

ENTREPRENEUR:



A2 Be A YES Challenge: A path to flourishing
Student Manual



Empowering Youth with the Youth Start Entrepreneurial Challenges Programme

CORE ENTREPRENEURIAL EDUCATION		ENTREPRENEURIAL CULTURE		ENTREPRENEURIAL CIVIC EDUCATION	
	IDEA CHALLENGE I can develop an idea.		HERO CHALLENGE I can learn from role models.		MY COMMUNITY CHALLENGE I can do things for the community where I live.
	MY PERSONAL CHALLENGE I can solve personal challenges.		LEMONADE STAND CHALLENGE I can sell things.		VOLUNTEER CHALLENGE I can engage in community service.
	REAL MARKET CHALLENGE I can develop a business plan for the market.		START YOUR PROJECT CHALLENGE I can plan and implement my project with a team.		DEBATE CHALLENGE I can develop and debate my opinion.
			EMPATHY CHALLENGE I can empathise with myself and with others.		STORYTELLING CHALLENGE I can tell stories.
			BUDDY CHALLENGE I can support others in achieving their goals.		OPEN DOOR CHALLENGE I can network with others.
			PERSPECTIVES CHALLENGE I can understand I am part of my environment.		TRASH VALUE CHALLENGE I can create something valuable out of garbage.
			BE A YES CHALLENGE I can say “yes” to myself and those around me.		EXPERT CHALLENGE I can apply learning and communication techniques.
			EXTREME CHALLENGE I can set and achieve difficult goals.		

The Youth Start Entrepreneurial Challenges Programme is based on the TRIO Model, which is a holistic definition of entrepreneurship that encompasses three areas:

- CORE ENTREPRENEURIAL EDUCATION** – Supports entrepreneurial qualification in a narrow sense: developing own ideas and implementing them creatively and in a well-structured way.
- ENTREPRENEURIAL CULTURE** – Personal development: self-initiative, self-confidence, teamwork, empowering oneself and others.
- ENTREPRENEURIAL CIVIC EDUCATION** – Enhancing social competences as citizens: assuming responsibility for oneself, others and the environment.

"Empowering Youth" is a holistic learning programme for lower secondary school students and promotes personal initiatives and entrepreneurial spirit. It is part of the "Youth Start Entrepreneurial Challenges" programme. All competence levels (A1 = primary level, A2 = lower secondary level, B1+B2 = upper secondary level) can be downloaded at www.youthstart.eu in English, German and other languages. The "Mind & Body" section provides short video clips with physical "activate & concentrate" exercises and the "Youth Start mindfulness programme".





A2 Be A YES Challenge

A path to flourishing



Ingrid Teufel

All Challenges of level A2 are also available in a printed version in German. You can find them at www.jugendstärken.at (Jugend stärken, volume 1 - 4).



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The author Ingrid "Teufel" (Ger. for "devil") really is a "devil", but a positive, intoxicating one. With incredible diligence, she has written this challenge (A2 Be A YES Challenge: A Path to Flourishing) based on Martin Seligman's *PERMA model* and as part of her training in *Positive Psychology*.

Just leafing through the challenge is fascinating:

Young people are given inspiring prompts and suggestions on how to find their "best possible self" and develop their full potential. Step by step they are invited to explore the various building blocks for a flourishing life.

The workbook also includes appropriate challenges, such as games and exercises to make the brain cells dance.

Another unique aspect is that Ingrid Teufel puts the focus on strengths and passions, so that extraordinary success almost comes by itself. All pages display a great sense of sensitivity and dedication. For all these reasons, this workbook quietly imbues the classroom with positivity and engagement. This enables teachers to create a positive atmosphere, which constitutes a necessary foundation for successful and sustainable learning and growth. Another special feature: apart from being introduced to the core building blocks of a successful and fulfilling life, the young people also train their reading and writing skills in the process.

I am amazed and excited about how this challenge from the "Empowering Youth" Programme helps bring passion and a *strong, positive attitude* into schools!

Dr. Philip Streit

Head of the Institute for Child, Youth and Family (IKJF) in Graz

Board member of the International Positive Psychology Association (IPPA) and leading expert in the application of Positive Interventions in the German-speaking world

These symbols will guide you through the challenge. They have the following meaning:



Instructions for an exercise



Talk to someone about it



Extra tip for you



Think about it



Bonus task



More information can be found in the teacher guide



A2 Be A YES Challenge

A path to flourishing

In the **A2 Be A YES Challenge**, you will get to know the **PERMA-Programme**, which was developed by Martin Seligman, a famous American psychologist, and his team.










They explored what people need in order to "flourish" and to be able to say YES to themselves and their environment. This is how the **PERMA** "Flourishing" Programme came into being.

This programme will teach you how to savor positive emotions, act with engagement, use and develop your strengths, cultivate positive relationships, find meaningful goals, and celebrate your successes.

The effectiveness of PERMA is scientifically proven.

Explanatory video: http://www.youthstart.eu/en/challenges/how_to_flourish/

9 steps to the finish line:

	Step 1 – Flourishing? _____	4
	Step 2 – Savoring positive emotions _____	11
	Step 3 – Acting with engagement - Using your strengths _____	30
	Step 4 – Cultivating positive relationships _____	45
	Step 5 – Finding meaningful goals _____	55
	Step 6 – Celebrating successes _____	68
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AIM

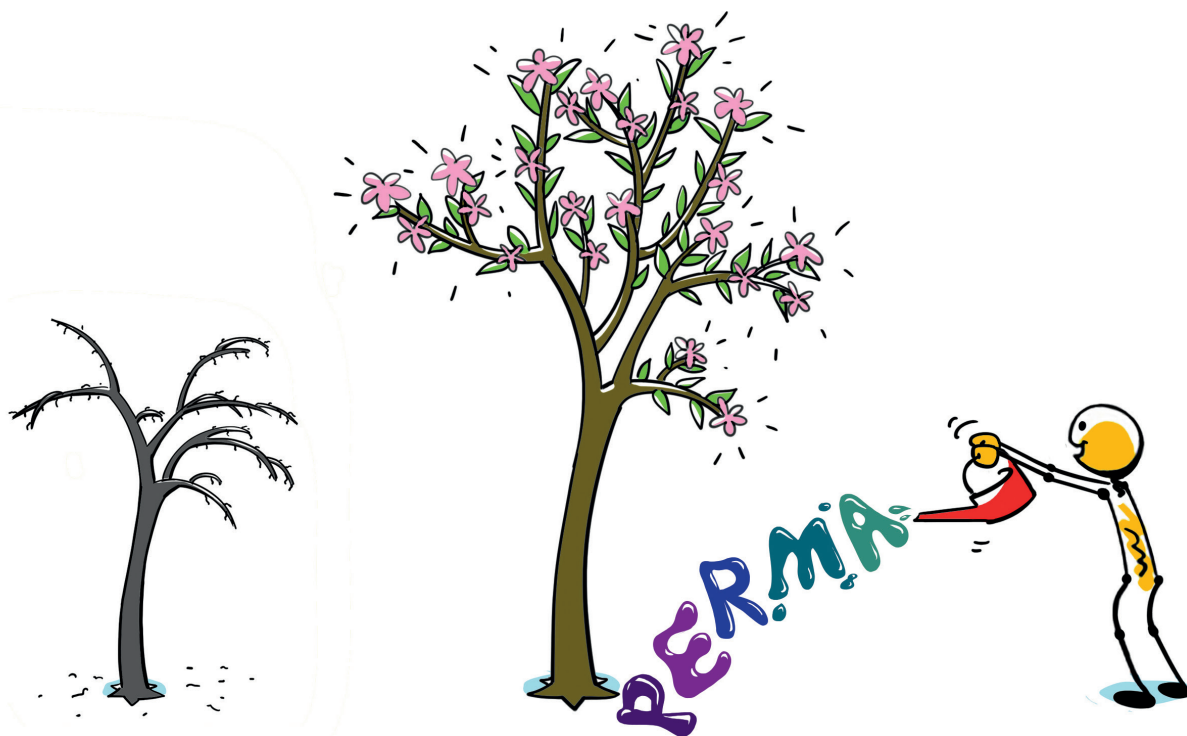
I can flourish by saying YES to myself and my environment.





1.1. Do you want to flourish and thrive?

Imagine you are a young tree.



Do you want to look like the left or the right tree in the future?

Do you want to grow, thrive and flourish beautifully?

You will achieve this goal if you supply your tree of life with everything it needs to grow and prosper.

PERMA, a "Flourishing" Programme that you will get to know in this issue, will support you in

- ... discovering and further developing your strengths.
- ... becoming aware of the many things you can be grateful for.
- ... developing a deep sense of wellbeing.
- ... building positive relationships with the people around you.
- ... recognizing goals that bring good things to you and other people.
- ... accomplishing your goals and celebrating your successes.



Look forward to your future self!



1.2. Getting to know the Flourishing Programme

PERMA is an acronym of five words that stand for ...

P > **Positive Emotions**

Getting to know methods for bringing more pleasant feelings into your life.

E > **Engagement**

Using your strengths to do things that are important to you.
Learning methods and ways to discover and develop them.

R > **Relationships**

Here you will learn how to build positive relationships with others.



M > **Meaning**

Using all of your strengths to do something meaningful for yourself, your community and our whole world.




A > **Accomplishment**

If you set yourself goals, persevere and succeed because of your own effort, you will feel happy and successful.

Two more ingredients to a flourishing life:

-  > **Fitness** of body & mind
-  > **Endurance** to persevere

1.3. For a PERMANent „PERMA Training“ you need ...

- ... a **positive magnifying glass** that helps you focus on the good and the positive, not just on mistakes, failures and weaknesses. Be proud of your strengths and accomplishments. The magnifying glass also helps you when something isn't going very well or even "fails". By paying special attention to positive things, you can find opportunities even in negative situations that you would have missed otherwise. 
- ... a **notebook** and a **pen**. Put both next to your bed so that you can write down what makes you feel grateful and happy every night before going to bed. 
- a warm, contagious **laugh** and **smile**. 
- ... the willingness to empathize with others so that you can ...
 - ... put yourself in their shoes.
 - ... realize when someone needs help.
 - ... forgive others if they have hurt you. Forgiving others makes yourself feel better. Negative feelings and thoughts first and foremost harm yourself because they trigger stress hormones in your brain.



Also introduce the **PERMA Programme** to your family and friends. Then you can flourish together and feel more and more comfortable with each other.



1.4. Your exercises to flourish

Step 2: savoring positive emotions

Aim: You know how to bring good feelings into your life.



	2.1. You are responsible for your own mood!	Page 11	
	2.2. Give happiness a chance	Page 12	
	2.3. What do you think about yourself?	Page 12	
	2.4. The Palace of 1,000 Mirrors	Page 13	
	2.5. Not only flowers blossom. You can do it, too!	Page 14	
	2.6. Your thoughts, feelings and posture are a team	Page 15	
	2.7. Keeping a blessings journal	Page 16	
	2.8. Enhancing and spreading the power of positive feelings	Page 17	
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	2.10. A blessing in disguise?	Page 20	
	2.11. How body and mind influence each other	Page 21	
	2.12. How to put yourself in a good mood	Page 22	
	2.13. Learning to enjoy and savor	Page 23	
	2.14. Planning days of pleasure	Page 24	
	2.15. Laughter is the best medicine	Page 25	
	2.16. Your wellbeing treasure	Page 26	
	2.17. Drawing and painting feel-good images	Page 27	
	2.18. Where did you flourish?	Page 29	
	In your Tree of Life, write down how you evoke positive emotions.	Page 10	

Step 3: Acting with engagement - Using your strengths

Aims: You engage in things that are important to you and use your strengths.

You learn methods and ways to discover your strengths.



	3.1. Be A YES!	Page 30	
	3.2. Your character strengths make you special	Page 31	
	3.3. What are your strengths?	Page 32	



Step 1 - Flourishing?

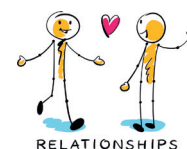
Be A YES
Challenge



	3.4. Your top strengths	Page 33	
	3.5. A defining moment in your life	Page 34	
	3.6. Using optimism as a strength	Page 35	
	3.7. Using perseverance as a strength	Page 36	
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	3.9. Using bravery as a strength	Page 38	
	3.10. Using curiosity as a strength	Page 39	
	3.11. Using creativity as a strength	Page 40	
	3.12. Using acceptance as a strength	Page 41	
	3.13. Liking yourself the way you are	Page 42	
	3.14. Your future self	Page 43	
	3.15. Where did you flourish?	Page 44	
	In your Tree of Life, write down which strengths you use to act with engagement.	Page 10	

Step 4: Cultivating positive relationships

Aim: You know how to build positive relationships with others.



	4.1. Do you have a good relationship with yourself?	Page 45	
	4.2. Good feelings are contagious – bad ones are too	Page 46	
	4.3. Listening mindfully and reacting empathetically	Page 47	
	4.4. Helping others makes us happy	Page 48	
	4.5. Kindness is contagious – unfortunately, unkindness too	Page 49	
	4.6. Starting a kindness chain	Page 50	
	4.7. Writing a gratitude letter	Page 51	
	4.8. Stress?	Page 52	
	4.9. Your wonderful relationship network	Page 53	
	4.10. Where did you flourish?	Page 54	
	In your Tree of Life, write down how you nurture positive relationships.	Page 10	



Step 5: Finding meaningful goals

Aim: You use your strengths to do something meaningful for yourself, the community, and our whole world.



			✓
	5.1. You are what you think	Page 55	
	5.2. Applying the decision triangle	Page 56	
	5.3. Practicing with the decision triangle	Page 57	
	5.4. Everything has two sides	Page 58	
	5.5. When one door closes, another opens	Page 59	
	5.6. Forgiving others sets you free	Page 60	
	5.7. Thinking about your actions ...	Page 61	
	5.8. Anyone can take responsibility – right?	Page 62	
	5.9. Global Goals	Page 63	
	5.10. Together we are colorful and strong	Page 64	
	5.11. How would you like the world to look in 2030?	Page 65	
	5.12. You in 20 years	Page 66	
	5.13. Where did you flourish?	Page 67	
	In your Tree of Life, write down which goals are meaningful to you.	Page 10	

Step 6: Celebrating successes

Aim: You set goals, persevere and celebrate small successes with joy.



