



Activity One

Achieving Calmness Through Yoga and Meditation

Equanimity is an emotional state that allows you to stay calm. But how can you stay calm? There are many different coping mechanisms that will help you stay calm. If you like art, painting can be quite calming. Taking deep breaths will help. Yoga practice and meditation are other good options. Below is an example yoga and meditation practice. Look up the terms online or watch some videos to get the right positions. Give these a try and see if they help you achieve equanimity.

Yoga Practice

- Start in “child’s pose”. Take a few deep breaths in this pose. When you’re ready, come up to “table-top” position.
- Inhale as you arch your back and look up. Exhale as you curl your back and look down. Repeat this a few times. End in “table-top” position.
- Extend your right leg back. Extend your left arm forward. Hold this for a few breaths. Then, come back to neutral and extend the opposite leg and arm. Hold this for a few more breaths. Come back to neutral.
- Send your hips up and back into “down-dog” position. Keep your arms straight and peddle your feet. Inhale and lift up onto your toes. Exhale and lower your feet flat to the ground.
- Walk your feet to your hands. Take a few breaths as you let your arms hang down. Inhale and lift your hands onto your shins and flatten your back. Exhale and let your arms hang. Take a deep breath in as you lift up to standing. Exhale and lower your arms to the side.

Meditation Practice

- Sit with your legs crossed on something comfortable, like a pillow. Sit up straight, shoulders rolled back. Rest your hands on your knees, palms facing up. Close your eyes.
- Take a deep breath in. Slowly exhale. Repeat this deep breathing throughout the practice.
- Imagine a calming place. It can be a meadow, a lakefront, or a local hiking trail. Picture this place in your mind.
- Imagine reaching out and touching a tree trunk, or a park bench, or a fallen leaf.
- Imagine the wind blowing against your skin. Focus on your breathing.
- Continue to imagine all the details of your calming location. When you’re ready, slowly open your eyes.

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Activity Two

Forms of Collaboration



What does collaboration mean to you?

Collaboration means to work together as a group. It also means to cooperate. Like working together for the same reason. Or to be on the same page. It lets people work together to fix a problem. There are two forms of this: synchronous and asynchronous.

Synchronous is when everyone is working in real time. Like working together in the same room. Or working online at the same time.

Asynchronous is when everyone is working at different times. Like sending an email. Or to put content on the web.

Here are examples of people working together. Which form does each show? Circle the right one.

1. Wyatt goes over to Lucy's house to work on a project.

REAL TIME

DIFFERENT TIMES

2. Sarah emails her part of the essay to James.

REAL TIME

DIFFERENT TIMES

3. Joshua gets Hunter's research from the web.

REAL TIME

DIFFERENT TIMES

4. Riley and Petra think of ideas over web chat.

REAL TIME

DIFFERENT TIMES

5. Finn has to wake up early to talk with Lee online.

REAL TIME

DIFFERENT TIMES

5. real time
4. real time
3. different times
2. different times
1. real time

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Activity Three

The Game of Risk or Reward

Play this game to experience how risk and reward works. Players will risk their collection of cards for the chance of winning more.

Items needed:

- A standard deck of cards.
- A standard die.
- A piece of paper and pencil for each player.

Objective: End up with the most cards at the end of the game.

Set-up: Each player starts with 10 standard playing cards. The value doesn't matter.

Rules: The game will be played in 5 rounds.

1. To participate in the round, each player will give up 1 card. If the player chooses not to play, they can keep their cards.
2. The players participating in the round will make a prediction as to which number will come up when a standard die is rolled. The player will have to give up 1 card per guess. Each player will write their guesses down on a piece of paper, keeping it hidden.
3. Have one of the players roll the die. The players who guessed correctly will split the number of cards that were given up at the start of the round.
4. Play continues in this way for 4 more rounds. The player with the most cards left over at the end of the game wins.

What is learned: Players should learn that the fewer guesses they make, the higher the risk is that they will lose. However, the greater the reward as they didn't risk too many of their cards. The more guesses they make, the lower the risk that they will lose. However, the reward is lower as they had to risk more of their cards.

