

HAPPY THANKSGIVING

from the STAFF at WORLVIEW PUBLISHING, INC.

Dear Colleagues,

In the spirit of Thanksgiving we would like to give you the **following four activities** for use with all of your students. These activities can fit nicely into either the Right Choices™, social skills program or the Tough Choices™ emotional management program.

These **forgiveness and gratitude** activities are designed to increase empathy while providing a pro-social way to emotionally connect to others. A forgiveness and gratitude process is guaranteed to increase self acceptance and self esteem by connecting to others in a healthy way which in turn provides a conduit for healing!

Have a great Thanksgiving holiday and please let us know if you would like to **preview any of our award winning, plug and play, DVD driven curricula**. We can extend you a two week trial where you can examine the entire program (*we just ask that you send it back in resalable condition via your carrier if it does not meet your needs*).

Our website below also has the **research behind our evidence based programs** along with an extensive overview of the materials, with video clips, that can be viewed online at www.worldviewpub.com

Sincerely,

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GIVING BACK

The Fastest way to Fill up your personal power supply!

Name 5 of your talents (everyone has at least 20)

Think of 5 ways you can use your talents to
GIVE BACK!

Paying it Forward

Remember the movie with this title where you do something nice for someone for no reason and then he/she has to do the same to pass it on? Like paying a debt you don't owe ahead of time. The theory is that it will spread like wildfire and come back to you and infect the world with kindness!



When is the last time someone did something generous or kind for you when you least expected it?

Describe it:

When is the last time you did something kind, helped someone or made someone's life better in some way? It could be anything from complimenting a stranger to helping someone in need; even if it was a little difficult for you.

Describe it:

What do you think about the concept of paying it forward?

Do you believe that whatever you give out it comes back to you many times over?

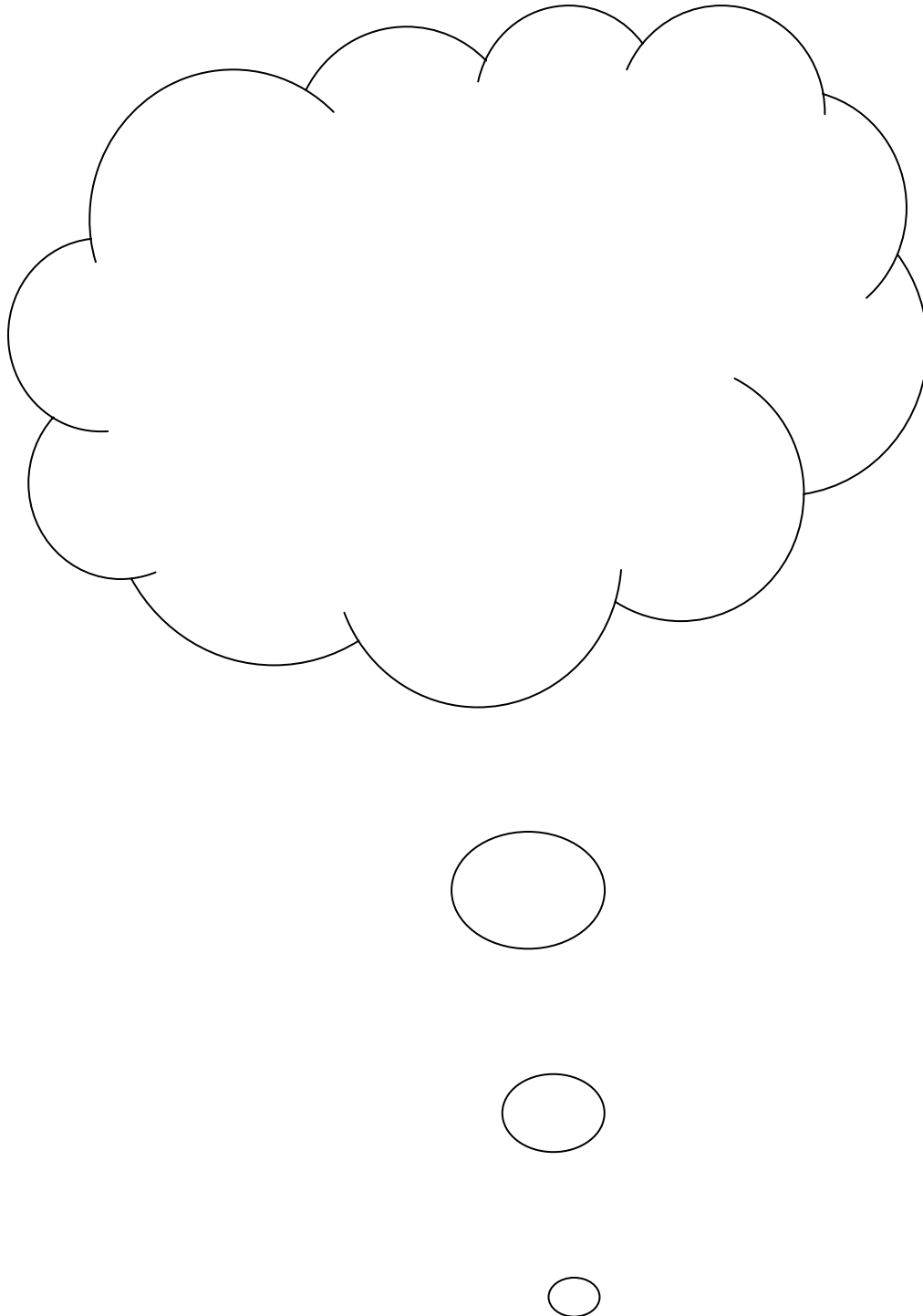
Give an example:

What could you do with your class to help someone who is in need? List some ideas for your group. *Giving to someone in need always fills up your personal power source faster than almost anything else you can do!*

Forgiveness Activity

Releasing Old Negative Messages:

People who take out their painful emotions on others usually were treated the same way as a child. Sometimes it helps to draw a picture of the person who offended you, as if they were a hurt child. Picture how they would look as a small, sad child, put them in the forgiveness bubble, let it float far away and **release them from hurting you ever again!**



Forgiveness Letter



Forgiving someone helps erase the old messages that you heard like:

“I am not Good Enough, Lovable, Capable or Safe “

FORGIVING SOMEONE IS NOT EASY BUT

IT WILL SET YOU FREE!

Activity: This letter is a way of forgiving, not forgetting. It's a way to make room in your personal power supply for great things!

Dear _____,

I lost respect for you and felt _____ when you would do

I felt hurt because you were sending a message that I didn't count, or wasn't good enough etc.

I was fearful because I didn't feel safe, lovable or capable.

IT WAS NOT OK TO DO THIS.

You damaged my thoughts about myself. You took away part of my personal power. Maybe someone did this to you when you were a kid, but you are still responsible for what you did to me. I am learning that if I forgive you it will help erase those terrible messages and will help me break this cycle.

I DO NOT WANT TO DO LIFE LIKE YOU DID....I DESERVE MORE!

This does not mean that you were not responsible because you were.

This does mean that I will forget, because I won't.

This does mean that I am working on forgiving you because that will erase those old messages, bring me peace of mind and

my life will work better!!

(Signature)

NOTE: You may keep this and read it until you are ready to release it. When you are ready to release it you can burn it, shred it, bury it, put it in a helium balloon and release it. (Some people find it helpful to discuss the letter with their counselor and then discuss it with the person it was written to in a counseling session. Attempts to present this letter to the offending person may result in more negative messages. Sadly, many offending people, because they are damaged, and their thinking is so negative, they cannot or will not accept responsibility for their hurtful actions.)