			✓
	6.1. Your goal of the heart	Page 68	
	6.2. Step by step to your goal of the heart	Page 69	
	6.3. Your family and their strengths	Page 70	
	6.4. Your family tree of strengths	Page 71	
	6.5. Interview with family members	Page 71	
	6.6. Your accomplishment flower	Page 72	
	6.7. Celebrating a festival of flourishing	Page 73	
	6.8. Where did you flourish?	Page 74	
	In your Tree of Life, write down which successes you are going to celebrate.	Page 10	



Step 1 - Flourishing?

Be A YES
Challenge



Step 7: Keeping body and mind fit

Aims: You eat a balanced diet and get enough exercise and sleep to keep your body and mind healthy.

You make sure to relax and unwind regularly.



			✓
	7.1. ALI and mindfulness	Page 75	
	7.2. Pillars of mindfulness	Page 76	
	7.3. Eating and savoring mindfully	Page 77	
	7.4. Movement makes you fit and smart	Page 78	
	7.5. Relaxation	Page 79	
	7.6. Sleep	Page 80	
	7.7. Meditation	Page 81	
	7.8. Where did you flourish?	Page 82	
	In your Tree of Life, write down how you will keep your body and mind fit.	Page 10	

Step 8: Exercising perseverance

Aim: You pursue your goals confidently and persevere even when things get difficult or uncomfortable.



			✓
	8.1. Goodbye, procrastination!	Page 83	
	8.2. Study fan	Page 83	
	8.3. From grumbler-spirit to power-mind	Page 84	
	In your Tree of Life, write down where you will persevere.	Page 10	

Step 9 – Thinking things over

Aim: You know where you flourished and grew stronger, as well as what you still want to work on.



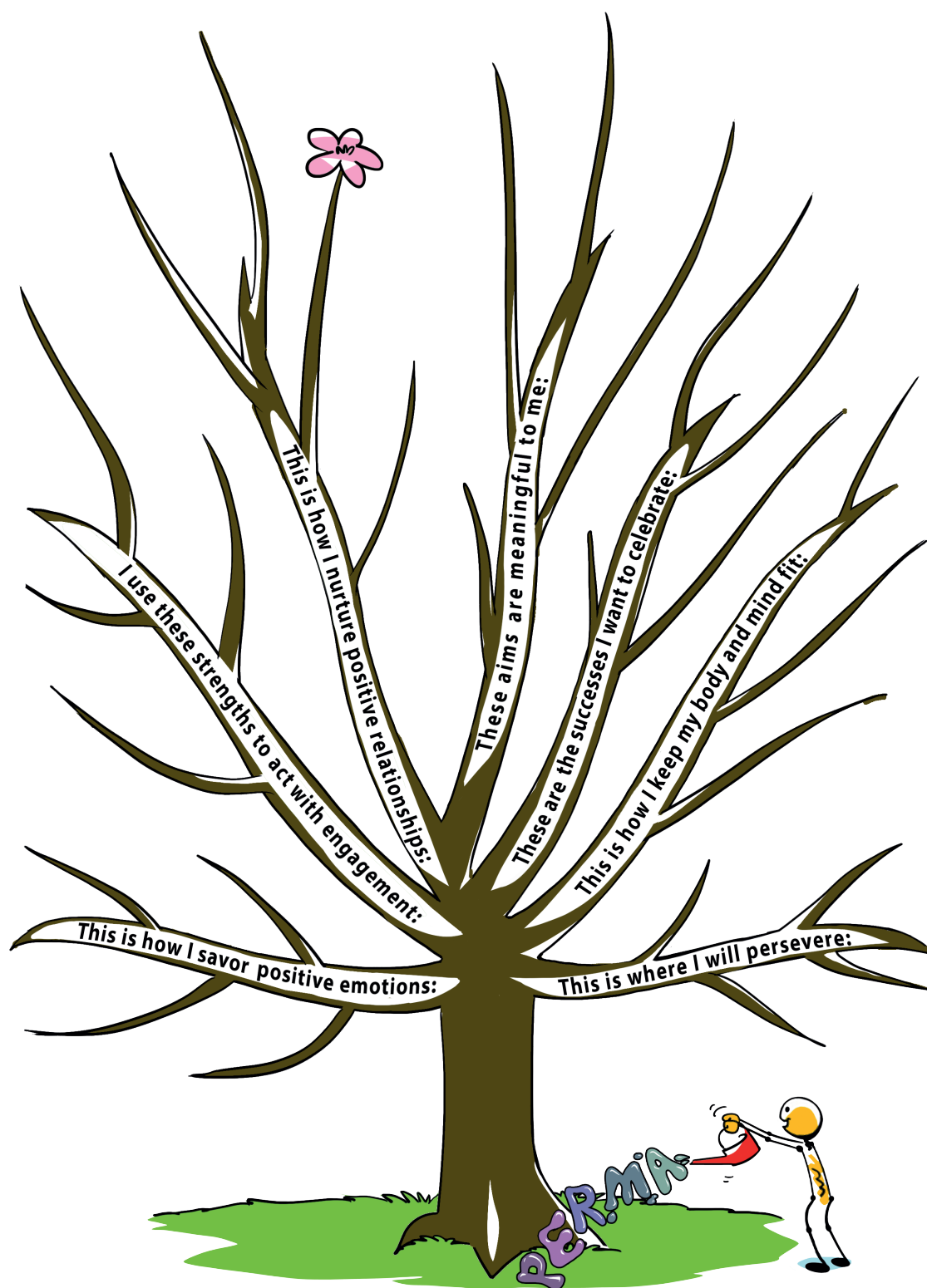
			✓
	9.1. Thinking about your successes and next goals	Page 85	
	9.2. Flourishing	Page 86	
	9.3. Your Tree of Life in full bloom	Page 86	
	In your Tree of Life, write down how you evoke positive emotions.	Page 10	



1.5. Your Tree of Life



Draw your own Tree of Life and write everything that makes you flourish in the branches. Enjoy your journey and celebrate your successes.

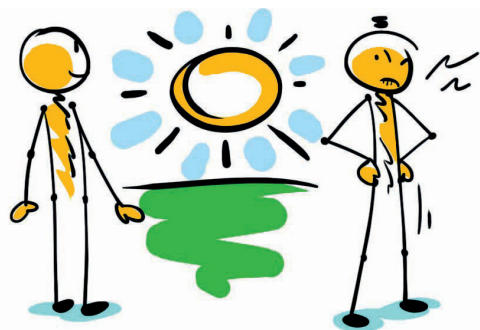




2.1. You are responsible for your own mood!

Has it ever happened to you that you were in a bad mood even though the weather was beautiful? Did you even notice and enjoy the sun?

That surely wouldn't have happened if you'd been in a good mood. In fact, researchers have shown in experiments that we are much more attentive and notice many more positive things when we are in a good mood compared to a bad one..



With the "**Happy Spyhole Trick**" and a smile on your face, you can practice discovering interesting and beautiful details and little things. All you need is your hand. Form a small peephole with it. Use it to scan your surroundings for things you haven't noticed yet.



Here you can draw what you've discovered.



Tasks for wellbeing experts:

Go on a treasure hunt with the "Happy Spyhole Trick" and describe exactly what you have discovered. Write your story in a way that makes it easy for others to follow it so that they can also experience what you've seen.

2.2. Give happiness a chance

Get into the habit of paying more attention to the good than to the negative. Focus your "magnifying glass" on what is positive for you. There's a saying that "energy goes where attention flows". This means that you will notice mainly those things that you concentrate on and think about.

- If you pay attention to the positive, you will notice pleasant things rather than unpleasant ones.
- If you look out for the negative, you will find many more unpleasant things, while overlooking the good things in life.

How are you doing in your life?



Mark the area on the scale below. Where do you see yourself between – (very bad, negative, unlucky) and + (very good, positive, lucky)?



2.3. What do you think about yourself?

- That you are an unlucky fellow who doesn't deserve happiness? Is that what you want to be? No? If you change the way you think, you can become "a child of good fortune". That's because your thoughts will become reality. The power of these "self-fulfilling prophecies" is scientifically proven.
- That you are "a child of good fortune"? Congratulations!

Always remember: When you think about something, you unconsciously look for it and notice it rather than something you are not thinking about. Therefore, if you consciously decide to think positively, you will bring positive things into your life.

Here's an example: If you believe that others are unfriendly, you'll behave differently towards them than if you think they are friendly. Have you ever noticed this?



Briefly describe your experience.



2.4. The Palace of 1,000 Mirrors

The following story describes the effect of the so-called "self-fulfilling prophecy".

There was a place in a remote village far, far away called "The Palace of 1,000 Mirrors." A happy and energetic little puppy who lived in this village had heard of the palace and decided to pay a visit. When he arrived, he playfully bounced up the steep stairs to the open door of the house. He looked through the door with his ears lifted high and his tail wagging very fast. He was surprised because through the door he found 1,000 other happy dogs just like him wagging their tails just as fast as he was.



He gave a great big smile and found the other 1,000 dogs smiling right back, which made him smile even bigger. And the bigger he smiled and the faster he wagged his tail, they smiled just as big, wagged their tails just as fast and were just as warm and friendly as he was. He thought to himself as he was leaving the palace, "This is a wonderful place. I must come back and visit again."

In the same village was an older dog and quite frankly a fairly grumpy dog. He also decided to visit the palace of 1,000 mirrors. As he approached the door with his sad head hung low, he looked up and found 1,000 other grumpy and unhappy dogs staring back at him. He growled and was frightened by the other dogs growling right back. He quickly left and said to himself, "That place is not very friendly, and a bit terrifying, I won't ever go back again."
(fable from India)

Think of this story when you are insecure or anxious before a meeting or a new situation and more and more negative feelings are growing inside you. Just imagine everyone smiling at you.



This is how you are convincing: Make sure that the expression on your face and your posture match your friendly and confident thoughts. Try this in front of a mirror.



2.5. Not only flowers blossom. You can do it, too!

The following graphic illustrates *the Broaden and Build Theory*¹.



Look at it closely, think about it and talk to someone about it.

Positive emotions trigger positive upward spirals.



This leads to an increase in positive emotions and sets further **POSITIVITY SPIRALS** in motion.



> ... build up our strengths, e.g. in areas such as learning, empathic interaction with others, athletic and technical activities, ... (= **BUILD**)

> ... broaden and intensify our attention to positive things, make us more creative, courageous, flexible, ... (= **BROADEN**)

POSITIVE EMOTIONS ...



I'm sure you've realized that positive emotions have a lot of positive effects. But what about negative emotions? Think this through in your mind.



Which development is triggered by negative emotions? Take note of it down below.



Better cross it out again right away!

What would you rather have in your life? Positive upward spirals or negative downward spirals?

This is your decision, because you are responsible for your own thoughts.

¹ According to Barbara Fredrickson (2011): Theory of how one can flourish and excel.



2.6. Your thoughts, feelings and posture are a team



Look at the pictures, think about them and discuss them with others.



Negative thoughts
cause **negative feelings**.
This is expressed by your face and body.



The face and body express **negativity**.
This causes **negative feelings**,
which in turn trigger **negative thoughts**.



Positive thoughts
cause **positive feelings**.
This is expressed by your face and body.



The face and body express **positivity**.
This causes **positive feelings**,
which in turn trigger **positive thoughts**.

Whether you're feeling good or bad, both affect your facial expressions and posture.



Insider tip:

Smile as often as possible and adopt an upright posture. This will create positive feelings and thoughts within you. At the same time, it also triggers positive feelings in others.



In the teacher guide, you can find a game called "Guessing Feelings". Based on the facial expressions and postures of different people, you can try to guess how they feel at the moment.



2.7. Keeping a blessings journal



Put a nice notebook and a pen next to your bed. Every day before going to sleep, write down what you have achieved, what went well, and what you are grateful for.

Create your personal "Workbook for positive feelings" or start a "Blessings journal".

This is how you could design a page for one day:



Date:

I felt particularly comfortable when ...

Today, I really enjoyed ...

I am grateful for ...

This is something new that I learned today:

This is what I've recently learned from my mistakes:



Watch the video "Beans of Bliss" on the Internet. You can find it on www.youthstart.eu in the "Mind & Body" section. Tell your family about it and start collecting and sharing your moments of happiness with each other.



2.8. Enhancing and spreading the power of positive feelings



Increase and strengthen your positive feelings by asking yourself these questions again and again:

1. What did I do today that made me feel positive?
2. What did somebody do today that sparked positive feelings in me? Did I react in such a way that they are likely to do it again? Did I thank them?
3. What did I do today for others that caused positive feelings in them?
4. What did I see, hear, feel, smell or taste today for which I am grateful?



Think about it and discuss your answers with people you like. Ask them to answer these questions for themselves and share them with other people.



Create a poster with these feel-good questions that reminds you to ask them again and again. You can hang it up at home or in class.



2.9. Gratitude, a key to happiness

What are you grateful for?

If you can't come up with something right away, imagine living in a "poor" country. Then you will surely notice how many things you can be grateful for. For example, that drinking water comes out of the tap, that you have a roof over your head, that we live in peace, that you can walk, hear, see and so much more.

Or simply for a beautiful moment, a smile, kind words, ...

There are a million things you can be grateful for.



Mark the area on the scale below between – (very bad) and + (very good).
How does it feel to be grateful?



What are you grateful for? Don't forget about the small things.

I am grateful for ...

I am grateful for ...

I am grateful for ...

I am grateful for ...

I am grateful for ...



