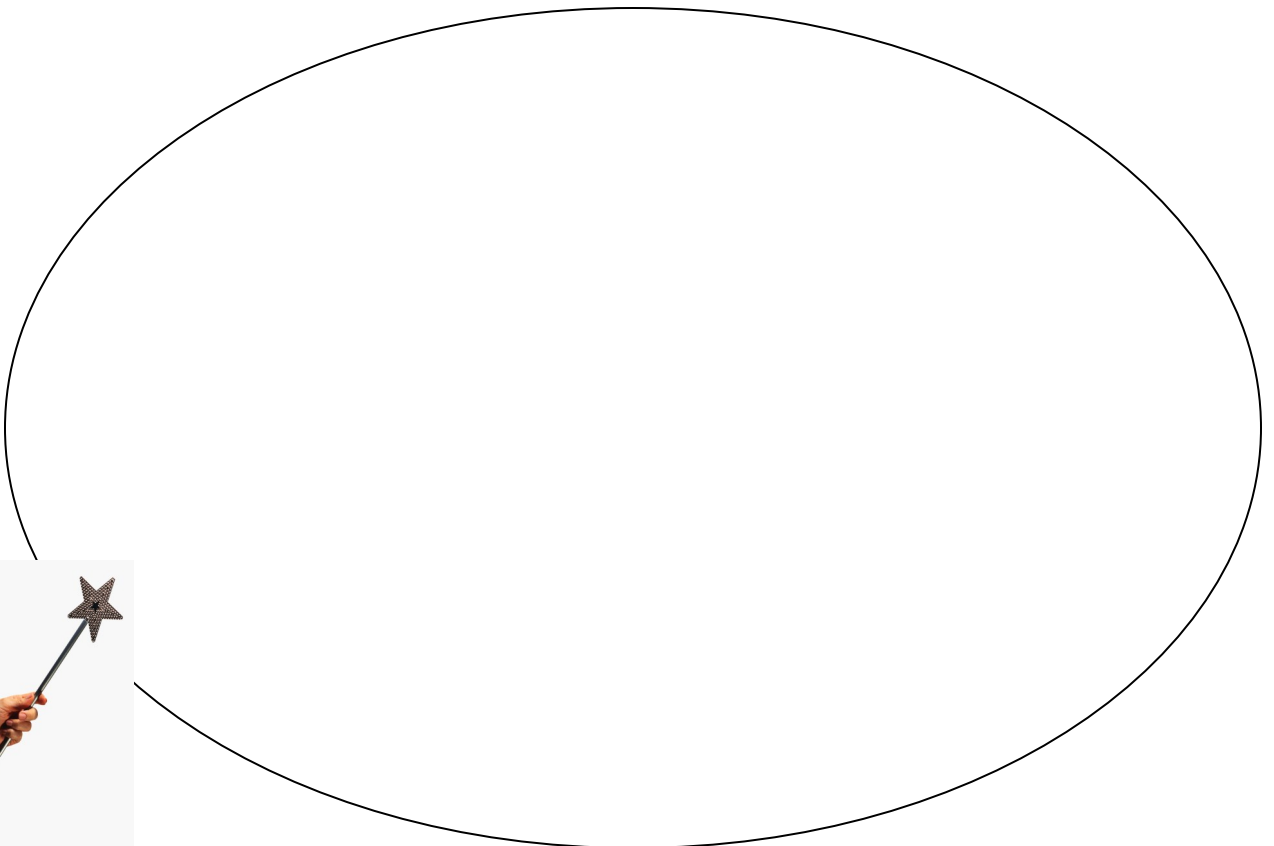




Now you try. Draw a picture or write about one thing you think is a weakness you have:

A large, empty rounded rectangle with a thin black border, intended for a drawing or written response.

Use your imagination. How could you look at it to make it into a strength?

A large, empty oval with a thin black border, intended for a drawing or written response.

Why Try?

Sometimes we feel like giving up because we don't see the next part of our story. We can't see the point of continuing to try if we believe we will fail. All these characters chose to do hard things. What would have happened if they gave up?

