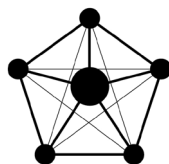


# Stages of Meditation



- 1. Sit still and cross legs.**
- 2. Breathe in and out slowly. Count to five as you inhale. Count to five as you exhale.**
- 3. Close your eyes. Focus your attention on your breath.**
- 4. Check in with your body. Reflect on anything you might be feeling. Start from the bottom up. Breathe into any part of your body that feels tense.**
- 5. Clear your mind. Think of one thing, like a fire or waterfall. Focus on your breath.**
- 6. Do this for 5-10 minutes. Open your eyes when you're ready to finish the practice.**

# Collaboration vs Cooperation vs Compromise

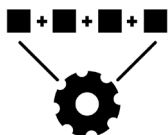


## Collaboration

Trust  
All needs are met.  
Shared goals.

## Collaboration & Cooperation

End result is better than if done alone.



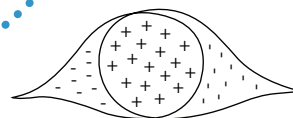
## Cooperation

Short-Term  
Respect  
Helping someone meet their goals.

## Collaboration & Compromise

Long-Term

**ALL 3**  
Agreement



## Compromise

Gives up what they want.  
Both parties are equally happy and unhappy about the result.

## Cooperation & Compromise

Negotiate





# Risk Pyramid



**SUMMIT**

## High Risk

Risk only what you're comfortable losing. You take risks that carry a lot of bad outcomes. The rewards are big.

**PLATEAU**

## Medium Risk

Relatively safe risks with stable rewards. You take risks that carry some bad outcomes. The rewards are equal.

**BASE**

## Low Risk

Foundation that supports medium and high-level risks. You take risks that don't carry a lot of bad outcomes. The rewards are small.



# Tips to Improve Decision-Making



## Plan:

make a plan when faced with a decision; find resources to help gather relevant data



## Advice:

get advice from an expert; help with confidence

## Perspective:

know which are small and big decisions; devote more time on the bigger decisions; helps with flexibility and compromise



## Time Management:

set time limits and deadlines



## Limitations:

limit the number of choices; it's easier to decide between chocolate or vanilla ice cream than it is to decide between 25 different flavours

## Judgement:

pros and cons of each choice



## Rest:

sleep on it; take a break; come back to it with fresh eyes



# Coping Skills: Self-Talk

**Self-talk is a coping skill that allows you to listen to your inner voice. This inner voice can be positive or negative. It's important to maintain a positive inner voice. Below are steps to help understand and steer your self-talk into a positive direction.**

**1. Listen to your inner voice.**

**"You are a nice person."  
"You're not a very nice person."**

**2. Is your inner voice helping you?**

**"I feel good about being nice."  
"Not being nice makes me sad."**

**3. How can you change your inner voice to make you feel better?**

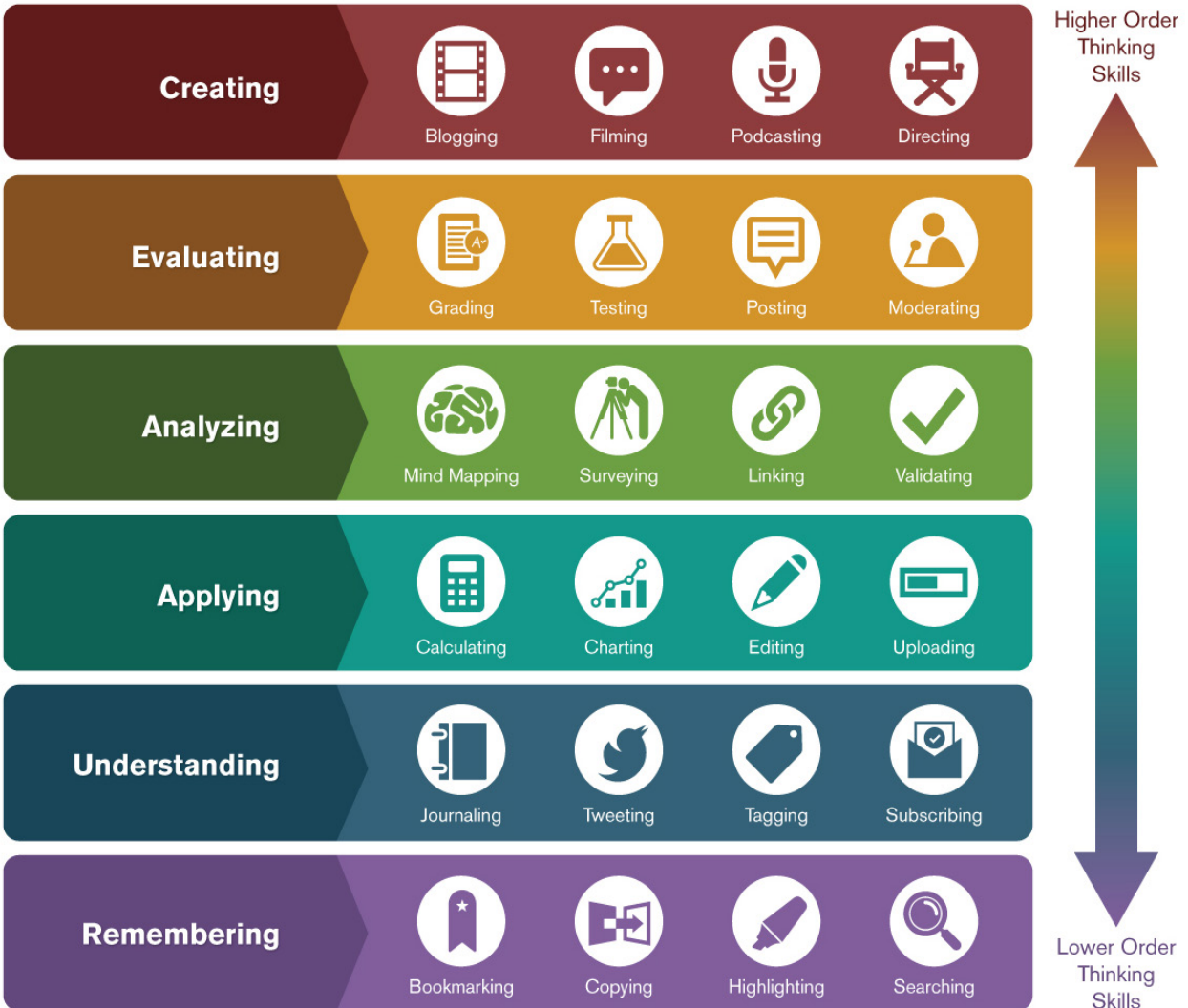
**"I can do one nice thing for someone every day."  
"I do nice things for people; therefore, I must be a nice person."**



# Bloom's Digital Taxonomy



## Activities with Digital Tools



Source: Arizona State University (Infographic by Ron Carranza)

Link: [teachonline.asu.edu/2016/05/integrating-technology-blooms-taxonomy/](http://teachonline.asu.edu/2016/05/integrating-technology-blooms-taxonomy/)