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Activity Four

Create Your Own Coping Skills Adventure

There are six key types of coping skills:

- | | | |
|---------------|-------------|-------------|
| 1. Comfort | 2. Distract | 3. Opposite |
| 4. Expression | 5. Meditate | 6. Support |

Refer to Chapter 5 “Coping Skills” Reading Passage (page 32) for examples of each type of coping skill. Your task will be to create a scenario-based adventure that highlights each of these coping skills. For each scenario, you will provide at least 2 options. The game-player will choose the best option that fits the scenario. Depending on the option they choose, they will progress to the next scenario. There doesn’t need to be a “correct” or “incorrect” option to choose. Rather, each option reflects a different coping skill that the player can choose. Examples are given below.

Scenario: You get a bad haircut the day before picture day at school. How do you cope?

Option 1 – Opposite: You look in the mirror and think of ways to make the best of a bad situation.

Option 2 – Support: Ask for help from a friend or family member. Visit a different hairdresser and ask if anything can be done.

If Option 2 is chosen, the follow-up scenario could be as follows:

Scenario: You visit a different hairdresser to see if anything can be done to fix your hair. As the hairdresser tries a different style, he accidentally burns your cheek with the curling iron. How do you cope?

Option 1 – Meditate: Take a few deep breaths. Remind yourself that it can be fixed.

Option 2 – Distract: Close your eyes and don’t think about it.

If Option 1 is chosen, the follow-up scenario could be as follows:

Scenario: When you get home, you look at the damage of the burn on your cheek. You know you can cover it up with some foundation. When you look through your make-up bag, you can’t find it. How do you cope?

Option 1 – Distract: Take a break from the bad day you’re having and watch a movie.

Option 2 – Expression: Share your feelings about your day by writing in a journal.

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Activity Five



Motivation Through Affirmation

Affirmations are a type of emotional support. They are things you say to yourself for motivation or encouragement. An affirmation is an effective coping skill when faced with an emotional problem. Here are 7 of the top affirmations many people use:

- "I am enough."
- "I believe in myself."
- "I love who I am."
- "I am in charge of my own happiness."
- "My life is filled with goodness."
- "My difficulties are opportunities."
- "I am perfect just the way I am."

You can say these statements to yourself every morning when you wake up. You can have them written on a mirror you look at every day. You can set a reminder on your phone to give you one of these statements periodically throughout the day. You can take a moment during a stressful time to meditate over these words.

There are lots of common generalized affirmations you can adopt for yourself. If you want to create your own customized version, follow these steps:

1. What areas in your life are you not happy with? What would you like to change? *For example: You get angry easily.*
2. Think of an achievable goal to solve this area you want to change. *For example: You want to be calmer.*
3. Turn negatives into positives. *For example: You get angry easily because you are passionate.*
4. Write your affirmation in the present tense. *For example: "I will stay calm when I feel passionate about something."*
5. Say your affirmation with feeling.

Come up with your own affirmation following the steps above. Choose a way you want to deliver this affirmation. You can use one of the ones mentioned above. Or, you can use multiple ways. Or you can come up with your own way. Remember to be consistent with your affirmations. Choose something simple and keep at it. See if you notice a change over time.

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Activity Six



Digital Visitor or Resident Quiz

Are you a digital visitor or resident? Take the quiz below to find out. Answer **TRUE** or **FALSE** to each statement as it applies to you.

1. You see yourself as a user of the Internet, not a member. **TRUE FALSE**
2. The Internet should only be used to answer a question. **TRUE FALSE**
3. The Internet is a tool to complete a task. **TRUE FALSE**
4. You are concerned about your privacy on the Internet. **TRUE FALSE**
5. You have NO digital identity on the Internet. **TRUE FALSE**
6. You use the Internet to accomplish a specific task. **TRUE FALSE**
7. The Internet is NO place to get together with friends and other people. **TRUE FALSE**
8. You do your banking on the Internet. **TRUE FALSE**
9. You don't post photos on social media. **TRUE FALSE**
10. You do research on the Internet for a project. **TRUE FALSE**
11. You never take part in discussion boards. **TRUE FALSE**

If you answered mostly **TRUE**, then you are a digital visitor. If you answered mostly **FALSE**, then you are a digital resident.