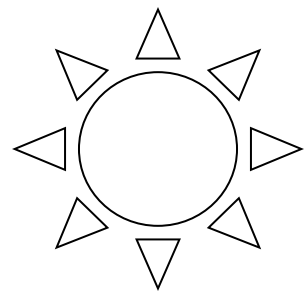
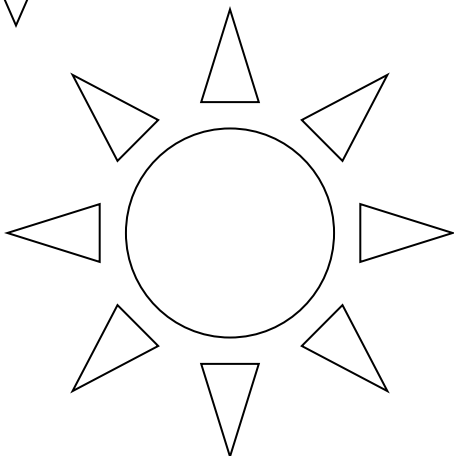
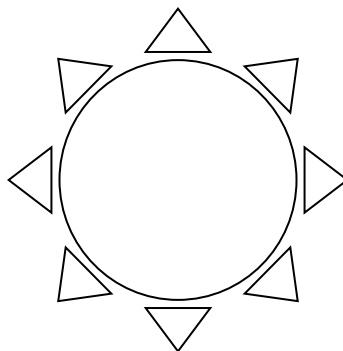
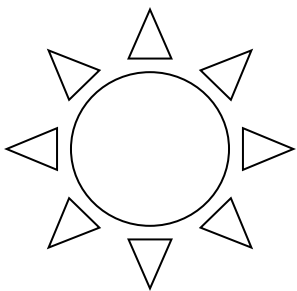
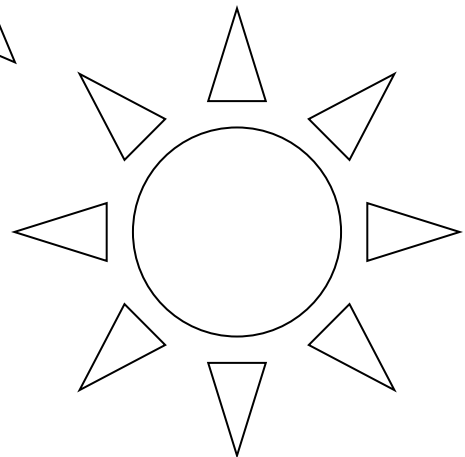
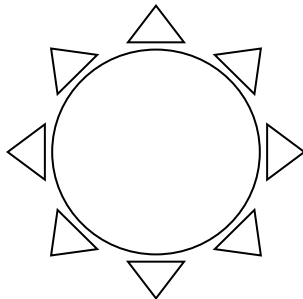
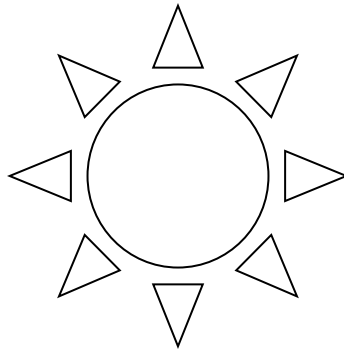
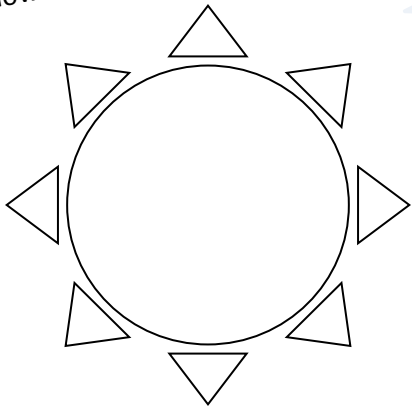


Pick one of these characters and write or draw a picture of how their story would be different if they gave up.

Write some wishes
and goals you have for
yourself in the suns
below.

Wishes and Goals

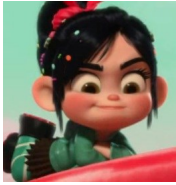
Ideas: What do you
want to be when you
grow up? What talent
do you wish you had?



Will any of these come true if you give up? Why or Why not?

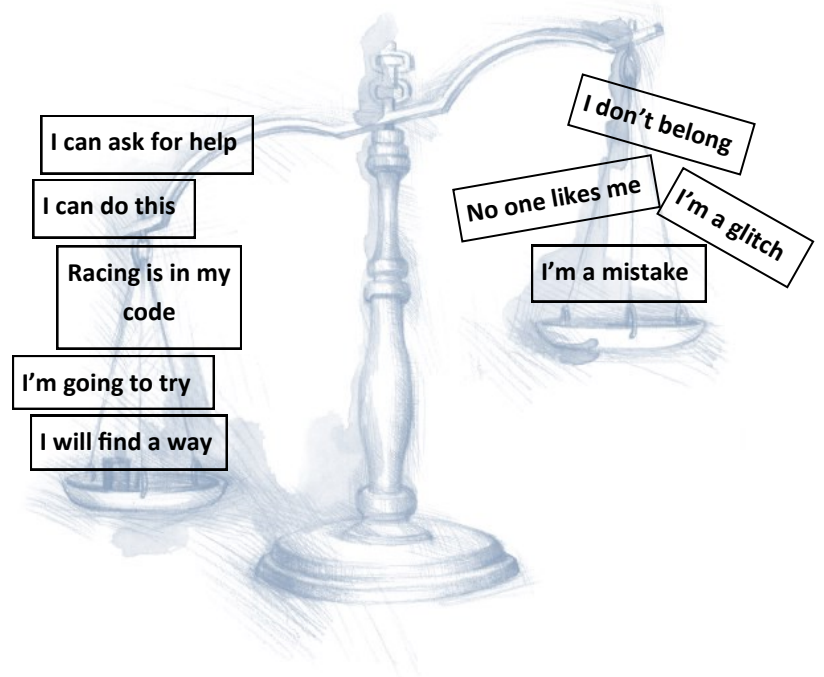
That's Heavy!

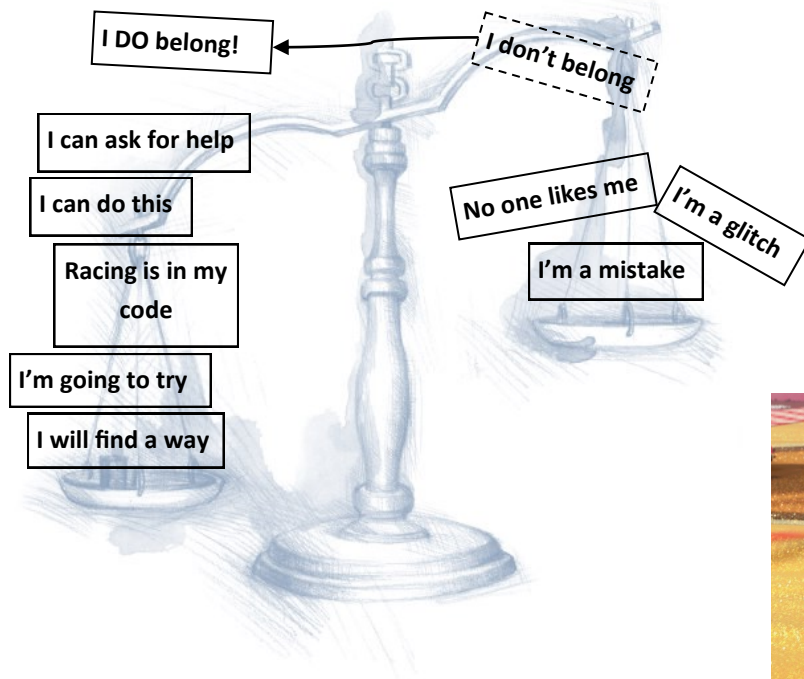
If the thoughts and beliefs we have outweigh the positive things we feel about ourselves, we can feel very sad, angry and discouraged. Negative thoughts are heavy! When we have a lot of negative thoughts, it can feel like there is no use trying and we might want to give up. We need to learn ways of either not believing those thoughts or to keep trying anyway until we prove those thoughts are not true! Lets look how Vanellope did this.