Step 2 – Savoring positive emotions

Be A YES
Challenge



P

Positive Emotions

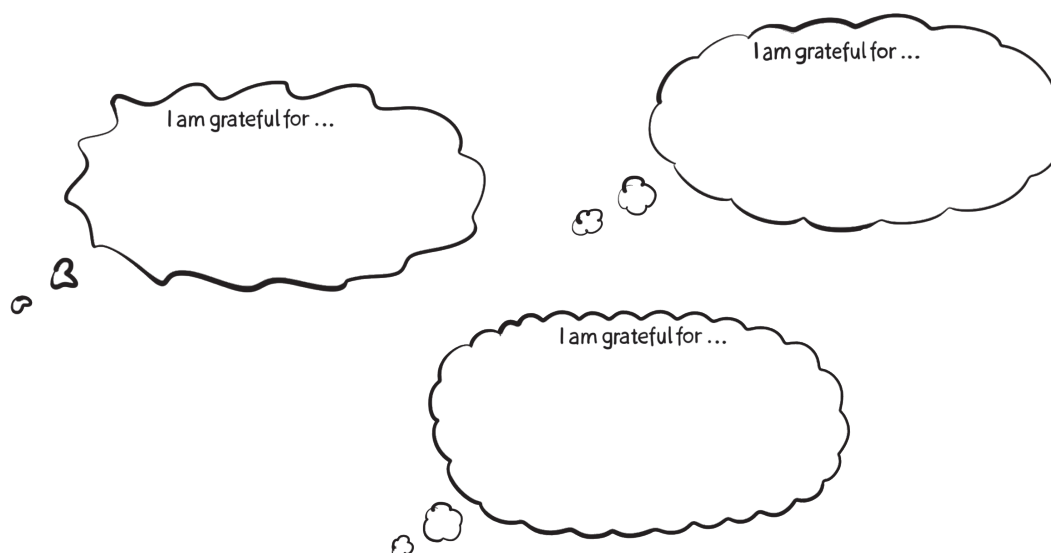
E

R

M

A

I am grateful ...	Very much	Not really
... for people I feel comfortable and at home with.		
...for what I have learned.		
... for good times with friends.		
... for having enough to eat.		
... for being a friendly person.		
... for living in Austria.		
... for being healthy.		
... for what I am good at.		
... when somebody helps me.		
... that I was able to help somebody.		
... for living in a peaceful country.		
... for having running water for drinking, cooking, washing and flushing the toilet.		
... for my family.		
... for my strengths and talents.		





2.10. A blessing in disguise?

Frida and Franjo have a special talent: they always look for the positive first. This enables them to discover positive things in the form of opportunities, even in negative situations.

Their motto is: "When one door closes, another opens." However, you will only notice the open door if you are actively looking for it instead of complaining in front of the closed door. Through this method, Frida and Franjo set positive spirals in motion, increase their own wellbeing and infect others with their positivity.

Consequently, the happiness spirals multiply and spin ever faster.



Unfortunately, with negative people, it's exactly the other way around. They think negatively, pay attention only to the negative and therefore discover only the negative. No wonder that they set negativity spirals in motion.



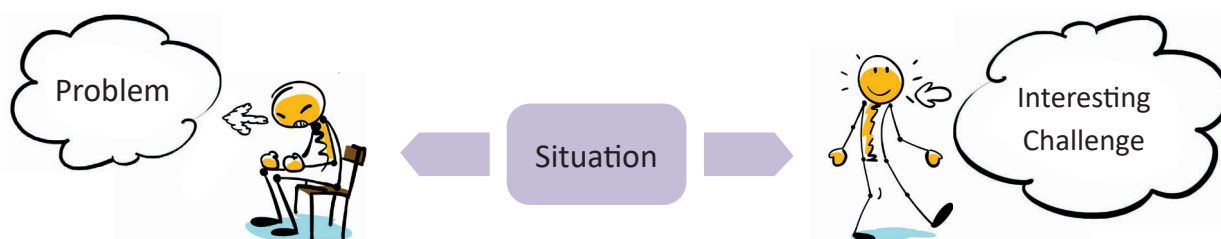
What about you? Do you look for positive or negative things first?

What negative thoughts do you catch yourself with over and over again?



Do you want more positivity spirals in your life? Then re-program your brain by re-formulating negative thoughts in a positive way.

Examples:	• "This is going to be a terrible day!"	→	"This is going to be a beautiful day!"
	• "I'm scared of ..."	→	"I'm looking forward to..."
	• "I must..."	→	"I want...", "I like..."
	• "I can't..."	→	"I can..."
	• "I can't do it!"	→	"I can do it!"



Try it out and write down positive formulations for every negative thought you catch yourself with.

Nevertheless, something can go wrong, but that's perfectly normal. Just keep your head up and keep going. After all, mistakes are friends who inform us about our areas of further learning and growth.



2.11. How body and mind influence each other

Carla and Carlo are good at always motivating themselves and getting in a good mood. They have some tricks up their sleeves which they are happy to share with us. For example, they know how you can improve your mood through positive facial expressions and posture.

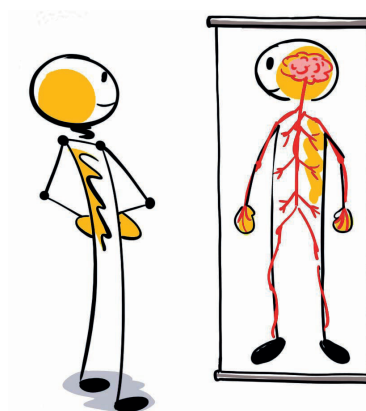
In your brain, there is a center for your perceptions, consciousness, memory, thoughts and actions. Your patterns of movement and your body language are also stored there. Through nerve tracts, all stimuli reach your muscles and organs.



When you're feeling blue and burdened with negative feelings, remember: With an upright, self-confident posture, swinging movements and a smile on your face, you can lift your mood, stay calm, and reduce stress and anger.



These simple, fast and very effective exercises have a positive effect on your feelings, posture and facial expressions. You can find those and other exercises in the free app "Body2Brain".



Imitate them:



Smiling



Expanding and stretching



Swinging your arms



Lifting your head up



Pushing your chest out



Swinging your hips



2.12. How to put yourself in a good mood

There are days when you're in a very good mood. Wonderful!

But there are also days when you're simply in a bad mood. That's normal. You can also just let yourself hang around once in a while. The only important thing is that you know how to put yourself in a better mood and feel good.

Negative thoughts ... → ... attract even more **negative** thoughts.



Positive thoughts ... → ... attract even more **positive** thoughts.



What works for you? Listening to music, talking, jumping, thinking of something funny, ...



How can you put bad-tempered people in a better mood?



Wellbeing tips:

- Write everything you enjoy doing and are good at into your wellbeing treasure frame (see page 22). Design the page in a way that brings you joy, especially for those times when you're feeling blue.
- Fill in a good mood ABC list by writing something to each letter that will put you and others in a good (or better) mood.
- Collect good mood ideas in class and use them to create a poster.



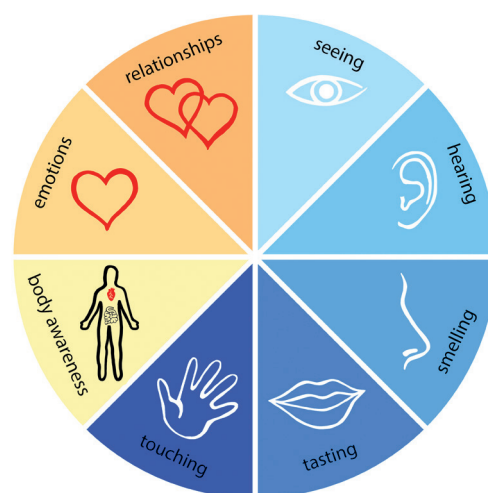
2.13. Learning to enjoy and savor

Marla is one for whom everything has to go quickly: eating, working, talking, reading. As a result, she misses many beautiful moments and cannot really enjoy anything. Marla's grandpa doesn't like this behavior at all. That's why he has put together a programme for her through which she can learn to enjoy and savor her life.

Savoring your food

With the "**WHEEL OF MINDFULNESS**" you can train yourself to savor your food with all your senses.

If you eat carefully and slowly, all foods are allowed in small "savoring portions". In that way, you will notice in time when you're full and prevent yourself from overeating.



Consciously enjoy your school snack with all your senses and eat it slowly, bite by bite.



You can find more mindfulness exercises in the training programme "Why mindfulness?".

Enjoying conversations

Take time to listen to others attentively and mindfully. This is a great way to build good relationships with the people around you.



Observe yourself to find out if you are regularly interrupting others. No? Never? Others surely enjoy talking to you. Yes? Then there's something you can train next: Listening without interrupting.



You can train active listening, listening with four ears and giving feedback with the file card programme "Learning holistic learning". This programme also contains learning stations to train communicative skills.

You can download both the "Why mindfulness?" and "Learning holistic learning" programmes for free at www.youthstart.eu in the category "Mind & Body". You can also order the print version at www.ifte.at/entrepreneur..



2.14. Planning days of pleasure

Sometimes it feels like you've been jinxed. You are in a bad mood, you infect others with it, and they infect even more people. At some point, the “bad mood cloud” comes back to you. Stuff happens, c'est la vie. In that case, it's best to do something that will increase your wellbeing and spark positive emotions.



Here are some ideas:

- Fully enjoy everyday experiences with all your senses, e.g. your breakfast, shower, the way home from school, ...
- Enjoy the time with your loved ones.
- Indulge in pleasant memories with all your senses.
- Use your phone to take pictures of beautiful moments, views, interesting details, ... and use them to create your own positivity portfolio.

The following rules will help you enjoy yourself:

1. Savoring takes time.
2. Savoring doesn't happen by itself.
3. Consciously enjoy everyday things.
4. Pleasure is a matter of taste. Not everyone enjoys the same things, e.g. loud music.



Discuss these rules with others.

WHAT is difficult for WHOM? Why? WHAT is easy for WHOM? Why?



Create a “pleasure schedule” for the upcoming days or the weekend. Think about which moments you want to enjoy consciously. It could look like this:

TIME	ACTIVITY	OPPORTUNITIES FOR ENJOYMENT



2.15. Laughter is the best medicine

Tonio is annoyed. His parents love to use proverbs at every suitable occasion - and also at not so suitable ones. He can't hear them anymore, even though he secretly has to admit that some of their proverbs are quite clever.

For example, researchers have discovered that the proverb "laughter is the best medicine" is in fact true because laughter ...

- ...supplies the brain with oxygen
- ...strengthens the immune system, so you can recover faster
- ...activates about 80 muscles and deepens your breathing
- ...relieves pain
- ...encourages creativity
- ...strengthens relationships and makes you more likable
- ...relaxes: one minute of laughter has about the same effects as 30 minutes of relaxation training or 10 minutes of jogging.



Proverbs about humor and laughter



Read the following proverbs and discuss with others which one you like best and why.

Every day
without laughter
is a day wasted.

We do not laugh because
we are happy - we are
happy because we laugh.

Those who can't laugh
at them-selves leave the
job to others.

Humor is the ceiling that
keeps you from going
through the roof.

A smile can open a heart
faster than a key unlocks
a door.



Chose the proverb that YOU like best and write it on a sheet of paper.
Decorate it and put it in a frame. Voilà, you have a gift for many occasions.



Start the school day with exercises from laughter yoga. You can find some instructions in the teacher guide.

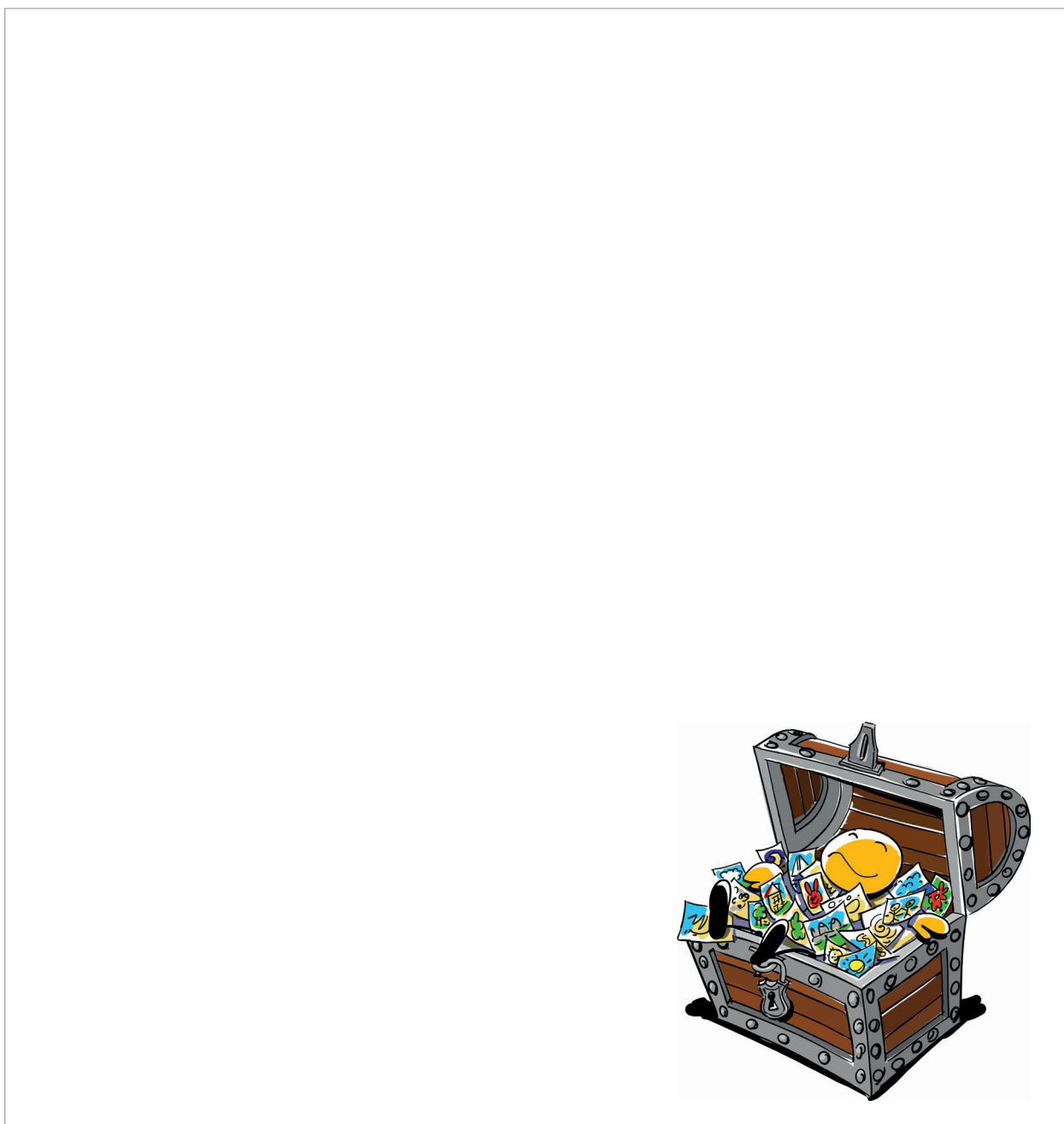


2.16. Your wellbeing treasure



Browse newspapers, magazines, and advertising brochures for photos, headlines, or short texts that spark positive feelings in you.

