

LEARNED HELPLESSNESS

The Power of Mastery to Overcome Life Experiences

Sample activities from *One-Minute Resilience Building Interventions for Traumatized Children and Adolescents*



MASTERY

Good News Script

Objectives:

To have children appreciate and imagine themselves as being unique and special. To reinforce the key words calm and relax.

Directions:

Sit comfortably with your feet on the floor and your eyes closed. Take three long, deep breaths. (pause) Feel yourself relaxing more and more with each breath. Let the rhythm of the music calm you. Feel your muscles relax and your heart and breathing slow. Say to yourself, "I am calm and relaxed."

The room is quiet, as you slow your breathing. Your seat now transforms into your favorite soft lounging chair. On your lap is today's newspaper. On page one, in big, bold print it says, "You are CALM and RELAXED." When you see or hear these words, you feel calm and relaxed. Below these almost magic words, there is a picture of a young person who has done something special. Look closer at the picture of a young person who has done something special. Look closer at the picture, and find that this person is you! You are the news today. You have done something unique.

You have used a special talent that you have to achieve a goal, a dream. You are a winner, a heroine or hero, a hard worker, who has earned recognition in the newspaper. Breathe slowly and read the good things about you. (pause) How are you feeling? (pause) Close the newspaper. You have many talents, and with patience and hard work you can make some of your dreams come true. Next time you see a newspaper, think of your good news.

Take a deep breath and return to your room. Open your eyes and stretch. (pause) Take a few moments to appreciate the good feelings that come with relaxation.

Discussion:

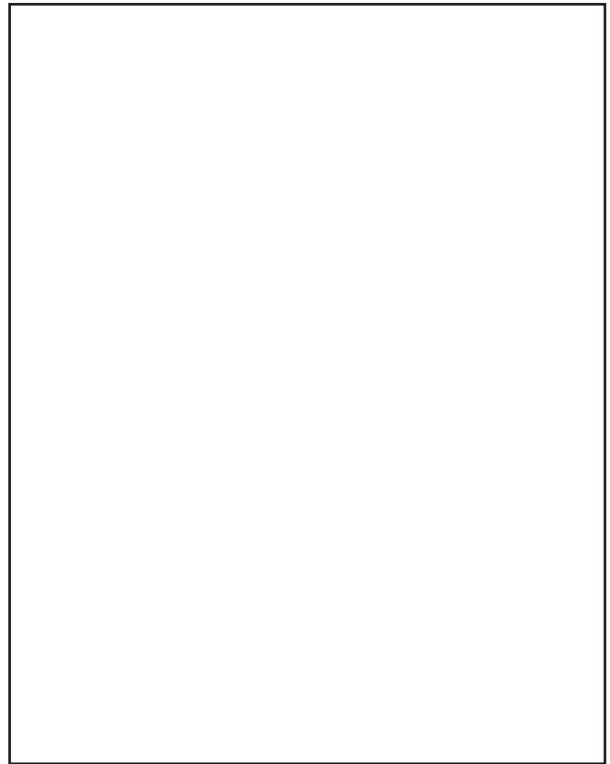
How did it feel to read the good news about yourself? What was the good news about yourself? Share something good you imagine yourself doing this year.

Activities:

- Make your own newspaper with an article about a Very Important Person – YOU! Include articles that talk about your special interests and talents.
- Find five words in a newspaper that describe you.
- Find each letter in your name and write a word that describes you for each letter.

DAILY NEWS

Good News!