Here she sees her negative thoughts are making her feel bad. She needs something on the other side to outweigh those negative thoughts!

She thinks some positive thoughts and decides to keep trying! She asks for help with the things she can not do (get a car) and she practices the things she CAN do: her driving skills.





She learns how her thinking errors are not true and she starts changing them for TRUTH statements about herself. She learns she is a Queen!



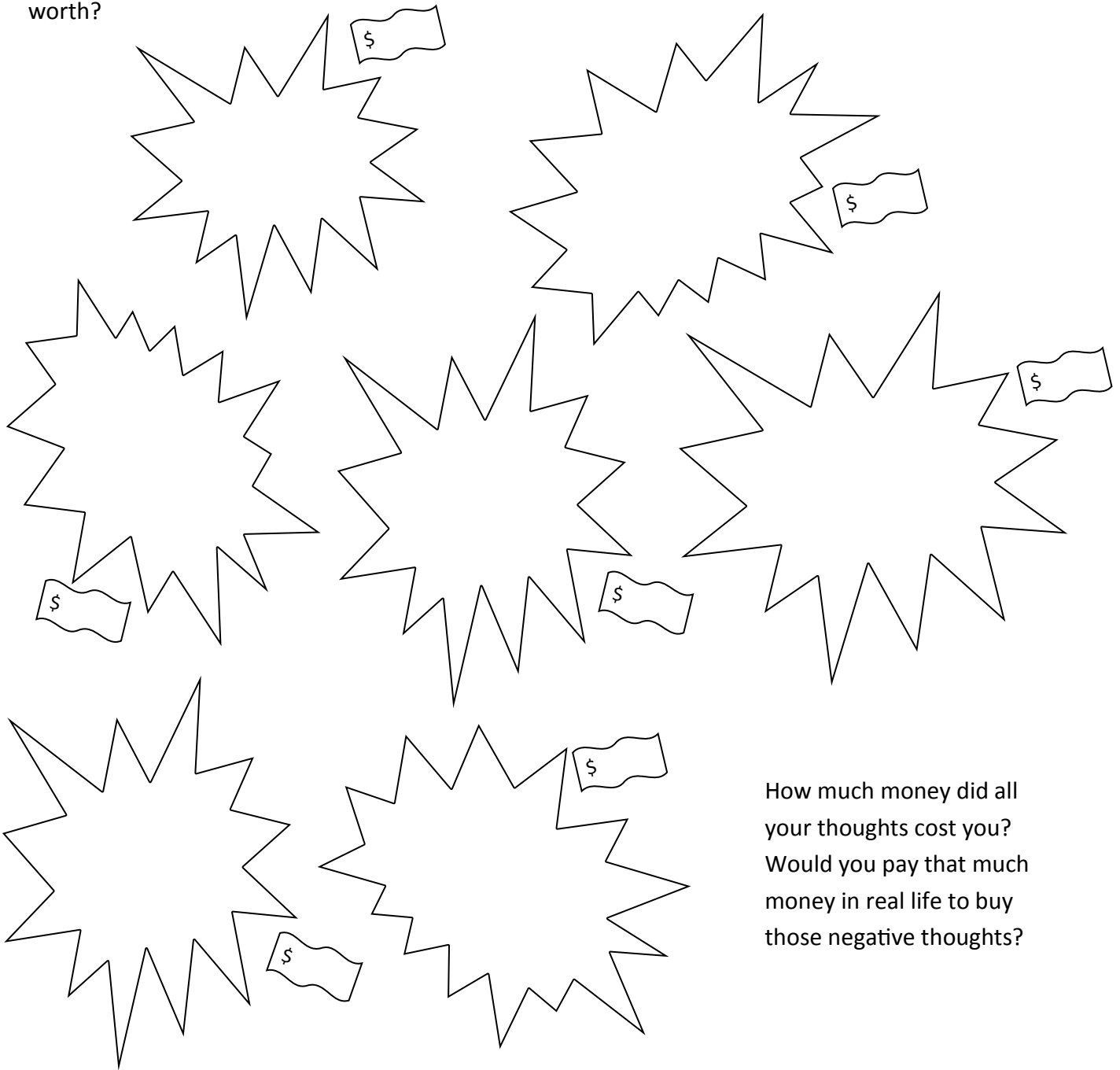
How about you? What do your thoughts look like on the scale?

Write them below.....



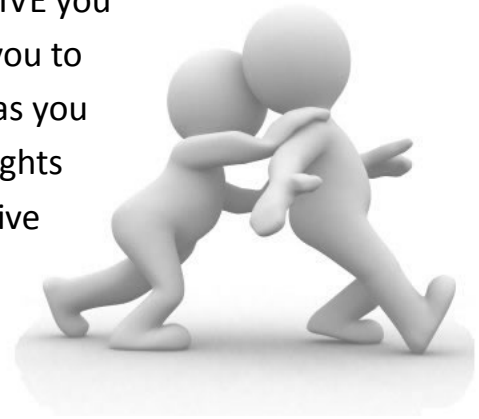
The Cost of Thoughts

Did you know that your thoughts cost something? They do! If you think negatively, the thoughts can use up your energy and make you feel tired or make it easier for you to give up or feel upset. If you give up, you might miss out on fun experiences! Negative thoughts also take up a lot of space in your head and make it harder for you to think about good things. Hurtful thoughts can stop you from being able to have fun and make friends. How much are negative thoughts costing you? Pretend that you can put a price tag on your thoughts. How much money do you think they are worth?



