

HEALTHY CHOICES, HEALTHY CHILDREN: RESILIENCE EDITION

LESSON 3: JUMP HURDLES WITH CHARACTER AND HEART



Think about the people you care about and who care about you as you answer the following:

Who do you call on when:

You want to watch a movie? _____

You feel lonely? _____

Your parents are upset with you and you need someone to talk to? _____

You do something awesome and want to celebrate? _____

You need advice? _____

You want to play a game? _____

You have some new music and you want someone to listen with you? _____

You have a secret you want to share? _____

Who calls on you when:

He/she has a problem? _____

He/she needs advice? _____

Who is a friend who:

Will be a friend forever? _____

Needs you the most? _____

You have a great deal of respect for? _____

Look at the names of people on the last page. Do any of these people motivate you to jump your hurdles? Which ones? How do they motivate you?

Using the steps to jumping hurdles on the paper we completed in class, write out a game plan for jumping one hurdle in your life. If it's easier, you might choose to draw it out using the white space below.