Cut them out and glue them into your wellbeing treasure frame. Add things you enjoy doing and/or you're good at. Write down what WELLBEING means to YOU. Complete your notes whenever you discover something new.



Design a large "wellbeing poster" for your home.



2.17. Drawing and painting feel-good images

You're reinforcing what you're consciously looking out for. Therefore, think of the positive more often than the negative.

You need:

- **paper** and **tools for drawing** or
- a **notebook** that you can turn into your wellbeing picture book



This is how you do it:

- Carefully read the drawing ideas below and on the next page and choose one of them.
- You can also tap on one of the ideas with your eyes closed and leave the selection to chance.

Which fairy tale do you like best? Draw or paint one or more scenes of it.	Draw or paint things you love.
Search the Internet for a quote about happiness. Write it on a sheet of paper and decorate it nicely.	Do you like poems? Let a poem inspire you to create an image.
Think of three things you are grateful for. Draw or paint them.	Love and live in the present moment. Draw something that is important to you NOW and that makes you feel good.
What superpower would you like to have? Draw a picture of yourself using it.	What do you associate with magic? What would you conjure up if you were able to? Draw an image of magic.
Write something nice about someone and draw an imaginative frame for it. Give the drawing and text to this person.	Make a resolution. Write or draw how you will feel when you've reached this goal.



2.17. Drawing and painting feel-good images

Draw the best moment of the last few days.	Draw yourself in clothes that you would like to wear sometime.
What does 'beauty' mean to you? Draw or paint it.	Do you have unhealthy habits? Draw them on a piece of paper and crumple it up. Throw it away along with the undesired habits.
Draw a map of the place you'd like to be right now.	Draw or paint your feelings when you are at your favourite place.
Draw a big heart and fill it with things that make your heart smile.	Do you have habits that are good for you? Draw them on a piece of paper and design a matching frame.
What does 'peace' mean to you? Why is peace important? Paint a picture of peace.	Pick three of your favourite colors. Draw your favorite animal in one color and color it with the two others.
Draw a picture to a verse of your favourite song.	Remember your favourite movie. Draw or paint a poster for it.
What is your deepest wish? Draw a staircase. On each step, write or draw something you can do to make your wish come true.	Think of someone you know. What do you wish for him or her? Draw it or write it down.
What do you hope for? What does 'hope' mean to you? Draw or paint a picture about it.	What do you find funny? What makes you laugh? Draw or paint a picture of laughter.



2.18. Where did you flourish?



Where do you stand now? At 1 (very weak) or 6 (very strong)? Mark the respective number and be happy about your progress.

	How well can you do that already?	1	2	3	4	5	6
	I notice pleasant things more often than unpleasant ones.						
	I try to discover some beautiful and good things in all situations.						
	I mindfully savor beautiful moments in everyday life.						
	I am grateful even for small things.						
	I express my gratitude when someone does something nice for me.						
	I am able to get myself out of a bad mood.						
	I pay attention to my posture because it influences me and others.						
	I talk more about positive than negative things.						
	I try to be cheerful and friendly.						
	I am able to laugh about my silly mishaps and mistakes.						
	I know a lot of positive feelings and can name them.						



In which areas did you flourish and grow the most?



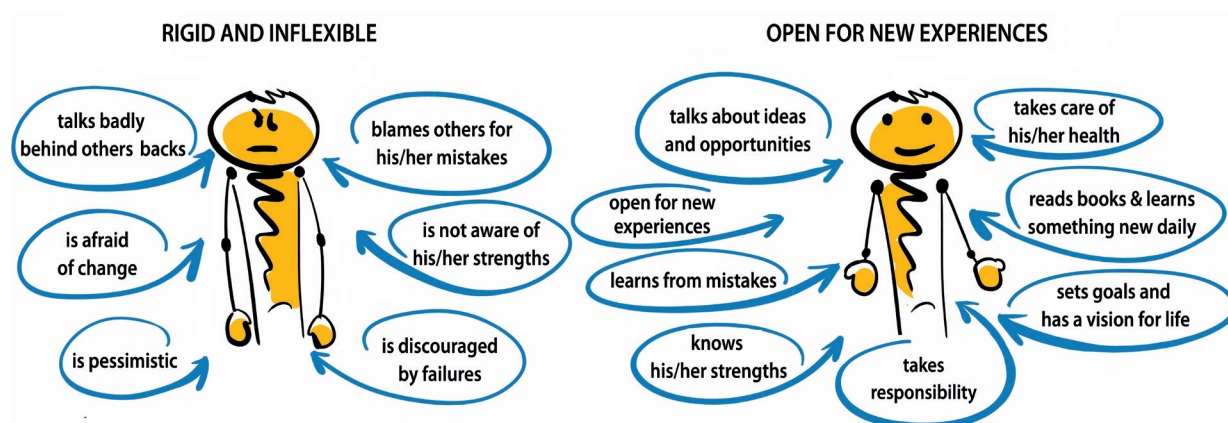
What else do you want to work on? What is your next goal?



3.1. Be A YES!

People who say 'Yes' to themselves, their environment, and their lives feel more comfortable in their skin than people who say 'No' to everything. Their negativity pulls them down more and more. You've probably already noticed that being around people who constantly grumble and complain feels uncomfortable after some time. That's because grumblers don't have a very good aura. They're usually not self-confident and don't make use of their strengths.

Would you rather live with self-determination or be a victim? The decision lies in your own hands.



Which of the above statements apply to you? Write them down here:

I ...



Do YOU know all your strengths?

Do you use them and are you proud of them? No? On the following pages, you will learn more about what strengths are, what you can use them for, and which ones you already possess.



You surely have many more strengths than you currently think. It's time to get to know them, because they can help you flourish and create a wonderful future.



In the teacher guide, you can find a couple of strengths games to play in class or at home. You can use them to think about strengths in general, discover new strengths in yourself, and talk about them with others.



3.2. Your character strengths² make you special



The following virtues and corresponding **character strengths** are important for a flourishing life and a peaceful coexistence.



To discover your top character strengths, you can take a free character strengths survey at www.viacharacter.org. A short version of this test is included in the teacher guide.

Virtue wisdom and knowledge: making decisions and giving advice to others

- **Creativity:** having ideas, finding novel solutions
- **Curiosity:** being interested in many different things
- **Love of learning:** being intrinsically motivated to learn, without external pressure
- **Judgment:** thinking things through and considering all sides of an issue
- **Perspective:** being farsighted, seeing the big picture

Virtue justice: strengthening the community

- **Bravery:** taking on challenges
- **Honesty:** acting according to one's values and standing up for them
- **Perseverance:** sticking to a difficult task, finishing what you have started
- **Zest:** being enthusiastic and full of energy

Virtue humanity: being kind and loving towards others

- **Love:** building and maintaining relationships, being able to love and be loved
- **Kindness:** being friendly and generous with others
- **Social intelligence:** being able to empathize with others

Virtue justice: strengthening the community

- **Teamwork:** working reliably and empathetically in a team
- **Fairness:** acting fairly
- **Leadership:** being able to plan, organize, and carry out something for the community

Virtue temperance: being able to control oneself

- **Forgiveness:** being able to forgive oneself and others
- **Humility:** acting humbly, acknowledging the contributions of others, holding oneself back
- **Prudence:** acting with caution and consideration, not doing anything you will regret later
- **Self-regulation:** being able to control one's behavior, thoughts and emotions

Virtue transcendence – seeing the bigger picture and having a sense of the good and the beautiful

- **Appreciation of beauty & excellence:** mindfully noticing and appreciating beautiful things
- **Gratitude:** being grateful for all good things in life
- **Hope:** being hopeful, confident, and optimistic about the future
- **Humor:** being able to laugh about oneself, being cheerful and playful
- **Spirituality:** believing in something larger than oneself

² These 24 character strengths were described and classified by Martin Seligman and Christopher Peterson in 2004, who are two prominent researchers in the field of Positive Psychology. They also discovered six core virtues that are recognized and appreciated worldwide and linked them to the 24 character strengths.



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3.3. What are your strengths?



Mark your 12 biggest strengths. All character strengths have been highlighted in purple.

Mindfulness	Perseverance & endurance	Enthusiasm (Zest)
Humility	Prudence	Love & bonding capacity
Gratitude	Honesty (Authenticity)	Empathy (Social intelligence)
Determination & ambition	Fairness & Justice	Flexibility & Agility
Kindness	Leadership	Caring for others
Patience	Serenity	Generosity
Helpfulness	Hope & Optimism	Humor & Happiness
Creativity	Love of learning	Loyalty
Charity	Curiosity & Openness	Punctuality
Respect	Consideration of others' needs	Self-control (self-regulation)
Independence	Appreciation of beauty & excellence	Carefulness
Spirituality	Bravery & courage	Teamwork (team spirit)
Tolerance	Fidelity	Incorruptibility
Judgement	Responsibility	Reliability
Forgiveness	Caution & Prudence	Wisdom

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3.4. Your top strengths



Of the 12 strengths you marked on the previous page, choose those five that are most important to you. If you're missing a strength that is important to you, add it to the list. Write down your five highest strengths in the frame below:

1. _____
2. _____
3. _____
4. _____
5. _____



Use your top 5 strengths consciously and as often as possible. Write down where and when you already use them and in which other ways you plan to use them in the future.

Knowing your strengths will also help you in choosing a profession that makes you happy. It really would be a pity if weren't able to use your strengths in your future job.



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3.5. A defining moment in your life

Think of a positive experience in which you used your strengths with pride. Imagine the situation with all your senses, remember your feelings and enjoy the moment once again.



What feelings can you remember?



Write down the strengths you used at this moment:



Think about how this experience has impacted and affected you.
Talk to someone about it.



Use your strengths wisely. Write down which goals you want to achieve.



Who can support you in achieving these goals?



Imagine how you will feel when you have achieved these goals. What do you see before you? Do you hear something? Where and how do you live? What are you doing? How are you feeling? Describe or draw your answers in the box below:



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3.6. Using optimism as a strength

Optimistic, confident people ...

- ... learn something new every day because they are interested in everything.
- ... are more creative.
- ... feel more balanced and relaxed.
- ... are healthier and live longer than pessimists, because emotions greatly affect the mind, spirit and immune system.
- ... interpret problems as challenges and opportunities, which makes them more successful than pessimistic people.
- ... have better relationships, because they always see the good in others and meet them in an open and positive way.
- ... are better at dealing with change, thanks to their strong sense of self-confidence.
- ... are not easily discouraged by failure. They aren't afraid of setbacks and know that mistakes are normal.
- ... see mistakes as opportunities to learn and grow.



What changes about the sentences when you start the list in a negative way? If necessary, continue writing on a piece of paper:

Pessimistic, discouraged people ...

- ... rarely learn something new because they are not interested in much.
- ... are less creative.
- ...
- ...
- ...
- ...
- ...



Would you rather have optimistic or pessimistic thoughts?



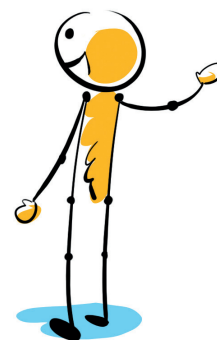
3.7. Using perseverance as a strength

Wilma and Willi are twins and both have many different talents. Wilma has made some mistakes lately, which has made her really sad. As a consequence, she has lost all her self-confidence and hope. Willi also makes mistakes, but he sees them as friends who tell him what he can still improve and work on. Consequently, he is more and more successful. He is happy, optimistic, and confident. While Wilma is stuck in a negative downward spiral, Willi thrives in a positive upward spiral. Why did that happen? How is this possible? What is your guess?



What do you think? Cross out the one wrong answer.

1. Willi's always lucky, while Wilma's always unlucky.
2. Willi perseveres if something doesn't work out right away.
3. Wilma immediately quits when things get tough.



What about you? How do you feel about perseverance?



Read the questions, think about your answers and write them down in keywords.

- Do you know someone who is a role model for you because he or she persists even when things get difficult?

- In which areas of your life have you shown perseverance?

- How and where will you persevere and keep trying in the future?

- What's your next goal? How will you feel when you reach it?



3.8. Encouraging yourself



On the cards below you will find so-called affirmations and words of encouragement. You can either...

- ... choose the strength you want to work on or
- ... leave it to chance, close your eyes, and tap blindly on the sheet. Read the affirmation your finger has landed on. How does it feel to read it? Does it feel right or in need of improvement?



Write all affirmations on little pieces of paper and put them in a box. Draw one slip of paper every morning and use it as your goal for that day.

I'm brave and courageous.	I'm fair and just.	I'm creative.
I'm curious.	I'm grateful.	I can make wise choices.
I persevere.	I'm kind.	I'm empathetic.
I'm a team player.	I'm careful and cautious.	I can forgive myself and others.
I can regulate myself.	I'm humorous.	I'm confident and hopeful.
I'm honest.	I'm responsible.	I'm content and satisfied.

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3.9. Using bravery as a strength



When and where was the last time you were brave and courageous?

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Engagement



There are different types of courage. Read the stories of Leo, Alex, Rob, Lea, and Ali on the left and match them with the types of courage on the right.

Leo wants to make a particularly nice presentation about his hobby. Since he's not yet familiar with the computer programme, it takes him a very long time. However, he perseveres and continues, even if it's exhausting at times.

standing up for your own opinion, even if it feels uncomfortable

Alex wants things to look nice and orderly in class. That's why she reminds others to put their trash in the trash can and not on the floor.

going on bravely after a mishap

Rob is learning to play the guitar. During a concert at the music school he makes many mistakes. It makes him feel really, really uncomfortable, but he continues to play and – lo and behold – gets better and better. In the end, he even gets a standing ovation.

persevering even if something is exhausting

Lea notices that Bo, the new classmate, is being bullied by others. She comforts him and at a quiet moment she tells the others that she doesn't like what they're doing.

having the courage to try out something new

Ali has never sung in front of others before. At a birthday party he sings a song for the birthday child anyway.

standing up for someone or something in unfair situations

R

M

A



What is your strongest type of courage? Which one would you still like to work on?



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3.10. Using curiosity as a strength



When was the last time you were curious about something?



There are different types of curiosity. Read the stories of Reni, Line, Leo, Gebi and Zari on the left and match them with the types of curiosity on the right.