How much money did all your thoughts cost you? Would you pay that much money in real life to buy those negative thoughts?

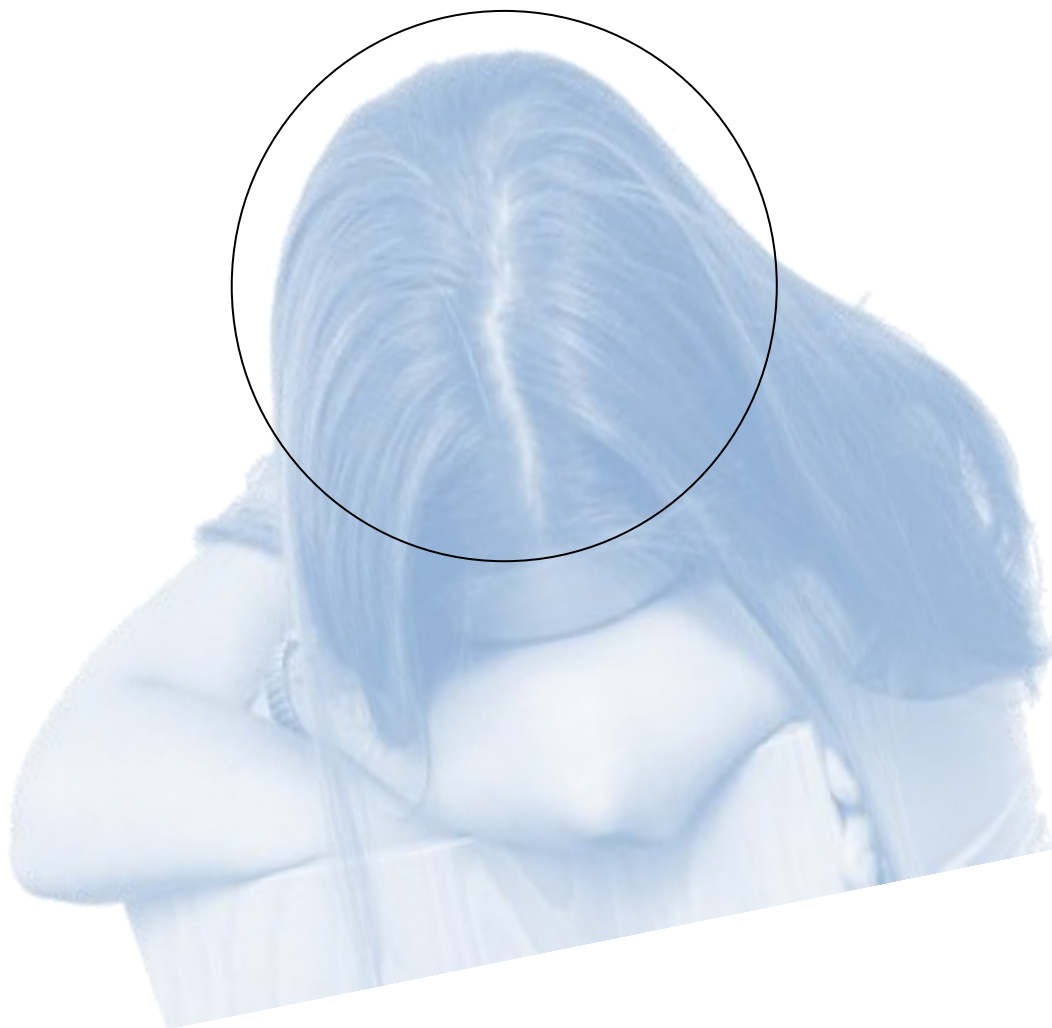
On the other hand, positive and happy thoughts can GIVE you more energy and help you feel better! They motivate you to finish tasks and to keep trying! You can think as many as you want and there is always room for more! Positive thoughts share space and attract more positive thoughts. Negative thoughts, however, don't share space and they push positive thoughts out.



This is Hermione's Bottomless Bag. Fill it with as many positive thoughts as you can! Write or draw happy things in the bag!

Running out of space

How much space are negative thoughts taking up in your head?
Color in the pie on this child's head to show how much time you think about each negative thought each day



Is there any room left for happy or peaceful thoughts?

When the room is filled with negative thoughts, you can feel bad about yourself. How do you feel when your head is full of hurtful thoughts?

Who is your hero? Draw a picture of your hero below.

How much of your hero's head is filled with negative thoughts?



Although everyone thinks negative thoughts from time to time, they have to push those thoughts aside to succeed and keep trying. Eventually they chose to believe different things about themselves.



What if....

....my negative thoughts are things my parents or teacher tells me?

Unfortunately, sometimes people we love are the same people who tell us hurtful things about ourselves. Lets look at what Mike did when people kept telling him he was going to fail.



Mike always wanted to be a scarer at Monsters Inc from the time he was little.



When he got old enough, he went to school at Monsters University.

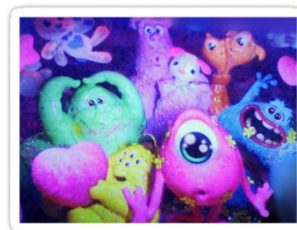
He studied very hard every day so he would do well on his tests.



