

Sara Westbrook

UPower CONCERTS

Motivational concerts designed to teach youth to think & act beyond their feelings
www.sarawestbrook.com



'UPower is our own personal power to choose our actions, reactions and beliefs regardless of the circumstances.'

At times life can be rough, especially in our school years. People may challenge how we look, where we come from, how we act and what we believe.

What has made the biggest difference in my life is knowing I can't always control the Circumstances (people's opinions, judgements and actions) but I always have the power to choose my Choices (my opinions, my beliefs and my reactions).

I call this power our UPower.

Circumstances bring up feelings. Many young people are making choices out of these feelings. These feelings not only feel overwhelming but they also feel permanent. Feelings are Temporary. Choices can be Permanent.

It's important that our children understand that, since feelings shift & change from moment to moment, they are not a reliable place from which to make choices. The more reliable place for making choices that will give a better end result is called a **Character END RESULT.**

Let me give you an example of what I mean.

Respect is a very important character trait for me and it's the place from which I want to make my choices.

Therefore my **Character END RESULT** is
'I Choose to Respect Myself, Others & My Dreams.'

When I make my choices from my Character END RESULT I am guided to make choices beyond my feelings. It guides me to make choices with clarity which makes it easier for me to bounce back from challenging circumstances.

The following worksheets will explain and help your child understand how to make choices beyond their feelings so they can make choices from
'I Choose to Respect Myself, Others & My Dreams.'

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CIRCUMSTANCE

Write what happened

A boy in my class said hurtful things about me

Choices

List all the choices you have from what happened – both positive & negative choices

1. Say something disrespectful to him
2. Tell him that what he said was hurtful
3. Don't say anything back and walk away knowing that I am perfect just the way I am
4. Believe what he is saying to be true and feel down about myself

My Character END RESULT is

I Choose to RESPECT Myself, Others & My Dreams

Final Choice

In the box below place the choice that will show your
Character END RESULT of RESPECT for YOURSELF, OTHERS & YOUR DREAMS.

Don't say anything back and walk away knowing that I am perfect just the way I am

THEN ASK YOURSELF:

Does the FINAL CHOICE I made show my Character END RESULT
'I Choose to RESPECT Myself, Others & My Dreams'?

If your answer is **NO** then you need to make another **CHOICE**.

If your answer is **YES** then you have chosen well.

Knowing Your Character END RESULT will guide you to
'Take Life One Good Choice at a Time!'

Creating Resilient Kids

1. Accept That Life Happens

Accept that challenging circumstances/mistakes will happen. It doesn't matter who you are or where you come from, you will face challenges and make mistakes. Children who understand that life is like a roller coaster with lots of ups and downs, will ride the journey of life with more ease and confidence.

2. Emotions Change

Explain that from these challenges/mistakes difficult emotions will come up (i.e. angry, disappointment, embarrassment, sadness etc). Each day we have lots of emotions. They are constantly changing like the hands on a clock. These emotions are normal and experienced by everyone.

3. Provide An Emotional Outlet

Encourage them to come up with healthy ways to release these emotions. Have them create a list so that they know what to do when these emotions arise (art, walking, talking to someone, sports etc). Place the list on their bedroom wall.

4. What Choice Do You Have?

Write out all the positive choices that can be made from the challenging circumstances/mistakes that they are experiencing. This will change their focus from 'what happened' to 'how can I move through this'. It is important that they understand that just because 'that happened' it is not the end of the world. They will realize that the circumstances/mistakes is an opportunity to 'Live, Learn & Grow'.

5. Act On It

Put the new choice(s) into ACTION! Having a new direction changes their focus to 'I can move through these challenges/mistakes.'

6. Ask For Support

Let your children know you are always there for them. Give them suggestions of places to seek help – Kids Help Phone, teachers, principals, relatives, friends, counselors, books, movies, music etc. Remind them that it shows a lot of strength and courage to ask for the support and help they deserve.

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