Reni is very interested in history. She wants to know how people used to live and how the earth came into being.

Line is very interested in technology and physics and likes to take things apart.

Leo is very interested in the 17 global goals. The environment is very important to him and he wants to do something for it.

Gebi is very interested in how people in other countries live, but also in the lives of those around him.

Zari is very interested in articles by futurologists (= researchers who study the future).

curiosity about how things work

Curiosity about how other people live

Curiosity about the way things used to be

Curiosity about the future

Curiosity about the environment



What are you particularly curious about? What do you want to be more curious about?

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A



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3.11. Using creativity as a strength



What are you creative at?

E

Engagement



There are different types of creativity. Read the stories of Geri, Lino, Reni, Olli and Alex on the left and match them with the types of creativity on the right.

Geri's friends admire her room and her style, because she turns old things into interesting objects.

Lino is a welcome guest at every party. He knows how to lift people's spirits.

Reni is not familiar with "problems" because she sees them as challenges. Usually she has great ideas for how to solve them.

Olli has good ideas about how he can help others and make them happy.

Alex decorates his surroundings with works of art and makes it more beautiful.

Having ideas for how to solve problems

having ideas for what to do with old things (upcycling)

Being creative in bringing joy to others, helping others, ...

being creative when drawing, painting and crafting

being creative when singing, making music and dancing

R

M

A



What are you creative at? What else do you want to work on?



3.12. Using acceptance as a strength

We all go through uncomfortable experiences. This includes being disappointed by other people. Has that ever happened to you? Did you have to think and talk about it over and over again? But it probably didn't make you feel any better, did it?

That's because every time you think or talk about unpleasant things, your brain releases stress hormones that make you feel even worse. In that way, you hold on to those things that you don't like and that are not good for you.

Instead, accept unpleasant things as part of your life and let go of the negative thoughts about them. This will increase your wellbeing and free your mind and heart to think about creative solutions.



Where do you see yourself between – (very bad, negative) and + (very good, positive)? Mark the area on the scale below.

How are you feeling at the moment?

— | | | | | | | | | | | | | | | | | | | | +

How do you feel when you think about unpleasant things?

— | | | | | | | | | | | | | | | | | | | | +



What's not going so well in your life right now? _____



What can you do about it? _____



How do you feel when you imagine that the problem is already solved?

— | | | | | | | | | | | | | | | | | | | | +



Make a plan of the small steps you will take to make your wish come true.



3.13. Liking yourself the way you are

Lina and Lino are really nice people: friendly, cheerful, peaceful, and smart. Nevertheless, they feel inferior because they always compare themselves to others who are doing extraordinarily well. Therefore, their grandfather gives them some wise advice: "You both have so many great qualities and talents. Think about them together and write them down."

Examples: friendly, polite, kind, courageous, brave, smart, wise, cheerful, joyful, funny, helpful, honest, respectful, serene, patient, sincere, tolerant, fair, just, persistent, enduring, humorous, ...



What are your good qualities?

Write them down below:



Now, mark all those qualities in color that you also appreciate in others.

Always remember:

Good qualities create good feelings - in those who have them and in the people around them. Unfortunately, positive qualities are often considered to be "normal" and are given too little attention.

However, the more attention you pay to something, the more you strengthen it. In other words: what you appreciate, appreciates. This is the case for good qualities - and unfortunately also for bad ones.

If you are aware of your good, positive qualities and your virtues, you will develop your self-confidence.



3.14. Your future self



Imagine someone gives a speech on your 30th birthday and enthusiastically describes you and your strengths. Where have your strengths led you to?

Dear _____ .

All the very best for your 30th birthday!

P

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A



P

3.15. Where did you flourish?



Where do you stand now? At 1 (very weak) or 6 (very strong)? Mark the respective number and be happy about your progress.

	How well can you do that already?	1	2	3	4	5	6
	How well can you do that already?						
	I say yes more often than no.						
	I know my strengths and can talk about them.						
	I use my strengths whenever I can.						
	I can tell others when I have used my strengths for myself.						
	I can tell others when I have used my strengths for other people.						
	I can tell others when I have used my strengths for our environment and community.						
	I don't let mistakes get me down but see them as opportunities to learn and grow.						
	I finish my tasks and projects even when it's getting tough and difficult.						
	I know my weaknesses and am working on weakening them.						
	I can encourage and motivate myself.						



In which areas did you flourish and grow stronger?



What else do you want to work on? What is your next goal?

E

Engagement

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4.1. Do you have a good relationship with yourself?

If you expect others to understand and appreciate you, you must also learn to understand yourself, your own feelings, needs, thoughts and actions, and treat yourself with love and compassion. If you don't, then others won't either. Therefore, always treat yourself as you want others to treat you.



Where do you see yourself between – (very bad) and + (very good)? Mark the area on the scales below.

How do you feel about yourself as a member of your community?

How great is your confidence in yourself?

Can you forgive yourself if something has not gone well?



Why are you sometimes dissatisfied with yourself? What can you do about it?



Are you now better able to understand others?

Wellbeing reflection task



Think of a person with whom you feel comfortable and safe and describe them. When you're done, give the description to them. Think about these two questions: Why do you enjoy being around them? What do you like most about them?



If you find this too difficult, conduct a wellbeing interview with this person and summarize their answers in a wellbeing profile that you give them at the end. This will probably make them really happy. There are also some guidelines for this task in the teacher guide.



In the **A2 Empathy Challenge** you learn a lot about your feelings and needs. This will help you to get to know yourself better and to empathize with others. You will also be better able to deal with conflicts or even avoid them.

The challenge is freely available at www.youthstart.eu.



P

4.2. Good feelings are contagious – bad ones are too

Cheerful people are friendly and have good charisma.
They have a positive effect on others.

E



Draw a network of relationships that shows you who is good for you. Write down the names of all people you spend time with. Depending on how close they are to you, write their names closer or further away from you (the 'I' in the middle).

R

Relationships



M



Now, circle the names in one of the following three colors:

- **YELLOW:** People you feel comfortable with.
- **RED:** People you like, even though they annoy you sometimes.
- **BLACK:** People you feel uncomfortable around.



Connect the names with your 'I' in the middle.

- If the relationship is strong, draw a thick line. If it's weaker, draw a thin line.

A



People with whom I feel especially comfortable

Below, write down the names of those people who are good for you and whom you feel (self-) confident around.



4.3. Listening mindfully and reacting empathetically

Alex has been elected class president. Filled with joy and happiness he tells this story at home. His older sister doesn't really listen to him. She says "Great!", but then immediately complains about the person sitting next to her at school. Alex thinks to himself: "Well, if she doesn't listen to me, I simply won't tell her anything anymore. And the next time she tells me about a success, I won't listen to her either."


So that you don't disappoint someone out of carelessness and make yourself as unpopular as Alex's sister, you will now get to know the **ACR³-technique**.

Rules for the ACR technique (= active, constructive responding and answering):
When someone shares a good event or a (positive) change with you:

- Try to empathize (i.e. feel what the other person is feeling) and show your feelings with your face and body language.
- Use words, your tone of voice, and your body to express your interest, empathy or enthusiasm.
- Ask questions about the event. How and why did it happen?
- Give positive and friendly responses.
- While listening, turn your body towards the person and look them in the eyes.



How could Alex's sister have reacted differently? Write a possible response and follow the ACR rules.

	Active
Constructive	<p><i>Empathic, positive, friendly response and answer</i></p> 



Reenact the situation in a role play with a classmate.

Think about and play other situations together. Pay special attention to your facial expressions and posture. Try out how the message and content of a sentence change when you say it in a different tone of voice (e.g. higher or lower).



Use the ACR method regularly in conversations and practice responding empathetically, positively and in a friendly way. Show your reaction with your words, your face, and your body.

³ Active Constructive Responding: reacting in an active and constructive way



P

4.4. Helping others makes us happy



You surely have helped someone in the past. How did you feel about it during or thereafter?



Write down your answers to the following questions below:

Who was the last person you helped? _____

What did you help them with? _____

How did the person feel after you helped them? _____

What has someone helped you with? _____

E

R

Relationships

M



Discuss with your classmates **HOW** and **WHERE** you can help each other.



In groups, make a list of ideas how you would like to improve your feeling of togetherness and wellbeing. Turn each list into a **WELLBEING POSTER**. Pin it to the wall or hang it up in front of the classroom.

Important: Helping must not make anyone feel helpless. Therefore, when offering help, do it in a sensitive and humble way that does not make others feel small or ashamed.



Providing help is not self-evident and should be acknowledged by saying "thank you". Hang up a sheet of packing paper in your classroom and transform it into a **GRATITUDE POSTER** where everybody writes down WHO thanks WHOM for WHAT.



Also create a WELLBEING POSTER for your home.

A



4.5. Kindness is contagious – unfortunately, unkindness too

Does that sound familiar? When someone is unkind to you, you get upset and find it extremely difficult to remain friendly. Remember that unkind people usually behave in that way because they're currently not feeling well. Unfortunately, they're not very good at dealing with their anger and therefore take it out on others.

You can help them by being patient and understanding and infecting others with your kindness. You may not succeed right away but stay calm and friendly anyway. In that way you can offer help - and feel good doing so.



Check the boxes:

Are you easily affected by others' bad mood?

always ☐ often ☐ sometimes ☐ never ☐

Do you stay calm and friendly when someone annoys you?

always ☐ often ☐ sometimes ☐ never ☐



Imagine a situation in which you manage to regulate your feelings and stay in a good mood even though you are annoyed. Write down how you feel.



What's behind all this?

Mirror neurons are responsible for making emotions contagious. They were only discovered by researchers a few years ago. Thanks to these neurons, we can empathize with others and feel what they are feeling. This is necessary for good and harmonious relationships and interactions.

Important: Learn to distinguish between feelings you like to be infected with and those feelings you don't.



Below is a list of pleasant and unpleasant feelings. Circle those in yellow that are good for you and let yourself be affected by them. Cross out the ones that are unpleasant for you.

ANGER - FEAR - JOY - CHEERFULNESS - IMPATIENCE - OPTIMISM - HATRED - PATIENCE - SERENITY
- HAPPINESS - COURAGE - HELPLESSNESS - FRIENDLINESS - BOREDOM - CURIOSITY - CONFIDENCE -
HOPELESSNESS - STRENGTH - DISSATISFACTION - HOPE - PESSIMISM - ENTHUSIASM - COMPASSION -
CONTENTMENT - ENVY - MISTRUST - JEALOUSY - RESENTMENT - GRATITUDE - AMUSEMENT - INTER-
EST - INDIFFERENCE - AWE - LOVE - TRUST - RESPONSIBILITY - IRRESPONSIBILITY



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4.6. Starting a kindness chain



Starting a kindness chain is really easy. You don't have to go big - friendly greetings and smiles are also a good start. Other small acts of kindness include lending a helping hand when you see someone carrying heavy things, giving someone a treat that you would normally have eaten yourself, or talking to someone who feels lonely. Performing acts of kindness triggers good, positive feelings. You discover your ability to help others and bring them joy. Consequently, your self-confidence grows, you feel good about yourself, and you develop a more positive self-image - you flourish..



Search the internet for a video called "Kindness returns!" Watch it with others. In this inspiring video you can see people doing many small acts of kindness that create a positive feeling of togetherness.



What can you observe? What acts of kindness can you discover? Notice the changes in facial expressions and posture.



Together with your classmates, make a plan for your kindness chain. How could it look? Write down all small acts of kindness you can think of:



Act out your kindness chains in front of each other.

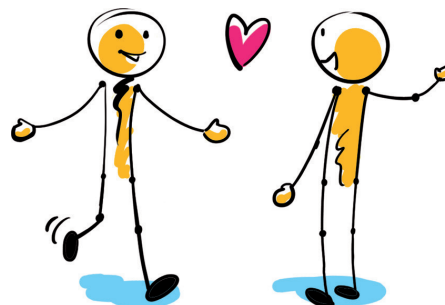


Design a kindness chain poster. It will remind you to always be kind to each other so that everyone in the class feels comfortable.



4.7. Writing a gratitude letter

Think of someone you are grateful for because of something they did for you. Have you ever thanked that person with all your heart? No? Then now is the perfect time to do it! Write a letter to that person describing exactly what it is you are grateful for. If possible, deliver this letter in person. In that way you can see for yourself how happy your words make them.



Below, take some notes for your gratitude letter. Then write the letter on a blank piece of paper and put it in an envelope with the name of the recipient on it. Deliver the letter in person.

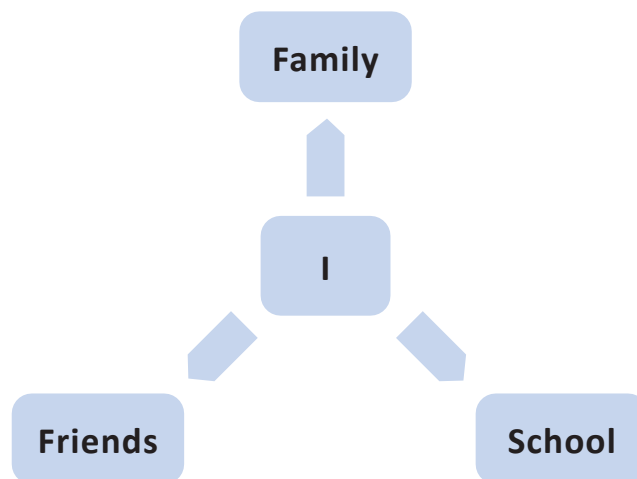




4.9. Your wonderful relationship network



Draw a mind map showing your wonderful relationship network and add the names of all people who are important to you and give you energy.



Ask yourself why these people energize you.



Thank each one of them for it.



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4.10. Where did you flourish?



Where do you stand now? At 1 (very weak) or 6 (very strong)? Mark the respective number and be happy about your progress.

	How well can you do that already?	1	2	3	4	5	6
	I like myself and I consider myself a positive person.						
	I notice when I infect others with a bad mood.						
	I empathize with other people.						
	I can put myself in other people's shoes to understand them better.						
	I continuously practice listening attentively and reacting empathetically (see ACR technique on p. 43).						
	I notice when someone needs help and/or support and lend a helping hand without putting myself first.						
	I can infect others with kindness.						
	I always remember to thank others.						
	I tell others what I like about them.						
	When I am successful, I thank everyone who has contributed to my success.						
	I am careful not to take out a bad mood on uninvolved others.						
	I treat others as I would like them to treat me.						