Even though he tried hard, his teachers were sometimes mean to him and told him he could never be scary.



His friends made fun of him and said he should not be there and should give up.



Sometimes he was bullied but he still did not give up.

Mike and Sulley were kicked out of the University and they still did not give up.



Mike choses to focus on things he CAN do and he gets a job in the mail room at Monsters Inc. He works his way up to achieve his dream.

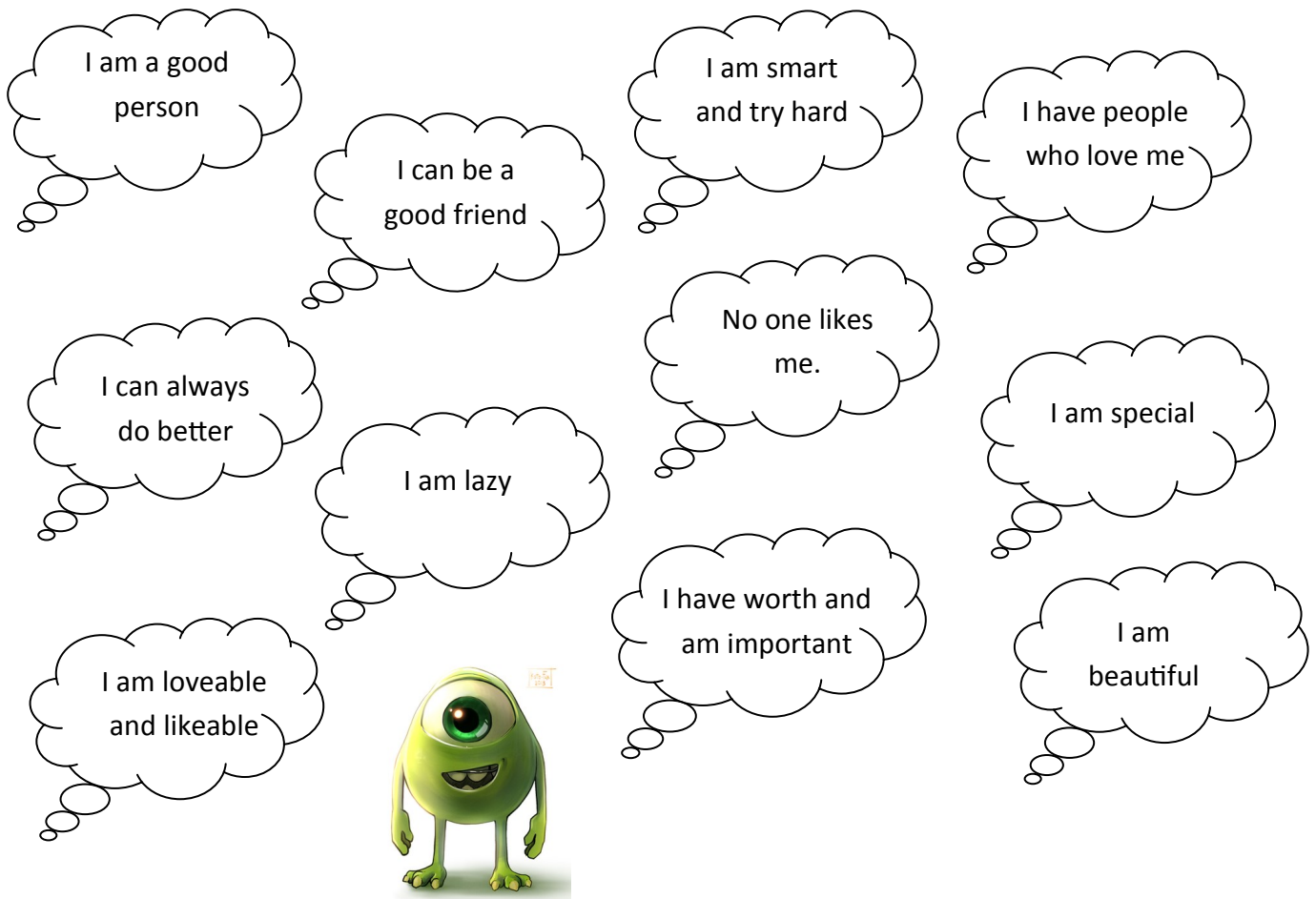


You Decide!

Like Mike, you get to decide who you want to be! You can decide which thoughts to keep and which ones to throw away.

What did you like most about Mike's story?

What things do you want to believe about yourself? Color the happy thoughts....



Like your hero and Mike, you get to decide what thoughts stay in your head and which ones get thrown away. This will make more room in your head for GOOD, HAPPY thoughts! Do you have any thoughts you want to throw in this garbage can? Help Felix throw them in the trash by writing them on the garbage can.



Be A Balloon!



Try this relaxing exercise!
Imagine you are a big Macey's day parade balloon. Pick your favorite hero or favorite character to be.



First, Imagine you are flat.
Let your body droop over in
your chair or on the floor.



Next, imagine you are slowly
being filled with air. As
you are being filled, you
slowly raise your body .

Slowly count to
10. Each number
you are filling with
more helium and
getting higher to
sitting up or
standing.



1.... 2.... 3.... 4....



5....6....7....8....



9..... 10!





(Adorable) Pig Monster by Matthew Iman



URGE MONSTERS

Urge Monsters want us to do things that are either inappropriate or the wrong thing to do at that time. For example, hitting other people is never ok so that urge is inappropriate. Jumping Jacks are a good exercise but if you feel an urge to do it during Math class, then the urge is coming at the wrong time! What does your urge monster look like? Draw it in the circle.

