

# THE GREAT BODY SHOP

## Family Bulletin

Brought to you by The Children's Health Market, Inc., P.O. 7294, Wilton, CT 06897 800-782-7077

### Lesson One: Feelings And Emotions.

During this lesson, students will describe a range of feelings, explain how emotions affect daily functioning and long term health and explore appropriate ways of expressing these feelings.

### Lesson Two: Relationships.

Students will explore positive traits for social interactions and set a goals for peer relationships.

### Lesson Three: Peer Pressure And Other Influences.

In this lesson, students will identify personal responsibilities, behaviors and consequences in relationships between peers and parents. They will also practice strategies for managing positive and negative peer pressure.

### Let's Talk!

Parenting during adolescence is without a doubt a challenge. Additionally, it can be extremely rewarding when healthy lines of communication are established. The American Psychological Association offers these communication tips for parents. For more information, visit their web site: <http://www.apa.org>.

- Notice times when your kids are most likely to talk—for example, at bedtime, before dinner, in the car—and be available.
- Start the conversation; it lets your kids know you care about what's happening in their lives.
- Find time each week for a one-on-one activity with each child, and avoid scheduling other activities during that time.
- Learn about your children's interests—for example, favorite music and activities—and show interest in them.

- Initiate conversations by sharing what you have been thinking about rather than beginning a conversation with a question.
- When your children are talking about concerns, stop whatever you are doing and listen.
- Listen to their point of view, even if it's difficult to hear.
- Let them complete their point before you respond.
- Repeat what you heard them say to ensure that you understand them correctly.

### Stressed Out?

Stress is something everyone faces. It's a part of life. But when stress from work, school, friends or family becomes overwhelming - it can become "distress". When a person experiences distress for several days in a row, it begins to take a toll on the body and the mind. High blood pressure, sleepless nights, depression, lowered immune system, anxiety and moodiness are all reactions to prolonged distress. If you or someone in your family is experiencing this kind of stress, it's time to act. Hold a family meeting and discuss the sources of distress. Practice stress reduction breathing techniques. Make sure you are eating nutritious foods, getting rest and exercising. Contact a mental health provider for help if it lasts longer than two weeks.

### Read All About It:

#### Sparks: How Parents Can Ignite the Hidden Strengths of Teenagers

by Peter L. Benson (2008)

Grounded in new research with thousands of teenagers and parents, Sparks offers a step-by-step approach to helping teenagers discover their unique gifts, and works for all families, no matter their economic status, parenting situation, or ethnic background.

# Touching Home

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Class: \_\_\_\_\_

**Directions:** With a person in your family, complete the following page as you read and discuss it. If you complete this page with family using the computer, attach the E-mail or Instant Message conversation to this page.

1. Interview a family member about managing and expressing emotions. Ask this family member what they feel is important for a healthy relationship with you.

2. Who are some of the people you consider your support system in your life?

3. Discuss with a family member what they do to release stress.

4. Discuss Peer Pressure with a family member. What are some concerns and what are a few strategies to avoid making unhealthy decisions?

Comments or questions you and/or your family wish to share after completing the Touching Home page:

Signature of person who worked with you: \_\_\_\_\_

# Note Taker's Page

Name: \_\_\_\_\_

Date: \_\_\_\_\_ Class: \_\_\_\_\_

**Directions:** Write the answers to the following questions, on a separate sheet of paper, as you read and discuss the Student Issue.

1. Does everyone react the same (emotionally) to a situation? Yes or No

2. Describe two ways a person could react to the following situation:

While sitting in class one day, Sara was pinched by the boy sitting behind her.

3. List three people you trust that you could share your emotions with.

4. Write down three strategies for saying "No" to peer pressure that could work for you.

5. In your own words, explain the connection between emotions and your body.

6. List three ways that you can manage your emotions in a healthy way.

7. Describe three things about yourself that help you have a good self esteem. Remember, it's what's on the inside that counts!

Summarize the important things you have learned and will use from this unit.