In which areas did you flourish and grow stronger?



What else do you want to work on? What is your next goal?

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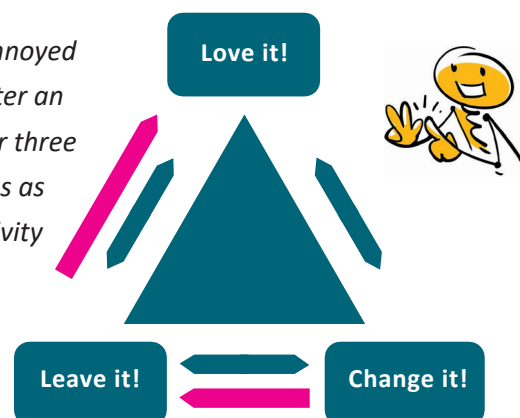
5.1. You are what you think

Your thoughts determine what you look out for and how you assess different situations in life.

If you think positively, you discover and notice positive things and can find meaning even in difficult situations. Unfortunately, many people rather tend to see the negative, direct their attention to it, and thereby make it stronger.

YOU can decide for yourself how you want to think and what you want to look out for.

That doesn't mean that you're not allowed to be angry or annoyed sometimes. Just be careful not get sucked into it. Instead, after an outburst of anger or annoyance, intentionally look for two or three things that will cheer you up. If you have twice or three times as many positive than negative thoughts, you will trigger positivity spirals, flourish inside and out, and infect others with it.



The DECISION TRIANGLE helps you make a decision when you feel bad about a situation and don't know how to deal with it.

→ **CHANGE IT!** If you don't like a situation, think about what you can change about it.

→ **LEAVE IT!** Sometimes you're not able to change anything about a situation. In that case, think about letting go and/or leaving the situation.

→ **LOVE IT!** If you can neither change nor leave the situation, try to find some positive things about it.



Example: Mario is 12 years old and is upset that he has to look after his little brother until his parents come home from work.

CHANGE IT! → Mario asks his parents not to have to look after his brother when they have to work. Unfortunately, that's not possible.

LEAVE IT! → Mario could just walk away. However, he doesn't want to do that because he is responsible and doesn't want to let his family down.

LOVE IT! → Mario thinks about the positive aspects of the situation:

- He likes his little brother and wants to do him good.
- He can help his family.
- Many people have told him that they are impressed by how responsible he is.



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5.2. Applying the decision triangle

If you aren't happy with something, you have to decide how to deal with it. You have three options:

- You choose to like it. (Love it!)
- You change it. (Change it!)
- You let it go. (Leave it!)



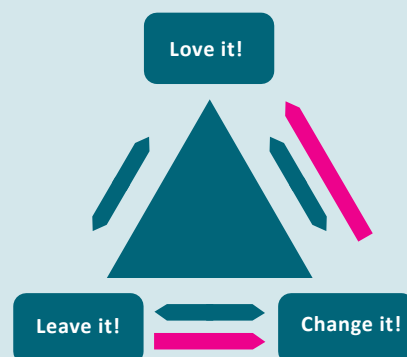
Think of something specific in your life that you don't like.
Would you like to let it go or stop doing it?
Is that possible?



Can you change it and improve it for yourself? How?



What positive aspects can you identify and like about it?



Apply the decision triangle whenever you don't feel comfortable in a situation. Think about what you can change about it. Sometimes it's enough to change your attitude and your thoughts to feel better.



Wellbeing tip

Take an ABC list and write down what makes you feel uncomfortable and negative. When you're finished, transform the negative list into a positive one. How? Simply cross out the negative things and write some positive aspects about them next to them. The positive things don't have to match the letters of the ABC.



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5.3. Practicing with the decision triangle



Think about a situation that particularly annoys you and write it down here.



Alone or with a partner, think through all three steps of the decision triangle:

- **LEAVE IT!** Can you get out of the situation without negative consequences?
- **CHANGE IT!** WHAT can you change in order to like the situation?
- **LOVE IT!** What positive aspects about the situation can you identify now?



Make a role play out of the situation. Act it out in front of your classmates.



After the role play discuss the following questions: Has a good solution been found in the role play? What could be learned from it? Who of you has ever experienced something similar?

When you face a problem, try to think to yourself "HOW INTERESTING!" or "WHAT AN EXCITING CHALLENGE!", instead of complaining, grumbling, or feeling like a helpless victim.



Wellbeing task

What negative sentence do you think or say to yourself over and over again when you find yourself in an unpleasant situation? Rephrase the sentence so that it becomes a positive and helpful one.

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5.4. Everything has two sides

Carlo is unhappy because his friend Baba cannot go swimming with him, and he doesn't want to go alone. When he meets Ali coincidentally, he asks him to come with him. Ali is happy to join, and both have a lot of fun together. They find out they have a lot in common and become friends. If Baba had had time, this wouldn't have happened.

Maya is very sad because she lost her favorite hair band. Her teacher comforts her and has an idea: She asks all children to bring leftover fabric scraps, ribbons, and wool and use them to craft their own hair bands and bracelets. As a result, wonderful pieces of jewelry are created, which would not have been possible without Maya's loss.

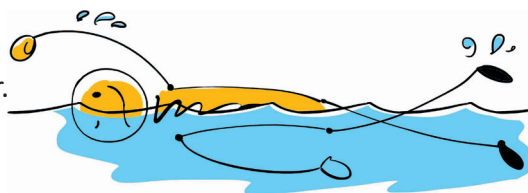


Has it ever happened to you that something negative turned into something positive and meaningful?

Ask others if they have ever experienced something similar.



Write down one of the stories below:



A blessing in disguise



P

5.5. When one door closes, another opens

Think back to a situation where you failed at something. Now, try to find a new opportunity that opened as a result of it.



The following "**ABCD exercise**" will help you find meaning and remain hopeful and optimistic even in difficult situations.



Apply the following four steps to the situation you came up with:

1. Feeling vulnerable and helpless
2. Becoming aware of negative feelings and thoughts
3. Recognizing opportunities that arise as a result
4. Being grateful for these new opportunities



Think of an unpleasant situation and describe it in the following "ABCD steps":

A You feel vulnerable and helpless because...	
B What are your feelings and thoughts?	
C What new opportunities can you identify?	
D Be grateful for every new opportunity that has opened up for you.	

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5.6. Forgiving others sets you free

Mia is disappointed in her friend Selma. Mia can't forgive her for revealing a secret that she has shared only with her. Mia can't stop thinking about it and tells others what has happened. This makes her feel worse and worse.



A psychologist developed a method of forgiveness called **REACH**. 'Reach' is an acronym and refers to the act of reaching out a hand of reconciliation to others. Read more about this method below and try to apply it in your life. Performing the REACH ritual will take unnecessary weight off your shoulders and improve your charisma. After all, who can radiate positive energy when you're full of negative thoughts?

Recall

Remember the pain as objectively as possible without thinking of revenge.

Empathy

Empathize with the person who hurt you. People who hurt others have usually **been hurt themselves**.

Altruismus

Make the altruistic gift of forgiveness. Think of a situation when somebody forgave you and remember how relieved it made you feel.

Commitment

Write a letter of forgiveness. Describe how you felt when you were hurt. End the letter by writing: "I know that you didn't know any better back then. I forgive you." Don't send the letter.

Hold on to forgiveness

To forgive means to forgive for good. Don't let your memories trigger negative feelings and thoughts in you again. However, this does not mean that you have to forget the hurt and harm. Just accept it as a part of your life and realize that your ability to forgive is a strength.



Think back to a situation when you felt hurt. How do you feel about it today? Do the negative feelings still burden and constrain you? Write a letter of forgiveness, but do not send it.



Use the REACH method of forgiveness whenever you feel hurt.

Forgiving and letting go of negative feelings is very important for your wellbeing. Research confirms that people who can forgive others and themselves are more calm, content, and confident.



5.7. Thinking about your actions ...

Unlike many of their friends, Timor and Timna have no problems with other people. Why? Because they follow their grandfather's advice: "Whatever you plan to do, always ask yourself first:



What if everybody behaved in that way?



Wellbeing training: Answer the following questions.

Have you ever done something you regretted afterwards? What was it?

How could you have prevented it?

Would you like to continue thinking about "your actions"?



In chapter 3 of the A2 Expert Challenge ("Learning by thinking outside the box") you can find the Box of Philosophy.

It offers many ideas and inspirations for thinking and philosophizing. You can download the challenge for free at www.youthstart.eu.



The teacher guide also contains suggestions for creative and critical thinking activities, like the **Thinking Game** and the **5-colour game**. Why not play them in class?



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5.8. Anyone can take responsibility - right?

Max and Mario are good at taking responsibility. That's a wonderful and important strength. However, Mario is more popular with others. Why? Well, Max does everything he can to make himself feel good. Mario doesn't only take responsibility for himself, but also looks out for others.



How can you contribute to the wellbeing of others? Write down all tasks you can think of that you can take responsibility for:

Taking responsibility in the classroom

(organization, order, planning, rules, ...)



Taking responsibility in your family

Taking responsibility for your community, being involved in charitable organizations



Wellbeing tip:

Choose one of the tasks you came up with and take responsibility for it starting tomorrow. Pick a new task every week.

You'll soon notice that it's much better to feel good together with others than alone.



5.9. Global Goals

In 2015, 193 nations came together and agreed on 17 goals that they want to achieve by the year 2030. That's why they are called GLOBAL GOALS: Nobody should live in poverty or starve, everybody should get the same opportunities, and collectively we should take good care of our planet earth, so that there is a future for everyone.



Search the internet for the video "Briefly explained: Sustainable development goals". It explains the most important aspects of the Global Goals. Watch it and discuss it with your classmates.



Which goals have to do with the environment? Write down the number and title of the goals below and copy their symbols.



Which goals are especially important to you? Write down their number and title below.



Carefully read over all goals once again. Which of the topics have you never thought about before? Talk about them with others.

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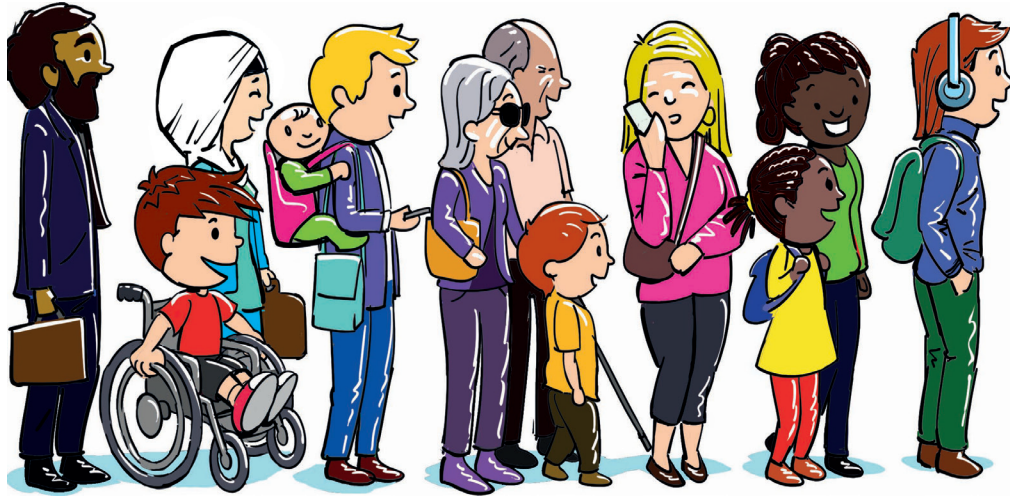
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5.10. Together we are colorful and strong (Global Goals 5 and 10)



Pick two people in the picture (twice).
What do they have in common, what distinguishes them?

Person 1 and Person 2

Similarities	
Differences	

Person 3 and Person 4

Similarities	
Differences	



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5.11. How would you like the world to look in 2030?



Below, draw your dream world, in which all 17 Global Goals have been achieved.

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Write down what you will contribute to your 2030 dream world by using your strengths. What ideas do you have?



Hang up your texts in class or in the hallway and talk about them together.



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5.12. You in 20 years

Imagine traveling 20 years into the future and being honored for what you have done for the general public. Pick a celebrity of your choice who will give a speech in honor of you. To write the speech, he or she first needs information from you about what you have achieved: your good deeds and actions, your successes, and other things you have done for the community.

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Below, write down everything that you will have achieved by 2030 and that is important to you.

Notes for the living eulogy (= a speech in honor of somebody):

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Now, act in such a way that what is written here about you becomes a reality.



5.13. Where did you flourish?



Where do you stand now? At 1 (very weak) or 6 (very strong)? Mark the respective number and be happy about your progress.

	How well can you do that already?	1	2	3	4	5	6
	I think before I act and ask myself: What if everybody behaved like me?						
	I take responsibility for what I do (even if something goes wrong).						
	I think about what I can do for others.						
	I can renounce things that could negatively impact my future.						
	I can renounce things that could negatively impact other people.						
	I can renounce things that could negatively impact the environment.						
	I am familiar with the Global Goals and think about what I can contribute to achieving them.						
	I can find meaningful goals for all of us and use my strengths to make a positive difference.						
	I pay more attention to similarities than to differences between other people and me.						
	Before complaining and moaning, I think about the decision triangle.						
	I can find positive aspects even in negative and difficult situations.						
	I can forgive others and am able to express my forgiveness.						



In which areas did you flourish and grow stronger?



What else do you want to work on? What is your next goal?



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6.1. Your goal of the heart

Think about your own, great goal of the heart, which is more important to you than anything else. This will be a goal that sparks many positive feelings in you, only by thinking about it.

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Think about this goal in great detail with all your senses, mind and heart.



Imagine you have already reached your goal. How do you feel?

What do you see?	
What do you hear?	
What do you smell?	
What is your facial expression?	
How does your posture look?	
Which feelings can you notice?	

R

M



Now, formulate your goal of the heart in a POSITIVE and SMART way:

S specific Say exactly what you want to achieve.

M measurable How will you notice that you have achieved your goal?

A achievable Choose a goal that is realistic to achieve.

R relevant: Choose a goal that is important and meaningful to you.

T time-bound By which date will you have achieved your goal?

POSITIVE: Write down what you want to achieve (not, what you want to avoid).