Description of picture:

MASTERY

I Am Unique

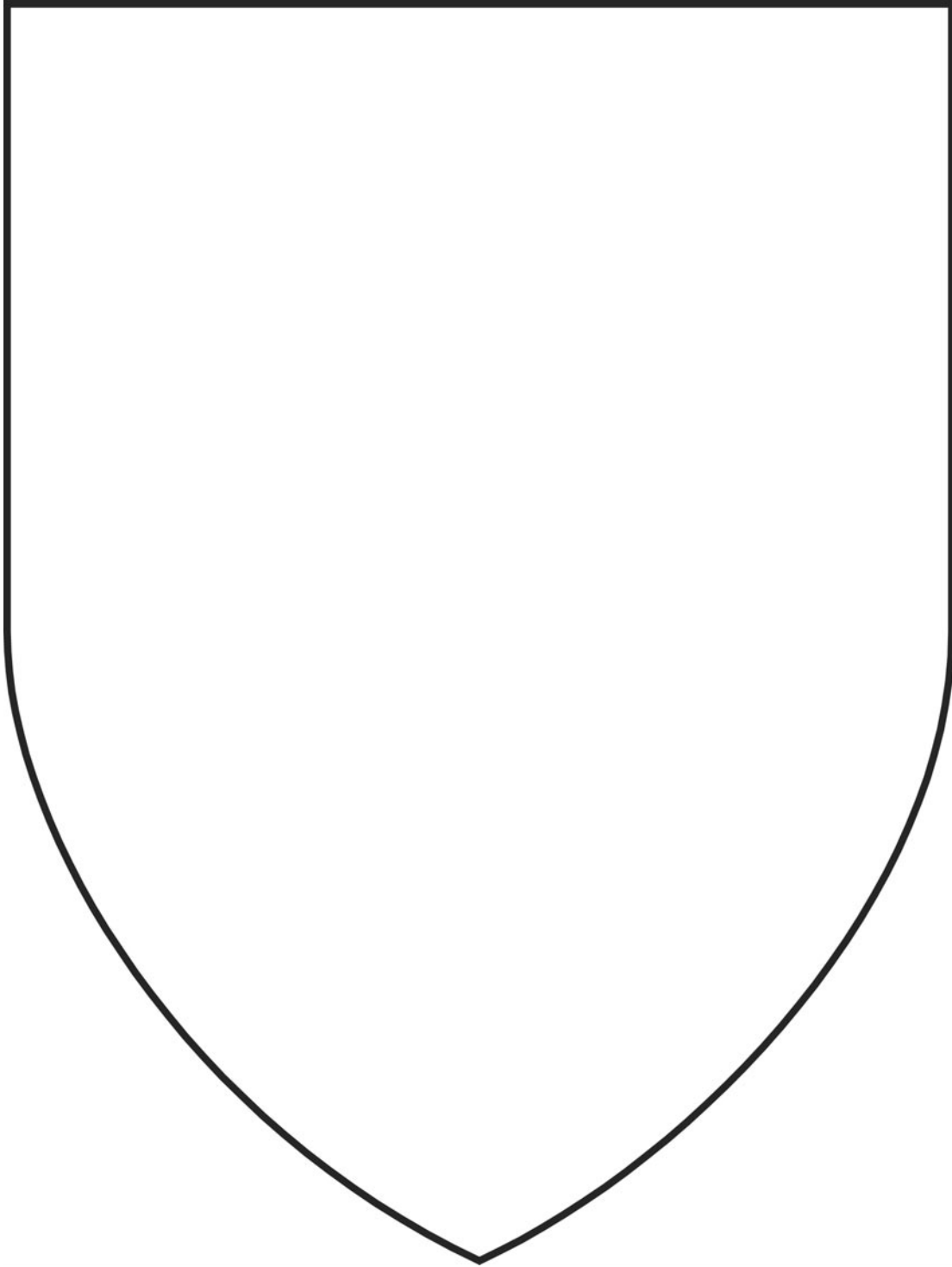
The following two worksheets (My Coat of Arms or Shield and My Hand) help show children that they are each unique.

Directions:

Ask children to design their own coat of arms. Instruct them to include something that they enjoy doing, a hobby, or something important to them.

Then, using the next worksheet ask children to trace around their hand. Ask them to use their imagination to fill in the outline with things that are special or important to them.

I am unique – my coat of arms or shield



I am unique – my hand