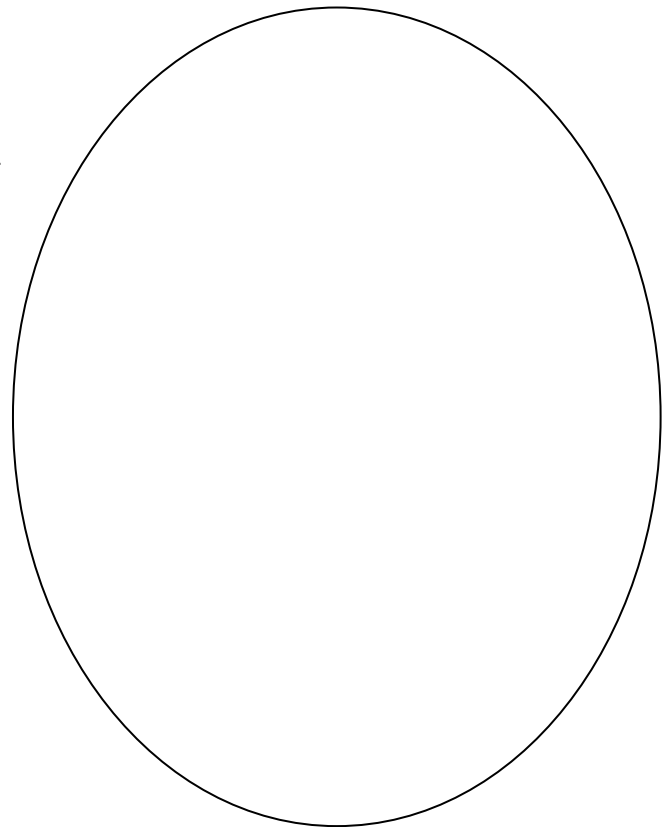
Write about your Urge Monster:

What does it like to do? _____

What does it like to eat? _____

Does it have a name? _____

Everyone has an Urge Monster! You can't make it go away. But you can train it! Urge Monsters need to be fed and taken care of or they can be hard to control. You feed and take care of your urge monster by doing things it likes to do in an appropriate way! For example, if your Urge Monster needs to get out energy, you do it during recess or at the right time! If your urge monster is angry and wants to hit someone, you can draw an angry picture, write angry words, run outside, or get anger out in a safe way.



What Urges does your Urge Monster Have? Circle them!

Yell out
answers in
class

Get out of
your chair
Throw Toys

Take other
people's
things

Eat candy
that is not
yours

Yell in quiet
places

Climb on
furniture

Jump on
bed or off
desks or
other
places

Play too
many video
games

Day dream

Hit people



How to train your monster!

Hiccup was very afraid of his dragon at first. He did not understand that if he trained him, he could be a special friend and gift!



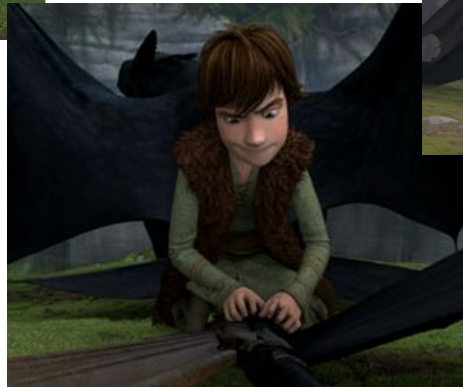
Hiccup started very slowly to learn what this dragon's needs were. He named his dragon "Toothless."



Hiccup saw that his Dragon had the urge to fly but couldn't because his tail was injured.



He fixed his tail and re-taught toothless to fly. Toothless could not fly well on his own. He needed Hiccup to help him. Together they were an amazing team!



Other people did not like toothless. They thought he was dangerous and they were angry at Hiccup. Hiccup protected toothless by training him to be safe, and teaching the villagers how to train their own dragons.