My goal of the heart: I will / want _____

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Accomplishment

6.2. Step by step to your goal of the heart



Develop a motivating motto - a kind of advertising slogan - for your goal.

The motto for my goal of the heart: _____



Always keep your goal in mind, but don't get too dogged. Otherwise, you might miss other possibilities and opportunities.



Introduce your goal to others. This will help you keep going when you are feeling a little down. Who will you tell about your goal?



Draw on all your strengths for your goal of the heart and use them wisely. Which strengths will you use?



If your goal involves a task that you don't like or aren't very good at, seek support from others. Preferably, look for someone who has just the strengths needed for this task. Who will you ask for support? _____



Think about the steps involved in achieving your goal of the heart and mark them with a date by which they will be achieved:

Step 1: _____ Date: _____

Step 2: _____ Date: _____

Write all additional steps in your notebook.



How will others notice that you have reached your goal?

You did it! Date _____ Celebrate your success!



P

6.3. Your family and their strengths

It's time to explore the unique strengths, special talents and achieved successes within your family.



Ask relatives what they are particularly good at and proud of. Write down their answers in the table below:

Name	Is particularly good at ...	Is proud of ...	Is my role model for ...



What could you do so that all members of your family learn to recognize and appreciate these strengths and successes? How could you celebrate them in your family?

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Accomplishment

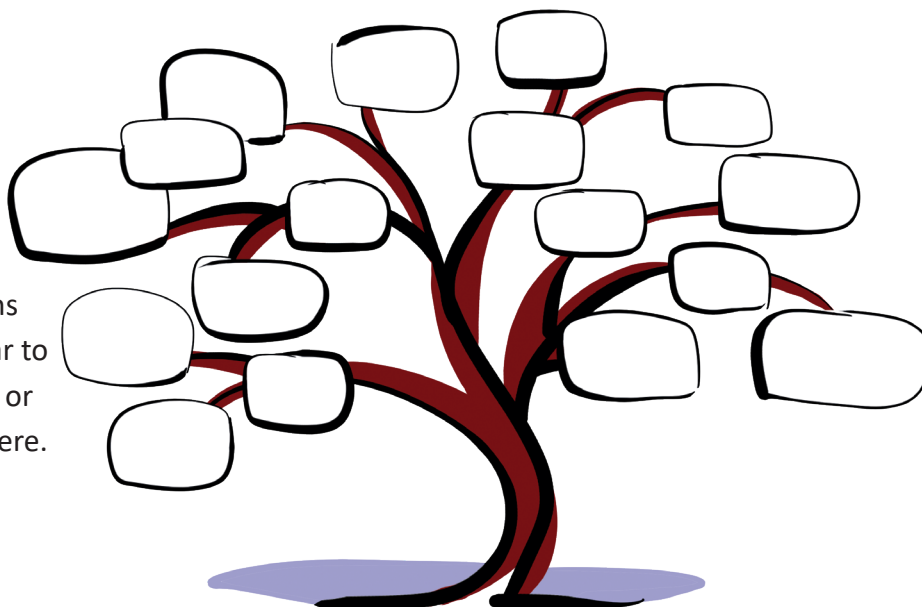


6.4. Your family tree of strengths



What are you proud of in your family?

Draw a family tree showing the strengths of your family (similar to the tree to the right) or fill in the strengths here.



6.5. Interview with family members



Getting together, eating and talking to each other - these are also forms of celebration.

Use the question menu below to create a place mat or tablecloth made of paper and use the questions for an interview with some members of your family. In that way, you can get to know them better. Celebrate your family's wealth of experience and strengths together.

What are your strengths?	How did your grand-parents live?	What are your hopes for the future of our country?	What makes you happy?
Where did you grow up?	QUESTION MENU Learn interesting things about your relatives by interviewing them and listening carefully. You need: partners, a dice, tokens, a pen and paper to take notes		What are you grateful for?
What makes you proud?			What would you like others to say about you later?
Whom do you admire?	What advice would you give your 14-year-old self?	Which festivals did you celebrate as a child?	Which mistakes have taught you the most?

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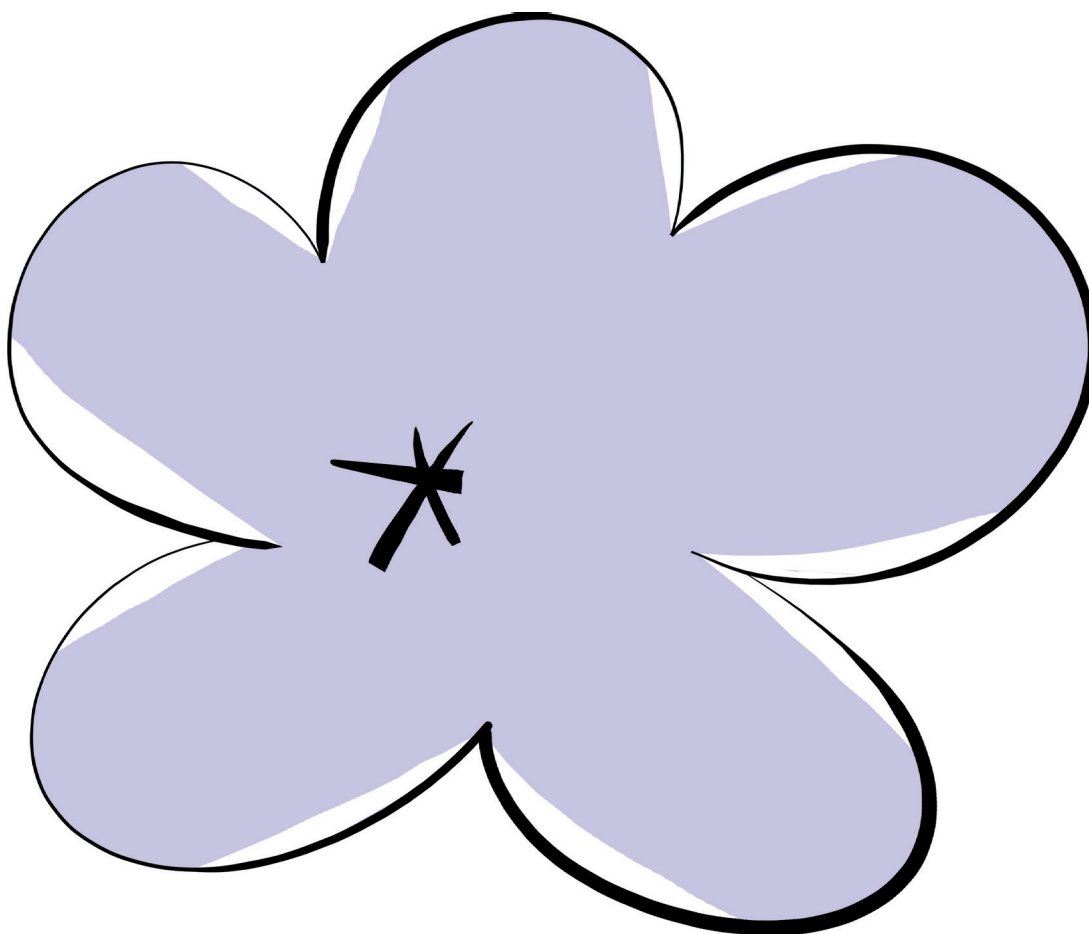


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6.6. Your accomplishment flower



Where have you already flourished? Think about everything you've achieved with the Flourishing Programme. Write those accomplishments you're most happy about in the petals of the flower below.



Enjoy the things you're already doing well.



Celebrate your success! How? Tell others what you have achieved and ask them to celebrate with you.

How would you like to celebrate? Write down some ideas below:

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Accomplishment



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Accomplishment

6.7. Celebrating a festival of flourishing

In your class, organize a party where you present what you've learned. You can invite other classes or your families.



Together think about how you want to celebrate:

What do you want to present?

Who do you want to invite?

Where will the party take place?

How do you want to present it?

(e.g. PowerPoint presentation, speeches, photo exhibition, games, theater play, ...)



Who is responsible for what tasks? When distributing the tasks, take the strengths of each person into account.

Task	Who is responsible?	By when?
Sending invitations		
Organizing the buffet		
Cleaning up		

Enjoy the party and be happy about what you've achieved.



Make a habit of celebrating in class when you've achieved something together. It doesn't need to be a big celebration, just take a few minutes to congratulate each other on your success.





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6.8. Where did you flourish?



Where do you stand now? At 1 (very weak) or 6 (very strong)? Mark the respective number and be happy about your progress.

	How well can you do that already?	1	2	3	4	5	6
	How well can you do that already?						
	I have goals that are very important to me.						
	I can break down my goal of the heart into small sub-goals and plan small steps to make it easier to achieve.						
	I can imagine how it will feel when I have reached a goal.						
	I celebrate and enjoy having reached a goal.						
	My achievements and successes motivate me to keep trying and work on myself further.						
	I am happy about my successes and thank those who have helped and supported me.						
	I know the strengths of people in my family and my environment.						
	I can be happy about the successes of others and show it to them.						

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In which areas did you flourish and grow stronger?



What else do you want to work on? What is your next goal?



What steps are you planning?

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7.1. ALI and mindfulness

ALI is a clever creature and a good friend. He will help you to become just as smart as him. How? ALI can teach you a magic spell that allows you to stay relaxed and calm instead of freaking out.



A IR (Take a deep breath!), then
L AUGHTER (Smile!) and
I NNER PEACE (Pause & think!)



You can practice **MINDFULNESS** when ...

WALKING: mindfully noticing you body and movements and breathing consciously

EATING: savoring mindfully and opting for healthy foods

BREATHING: mindfully noticing your deep breath as it flows in and out of your body

SPEAKING: communicating mindfully, listening to others without interrupting



Mindfulness exercises allow you to...

- ... sharpen your senses and concentrate on the here and now.
- ... stay calm and focused despite outside distractions.
- ... accept and master challenges with ease.
- ... (re)act without prejudice.
- ... be more sensitive towards yourself and others.
- ... improve your empathy, which you need to get along with others.
- ... improve your physical and mental health.

All of this has been researched and confirmed through scientific studies.



The Youth Start Mindfulness Programme offers many mindfulness exercises and tips for how to use the “wheel of mindfulness” as a guide.

You can download it for free at www.youthstart.eu in the section “Mind & Body” or order the printed version in German and English called “Why mindfulness?” at www.ifte.at/entrepreneur.



7.2. Pillars of mindfulness

Mindfulness doesn't only teach you to experience outside impressions with all your senses, but also to become more aware of your feelings and relationships with other people.

Healthy (positive) mind = healthy body



Wellbeing training:

Get together in pairs, read one pillar of mindfulness at a time, and talk about it together.

- What are you already good at? What do you want to improve?
- Can you think of somebody who lives by this way of thinking and is a role model? Let him/her know.
- Also talk about this pillar with your family.



Seven pillars of mindfulness:

NON-JUDGING: Observe situations and people in a neutral way, without judging. In this way you will avoid jumping to false conclusions, for example, because you don't know the other person's perspective and point of view. By avoiding to (pre-)judge, you can be more sensitive and empathetic when dealing with others. This will make everyone feel better.

PATIENCE: Patience allows you to endure problems and unfulfilled wishes more calmly. Moreover, you will be less likely to react hastily because of unpleasant feelings and thereby avoid creating even more problems.

BEGINNER'S MIND: Look at everything as if you have never seen it before, and thereby discover things that you haven't noticed yet. In this way you can get to know people and things all over again.

TRUST: Trust that everything happens for a reason - even if you don't understand its meaning yet. This usually takes some time. If you believe in yourself and your actions, you will be independent of others and stay calm and cool. Trust creates positive thoughts, which, in turn, attract positive things. This is called a "self-fulfilling prophecy".

NON-STRIVING: Goals are good and important. However, if you are too focused on a goal, you can easily overlook the many other possibilities opening up before you. Therefore, always stay in the HERE and NOW with all your senses, so that you're open and receptive for new things.

ACCEPTANCE: Accept things as they are without suspecting them to be something that they're not. Only then can you see them clearly, without prejudice or fear. Accept the shortcomings of others and also those of yourself (but work on them anyway).

LETTING GO: Let go of everything that weighs you down: prejudices, bad habits, negative feelings and thoughts. This gives you inner peace and makes you independent of the opinions of others. By letting go of what burdens you, you have time to discover positive things and develop your potential.



7.3. Eating and savoring mindfully

Petra and Pedro are really looking forward to their lunch break. Pedro made his Pedro Special Sandwich for them both: whole meal bread with cream cheese, cucumber, and a small slice of ham. Yummy! In seconds, Petra has devoured her entire sandwich. Since she's still hungry, she also gobbles up a huge doughnut. Pedro, on the other hand, savors every bite. He chews thoroughly and fully enjoys the taste. By the time he has finished his sandwich, he feels full, satisfied, fit, and fresh. But Petra ...



Think about and answer the questions:

How do you tend to eat? Rather like Petra or Pedro? _____

Who gets more out of their food? _____

Who feels fit after eating? _____

Who is tired and fatigued after eating? _____

Which food have you ever eaten too fast and too much of?

How did you feel afterwards?



Task for wellbeing experts

What do you like to eat and drink often? Draw and/or write these foods and drinks on a large, blank sheet of paper.

Draw a yellow circle around those things that are healthy and good for you. You know best what makes you fit and full.

*Don't worry, you're also allowed to eat unhealthy foods. Just make sure that you eat only a few pieces very slowly and with pleasure. If you eat too fast, your brain can't keep up with your stomach. The message that your stomach is full will arrive much too late.
Yes, chocolate can make you happy, but (in the long term) only if you have learned to enjoy it slowly and in small portions.*



7.4. Movement makes you fit and smart

Mira and Mari are two good friends who enjoy drawing and talking to each other. Lately, however, they have been arguing more often. Mira doesn't just want to hang around the apartment but get moving. She even started going jogging with her brother. Mari doesn't want Mira to have less time for her. Moreover, as Mira is getting fitter and fitter, Mari feels less and less comfortable next to her. Mira is also always in a better mood than Mari. Of course, this also makes Mira more popular. Mari is wondering if...

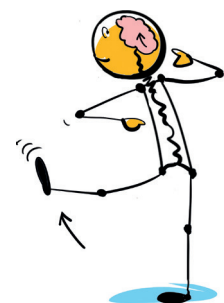


What do you think Mari is planning? What would you do if you were Mari? Discuss your ideas with others.



