

ACTIVITY 6A

HOW DOES IT MAKE ME FEEL? STUDENT HANDOUT

| What happened to me this week? | How did it make me feel? | What did I do or how did I react? | Is this positive, negative, or neutral? | What else could I have done? Is it positive, negative, or neutral? | How would it make me feel? |
|---|--------------------------|------------------------------------|---|--|-----------------------------------|
| <p>Example: You have to stay home on Friday night.</p> | Bored. | Watched TV and played video games. | Positive. | Called friends and snuck out of the house. Negative. | Scared, afraid of getting caught. |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |
| | | | | | |

WHAT'S YOUR REASON? STUDENT HANDOUT

- You want to be cool.
- You like to take risks.
- You want to fit in.
- You want to be like your friends.
- You are under stress.
- You are bored.
- You want everyone to think you are bad, and then maybe they will respect you.
- You're having fun with your friends and want to keep the fun going.
- You want to be grown up.
- You don't want to follow rules anymore.
- You are celebrating!
- You are mad at somebody.
- You are in emotional pain or are feeling down, and you want other people to know it.

BRAINSTORMING REFERENCE

Brainstorming is an excellent way to come up with many solutions when making a decision. During brainstorming, no idea is too ridiculous or unworkable. Even silly ideas can be valuable for stimulating new ways of thinking about a decision.

The following are some simple rules to follow whenever you brainstorm.

1. Wild, crazy ideas are okay.
2. No criticizing, evaluating, judging, or defending an idea during the brainstorming session. Only give ideas.
3. The more ideas the better. This is one time when quality is not as important as quantity.
4. Everyone in a group must contribute.
5. Every idea has the same worth. No idea is better or worse than another.
6. Use the ideas of others to build on or come up with more ideas of your own.
7. After a classmate shares an idea, continue brainstorming using the words, “yes, and” before stating your idea. Using the words, “yes, and” helps you build off of others’ ideas. This is in comparison to using the words, “yes, but”, which can have the opposite effect and stop the flow of ideas in brainstorming.
8. Record all ideas. The person recording should write ideas down exactly as said—no editing. When ideas are coming very fast in a group, it may be helpful to have two recorders.

Adapted from Fox, M., et al. (2007) Making good decisions. Survive, strive, thrive: Keys to healthy family living, Lincoln, NE: University of Nebraska Extension