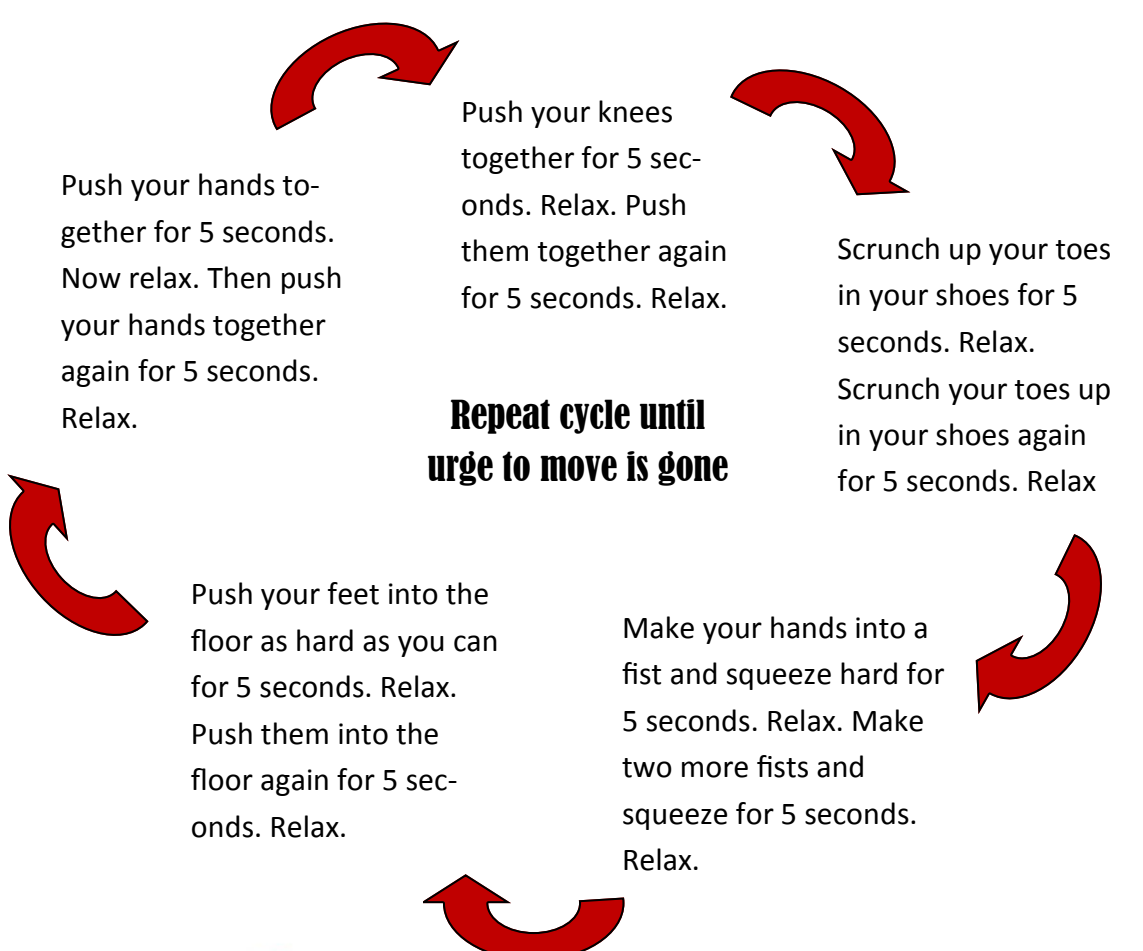


By training his dragon, Hiccup became a great leader and someone the villagers all looked up to!

Urge Monster Training

Your urge monster is special just like toothless. Other people may not think so, but when you train your monster, it can be your best friend!

Do you have urges to move when you need to sit still? Try these exercises to train your monster!



Push your hands together for 5 seconds. Now relax. Then push your hands together again for 5 seconds. Relax.

Push your knees together for 5 seconds. Relax. Push them together again for 5 seconds. Relax.

Scrunch up your toes in your shoes for 5 seconds. Relax. Scrunch your toes up in your shoes again for 5 seconds. Relax

**Repeat cycle until
urge to move is gone**

Push your feet into the floor as hard as you can for 5 seconds. Relax. Push them into the floor again for 5 seconds. Relax.

Make your hands into a fist and squeeze hard for 5 seconds. Relax. Make two more fists and squeeze for 5 seconds. Relax.



When is the right time to run and give your urge monster lots to room to get out energy?

- A— While my teacher is talking
- B— During Recess
- C— In my backyard or at the park
- D— Both B and C

Having lots of energy isn't bad. Its great! Your monster just needs to learn to use it at the right time and in safe ways!

Other Urges...

These are some ways to meet these urge monster's needs in a healthy way



The Urge to Yell:

This Urge Monster is very loud and likes noise! Go outside and howl at the moon or the sun for fun. Tell your monster to save his noise energy for a special loud activity that day. Imagine putting your noise energy in a box during times you need to be quiet. Then sing your favorite song in the bathroom at home and listen to the echo.

The Urge to Talk:

This Urge Monster loves friends. He wants attention. Imagine a friend monster for him to play with. What does the friend look like. Imagine they are playing at the park together. During recess or other appropriate times, get this urge out by talking to friends and making new ones.



The Urge to Hurt:

This Urge Monster feels Angry. Help him calm down by doing the balloon exercise, Bubble Breathing, Writing angry words or pictures in a journal, talking about what is bothering you with a safe adult or friend.

The Urge to Tease:

This Urge Monster likes to laugh and make other people laugh. Think of a joke that will make people laugh without hurting anyone's feelings. Do a silly dance. Read a funny book. Draw a funny picture to share.



The Urge to Take:

This Urge Monster wants things she doesn't have. Teach this monster to ask for permission to pick up things and touch them. Playing "Keep Away" is a good game for taking the ball from someone else. Remind your monster that saving for a toy will avoid the bad feelings from taking something that doesn't belong to you.



Some people have a special super power!
They can sense how other people are feeling. Its like they have a mirror that reveals the hidden feelings of others. These people sometimes act out these hidden feelings.

Reflection Power



Like Norman, they can sense and notice things that other people can't or they ignore.

For example, if everyone is feeling bored, a person with this superpower might say something funny or jump out of their seat to get people to feel better! They feel an urge to do so without knowing why.



The Hard part about this super power, or SENSITIVITY, is that other people do not see them. They only see what they are reflecting back! Sometimes this gets them in trouble because they act out feelings at the wrong times.