Mari wants to talk to Mira. Think about what they could say to each other. Present the conversation and act out the scene to your classmates. Can you find a solution or will the friendship end in a fight?

Your body needs movement to stay in shape. You should take at least 10,000 steps a day. Studies have proven that sport triggers a release of happiness hormones that cause positive feelings and a positive charisma.



What is your favorite sport? _____

What other forms of exercise do you do? _____

Which sports would you like to try in the future? _____



Make sure you get enough exercise during the school day. You can find a movement game in the teacher guide that you can play every day during the break in the classroom or hallway. Copy the template a few times and hang up the game manual in several places so that you move around enough during the game.



In the "Mind & Body" section at www.youthstart.eu you can find 23 short videos (max. 2 minutes) with instructions for short physical exercises. Use them in-between classes or tasks to improve your concentration and activate your learning brain.



Choose three exercises from the movement game and the videos that you like particularly and demonstrate them in class. Make sure to move your body during each break.



7.5. Relaxation

Leo and Lea are a great team: smart, curious, and eager to learn. Leo can get so agitated sometimes, though, that he makes unnecessary mistakes. When he then gets advice from Lea like "Don't get so agitated", he feels quite offended. Secretly, however, he agrees with Lea and practices to stay calm. How does he do that? He counts back from 100 to 90 or 80, slowly becoming calmer and avoiding impulsive reactions. It also helps him to think about ALL, to breathe deeply, to pay attention to his breath, and to notice how the air fills his belly.



Think about the questions and write down your answers below:

When do you tend to get agitated and nervous?

What can happen (to you) when you are agitated?

What can you do to calm yourself down?

Tasks for wellbeing experts



Read the text in the box once again. Do you react more like Lea or Leo?



How can you relax when you're feeling stressed and agitated? Together, collect all relaxation techniques that you know of and practice and write them down.



Choose your favorite relaxation technique and create a kind of advertising poster for it. It should motivate and encourage others to try it out.



In the teacher guide you can find instructions for imaginary journeys and a progressive muscle relaxation exercise. Try out a few of these relaxation techniques together.



7.6. Sleep

Your body needs 8-10 hours of sleep every night. Sleeping is essential for life. During sleep, our memory storage in our brain processes what we have learned and releases important feel-good hormones into our body. Too little sleep damages your physical and mental health:

- Your heart and immune system are weakened.
- Your memory and concentration suffer.
- Your mood decreases to the dangerous point of depression.
- You gain weight.
- Your skin looks less beautiful.



For a week, note down when you go to bed and when you wake up. If you don't get enough sleep, make some changes to your daily routine. You'll notice how good it feels to get enough sleep before midnight.

Date	From	Until	Hours

The hours of sleep before midnight are particularly valuable and important. The earlier you go to sleep, the better it is for your mind, your health, and your appearance.



7.7. Meditation

Meditation is a great way to relax your body and it's really simple: Just focus your attention on your breath, an object, or a sound.

During meditation, your brain releases chemicals that lead to improved relaxation and wellbeing.

Meditating helps you remain calm and at ease, even in challenging situations. That's why many people do it, including many athletes and artists.



Download the app "One Moment Meditation" on your mobile phone and watch the explanation video.



Try out a short meditation together in class:

Sit comfortably and close your eyes. Put one hand on your belly and feel your breath as it flows in and out of your body. Take a deep breath in. Breathe out deeply. Breathe in deeply. Breathe out deeply. Just pay attention to your breath. If thoughts come in, accept them and gently return your attention to your breath. Take a deep breath in. Take a deep breath out. You are becoming calmer and calmer. You can feel your breath and become calm. Take a deep breath. Open your eyes slowly and stretch yourself. Notice your inner calm and peace with gratitude.



Read the text. Have you ever done anything similar before? What was it?
Draw yourself or use words to describe your form of meditation below.














Go to <https://insighttimer.com/meditation-topics/children> and try out a guided meditation. Talk about your experience with others.



7.8. Where did you flourish?



Where do you stand now? At 1 (very weak) or 6 (very strong)? Mark the respective number and be happy about your progress.

	How well can you do that already?	1	2	3	4	5	6
	I know my favorite techniques for relaxing and I use them often enough.						
	I know ALI and think of him when I feel stressed.						
	I pay attention to positive facial expressions and a relaxed posture.						
	I can stay calm and relaxed in stressful situations.						
	I am careful to think positively and confidently, because I know that my thoughts influence my feelings.						
	I am aware of the seven pillars of mindfulness and work on those that still require my attention.						
	Because mood is contagious, I make sure that the people I surround myself with are in a good mood more often than in a bad one.						
	I try to eat and drink more of what is good for my body and my brain.						
	I mindfully savor every bite of my food.						
	I move as much as possible.						
	I make sure to get enough sleep. I am aware of the many negative effects of not getting enough sleep.						



What else do you want to work on? What is your next goal?



What steps are you planning?



8.1. Goodbye, procrastination

You have to do something you're not in the mood for? For example, a homework task, or a chore assigned to you by your parents, ... You constantly come up with excuses why you can't start doing it NOW? You procrastinate until you're running out of time? Your stomach is tight and filled with negative feelings? It's getting bigger and bigger? You're getting worse? Does any of that sound familiar?



Here are some tips for getting rid of this annoying procrastination:

- Do unpleasant things first. Then you'll have more time for the pleasant things.
- Break down big tasks into small steps. Write them down in your calendar or agenda.
- Tackle one of the identified small steps every day - and be proud of yourself.
- Imagine how amazing you will feel after having completed all unpleasant things. Really feel the joy and relief right now.
- Tell yourself that you're looking forward to doing the "thing" you're procrastinating. If you're good at convincing yourself, this technique can work wonders.



Which tips suit you best? Follow them and believe in yourself.



Is there something you should be doing, but have been putting it off for a while or haven't finished? Apply the tips and write down your next steps below. Implement them afterwards.

8.2. Study fan



Make a DIY (do it yourself) study fan with tips on how to keep up with your study load and learning. Always keep it at your fingertips when you study. You can find a copy template for the study fan in the teacher guide.



In the chapter "Introduction on Learning to Learn" of the **A2 Expert Challenge** you can find more valuable tips for learning to learn and study. The challenge can be downloaded for free at www.youthstart.eu.



8.3. From grumbler-spirit to power-mind

Paola and Pauli often have good ideas and implement them immediately. If something takes longer than expected and becomes difficult, Pauli quickly gives up and starts to grumble. Paola, on the other hand, keeps going and is happy about her success.



Are you more like Paola or Pauli?

Paola

Pauli

Paola is really annoyed by all the grumbling and whining. She is even more annoyed that Pauli succeeds less and less because he has less and less confidence in himself. Therefore, Paola decides to teach Pauli how to transform his grumbler-spirit into a power-mind.



By working with the **PERMA-Programme**, you have trained to become a "power-mind". Such dynamic people have an easy time persevering. If they suffer setbacks, they can motivate themselves and start over again.



Write down all the perseverance tricks you have learned through the "power-mind" training. Discuss them in class and use the best ones to create a poster.



Continue training your perseverance by regularly using the file card programme "From grumbler-spirit to power-mind", which can be found in the teacher guide. From time to time, take some of the file cards and repeat what you have learned throughout this workbook. This will help you to flourish more and more!



"Einstein's Disco" is a fun way to review what you've learned. The teacher guide offers disco cards related to the content of this challenge. Buch sind im Lehrer*innen-Handbuch.



9.1. Thinking about your successes and next goals



You probably know a lot about PERMA by now. Which steps to flourishing are you already really good at? Which ones do you feel less confident about?

Mark the area on the scale below. Where do you see yourself in between – (I don't feel confident yet, this needs a lot more work) and + (I'm already very good at that)?

Savoring positive emotions

Using your strengths while acting with engagement

_____ +

Cultivating positive relationships

A horizontal number line with 10 equal segments, starting from a minus sign and ending with a plus sign.

Finding meaningful goals

A horizontal number line with 11 equal segments, starting from a minus sign on the left and ending with a plus sign on the right.

Celebrating successes

— +

Keeping body and mind fit

A horizontal number line with 10 equal segments, starting from a minus sign on the left and ending with a plus sign on the right.

Exercising perseverance



In which areas did you flourish and grow stronger?



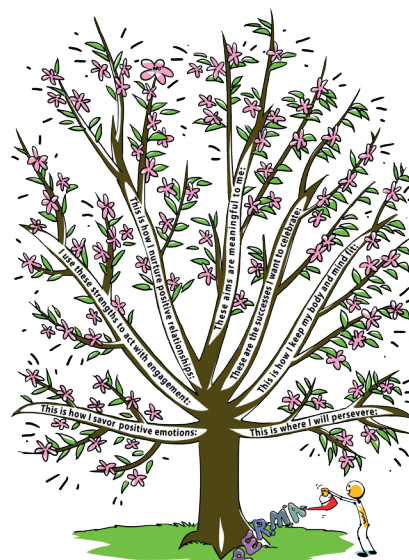
What else do you want to work on? What is your next goal?



 What does flourishing mean to you? Write your name down below and come up with a personal “flourishing word” for each letter. A flourishing word is a word that you associate with your personal path to flourishing.

Keep training and bring your Tree of Life to full bloom.

Draw your Tree of Life and write everything that makes you flourish in the branches. Decide which areas you still want to work on. Enjoy each success and celebrate it!



Empowering Youth ...

... refers to the title, the goal and the content of a practice-oriented, holistic learning programme which was developed for lower secondary school students. Bigger and smaller “challenges” form the key element of the programme. They function as learning prompts in three key areas that play an important role in empowering young people:

- entrepreneurial thinking and acting,
- personal development and
- social commitment.

Each key area is assigned a different color to help differentiate between them.
A diagram of the entire programme is included at the beginning of this document.



Empowering Youth is part of the “**Youth Start Entrepreneurial Challenges**” Programme, which aims to foster personal initiative and the entrepreneurial spirit of young people. It was developed in Austria for both primary and secondary school students, and it has been translated into six languages.

The A2 Be A YES Challenge entitled "A path to flourishing" builds on the A1 Be A YES Challenge ("Concentrate of what is good for you") that was designed for primary school children.

What do people need to flourish? How can they learn to say "yes" to themselves and their environment and have a positive outlook on life?

Positive Psychology, the science of flourishing and a fulfilling and meaningful life, approaches this question in a scientific way. That is also how the PERMA programme was developed, which is the “flourishing” programme that forms the basis of the Be A YES Challenge.

Ingrid Teufel, the author, has developed exercises on the basis of the findings of Positive Psychology research, which tell us what people need in order to flourish:

- savoring positive emotions
- acting with engagement while using one’s strengths
- cultivating positive relationships
- finding meaningful goals
- celebrating successes

In addition, the Challenge contains suggestions for keeping body and mind fit and for training one's perseverance. **The training programme for the students is extensive, which is why it can (and should) be used over a period of several school years.**

The “Youth Start Entrepreneurial Challenges” Programme supports children in developing their potential.

This was proven by a scientific field study which was carried out from 2015 to 2018 in Austria, Slovenia, Portugal, and Luxembourg with about 30,000 children and teenagers.

The research results demonstrate that by working with the programme in lower secondary school, the adolescents’ self-esteem is improved, and teamwork, creativity, and networked and critical thinking are fostered.

The students do not only learn how to communicate empathically and how to treat themselves and others with care and respect; they additionally acquire basic economic qualifications that are vital for their future working life.

We wish everyone working with this programme many inspiring learning experiences!

Eva Jambor and Johannes Lindner, editors

www.youthstart.eu | www.jedaskindstärken.at | www.ifte.at

Further reading

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- Seligman, M.: Authentic happiness. Using the new positive psychology to realize your potential for lasting fulfillment. Simon and Schuster, New York, 2004.
- Seligman, M.: Flourish. A visionary new understanding of happiness and well-being. Simon and Schuster, New York, 2012.

All Challenges of level A2 are also available in a printed version in German. You can order them at www.jugendstaerken.at (Jugend stärken, volume 1 - 4).



"Empowering Youth" is a holistic learning programme for lower secondary school students and part of the "Youth Start Entrepreneurial Challenges" programme.

All parts of the programme are available online as Challenges at competence level A2 (= secondary level I) including accompanying videos at www.youthstart.eu.

In the section "Mind & Body", you can find the "Youth Start Mindfulness Programme" as well as short videos explaining physical exercises for activation and concentration.

Explanatory video for this challenge: http://www.youthstart.eu/en/challenges/how_to_flourish/

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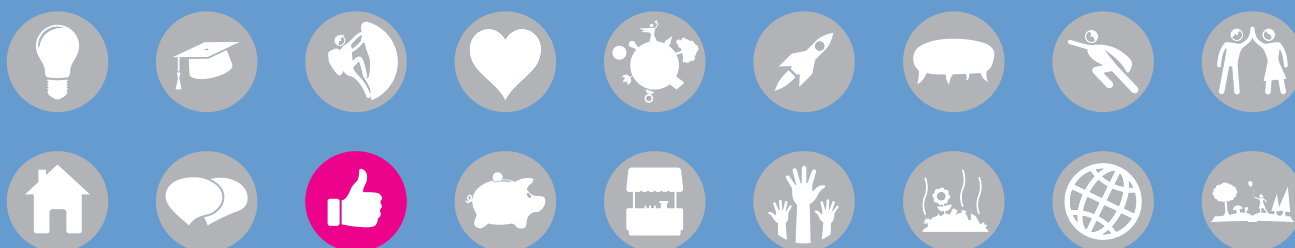
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The Youth Start Team would love to hear from you: if you want to network with national partners and learn more about their offers or support the implementation of the project please write to office@ifte.at.



This book contains a single challenge from the *Youth Start Entrepreneurial Challenges Programme*, the “A2 Be A YES Challenge” entitled “A path to flourishing”.

In this challenge, you will learn about the PERMA model.

Martin Seligman, an American psychologist, and his team researched what people need to “flourish” and feel comfortable with themselves and their surroundings so that they can say “YES” to themselves. This gave rise to the PERMA model for flourishing, the effectiveness of which has been scientifically proven.

With the PERMA model you train to enjoy positive emotions, to engage by using your strengths, to cultivate good relationships, to find meaningful goals and celebrate your achievements. This book also contains tips on how to keep your body and mind fit and how to learn to persevere.