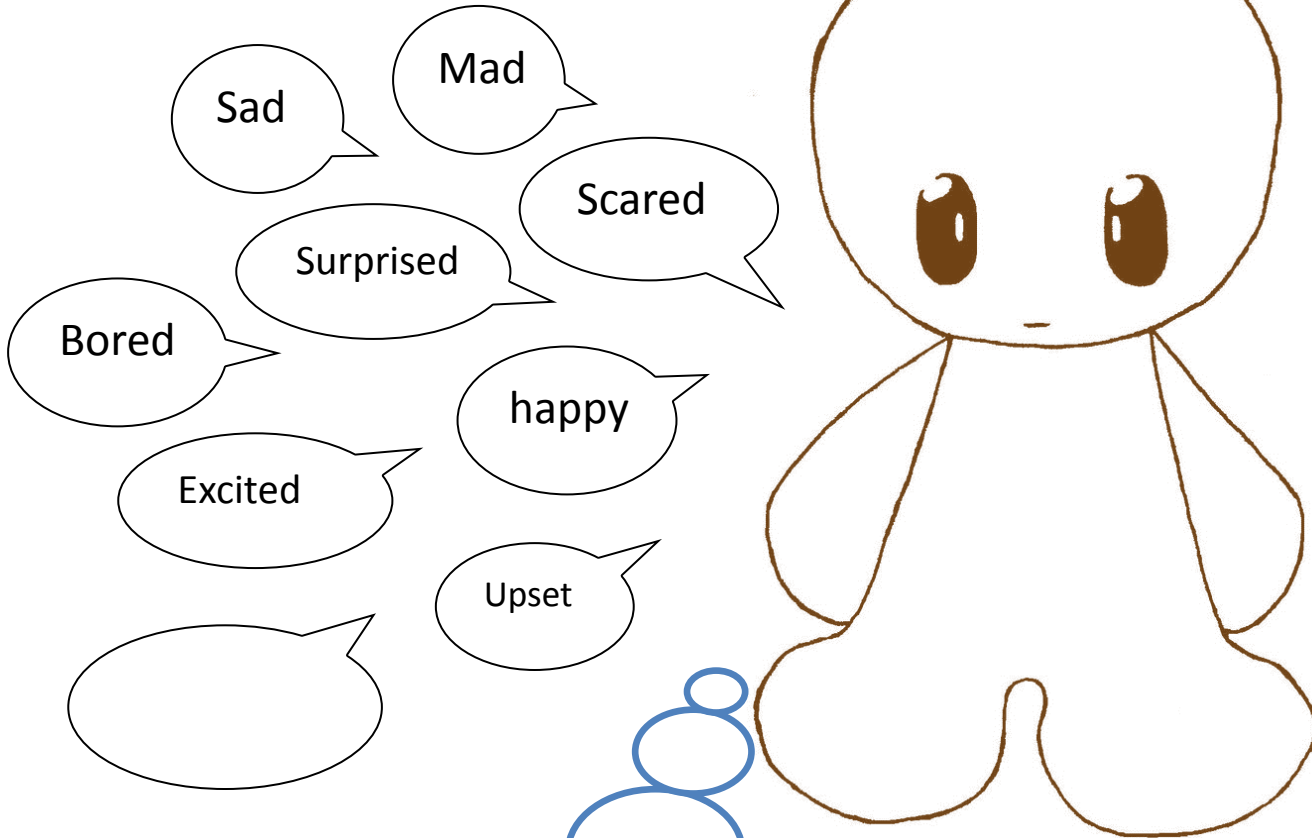
Do you have Reflection Powers? Let's find out! Think about a time you have felt out of control.....

What happened?

Who was there?

Think of the feeling you had when you were disruptive. Color in your body where you feel the feeling. What color is it? How big is it?

Color in the feeling you think it is. If it isn't there, Write in the blank one.



Draw what the feeling looks like in the cloud. Is it hard or soft? Is it Light or Dark? Is it Sharp or Dull? Strong or Weak? Does it have a shape? A safe adult can help you figure out if this feeling is really a reflection of the people around you!

A New Superpower

The ability to reflect and sense what other people feel is a talent and gift. You will need another superpower to help you control it, though. This is an ability anyone can learn.



Force field Control

Like Violet, you can learn how to put a force field around you when you start to feel out of control around other people.



First, learn the warning signs!

Are you feeling overwhelmed?

Feeling pushed?

Feel like there is a motor inside that wants you to act out?

What happens right before you start to feel out of control?

Those are all warning signals to stop and use your force field power!

Figure out YOUR warning signs. Draw or write below what happens right before you start to feel out of control.

A large, empty rounded rectangular box with a thin black border, intended for a student to draw or write their response to the prompt above.



Make a force field

Imagine you have control over an invisible force field that can keep other people's feelings out, and impulses out.

This can be any color you want. It can vibrate so impulses bounce off. Maybe it is round like a bubble or square like a glass box. It can be thick or thin. Close or far away from you.

Draw a picture of your force field protecting you.



TURBO ENGINE GUIDE



If you have more energy than most people, you might feel like Turbo felt around lots of slow snails.

Maybe people tell you that you have too much energy and you need to slow down. Your energy is not bad. Your motor just has more power than others and they might have a hard time keeping up with you.



You may be able to hold still or focus on things that interest you, but your engine sparks out of control when you aren't interested in what is going on.

In order to drive safely, you need to learn to drive the same speed as the people around you so you do not crash! Unless you are racing, then you can go faster than anyone else! If you aren't racing, though, and your motor is in high speed, crashes mean you can get in trouble.



When Turbo tries to go too fast around the other snails he crashes and almost gets very hurt.

What has happened when your energy has been too high around other people? _____



CHECK YOUR SPEEDOMETER

A speedometer is a tool that lets you know how fast you are going. Certain activities have different speed limits. Pretend that all activities have a speed of 0-100 miles per hour. How fast is the speed limit for the following activities?

Watching a movie

**SPEED
LIMIT**

Eating Dinner

**SPEED
LIMIT**

Playing Soccer

**SPEED
LIMIT**

Listening to your
teacher

**SPEED
LIMIT**

Reading a book

**SPEED
LIMIT**

Playing at the Park

**SPEED
LIMIT**

Sleeping

**SPEED
LIMIT**

Taking a bath

**SPEED
LIMIT**

KNOW YOUR ENGINE



Lightening McQueen knows there are certain things that rev up his engine (make it go faster) or calm him down. These can be foods he eats or even people or places he is. Certain emotions also make him go faster.

If you know which people, situations and activities make it hard to control your speedometer, you can change things to keep your speed lower. For example, if sitting by a certain friend makes it harder to sit still, you can sit somewhere away from that friend until recess time. Draw or write things in these boxes that increase your engine speed.

A large empty rectangular box for drawing or writing activities that speed up the engine.

Activities that speed up your engine

A large empty rectangular box for drawing or writing other things that speed up the engine.

Other things that speed up your engine

A large empty rectangular box for drawing or writing friends who speed up the engine.

Friends who speed up your engine

What changes would help you lower your engine speed?
