



Home, School And Beyond

Putting The Pieces Together



About BEYOND-U



Be Informed. Be Inspired. Be In Charge.

This is an organization that brings together a spectrum of motivational speakers from across various work/life experiences, in order to share their own experiences and learnings in life with the intention of moving others towards their own success benchmarks.



About ME



I'm Joe Perri, I've been a Marketing and Loyalty Strategist for over 25 years. Having developed programs for fortune 100 companies as well as the public sector and not-for-profit organizations. I'm here today because of my own journey through life starting off looking inward as a successful self-driven self-focussed individual, to looking outward and seeking to benefit others with what I've learned.

Helping people to become greater is my goal and my mission.

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HOME: PEACE OF HEART

What would these letters represent to you when it comes to what HOME is.

H - _____

E - _____

A - _____

R - _____

T - _____



Don't miss the opportunity to show your children what they're worth by taking some time to give them your undivided attention. In this resource, we've included 12 cards with some of our ideas for Family Fun Time. There is also an extra page of six blank cards so you can fill in things that your family likes to do together. All you have to do is print out the cards on the following page and cut them out. Then, after filling in your blank cards, put them in a hat or bowl and have your children pick a card. If you would like to reuse these cards multiple times, print them out on card stock instead of regular paper.

- 1. Vintage Movie Night.** Go to the library and rent an old movie or two.
- 2. Collection Competition.** Divide your family into two teams. Go door-to-door around your neighborhood collecting items for Goodwill. Whichever team collects the largest donated item wins. Then, as a family, take all of the items that you've collected to Goodwill together.
- 3. Helping the Homeless.** Make a simple dinner. Save your plastic to-go boxes from restaurants and take the dinners to homeless people in your area.
- 4. Board or Card Game Night.** Turn off the TV, step away from the computer. Have some family fun with your favorite board game or teach your children how to play the card games you enjoyed as a child.
- 5. Dinner Delight.** Plan three meals to cook with your children. Shop ahead of time and have the kids chop, prepare, wrap and freeze for the upcoming week. Another option is to just make a special dinner together as a family or bake a special dessert and make some extra to take and deliver to someone.
- 6. Home Movie Night.** All kids love to see themselves when they were younger. Pop in a tape or DVD of their younger days, or create a slideshow using pictures of them growing up. Your kids may also be fascinated by watching a video of your wedding. Just make sure to fast-forward if your video is six hours long.
- 7. Campout Night.** Camping doesn't have to take place in the forest. Popping up the tent in the backyard is a great way to have a convenient vacation. Remember to include all the things that you'd normally have at a campsite: sleeping bags, flashlights, (and the ingredients to make S'Mores). If you don't have an actual camping tent, make one in the family room out of sheets.
- 8. Museum Night.** You may be laughing right now when you think of your kids in a museum but hear us out! Creating a scavenger hunt within the museum is a great way for kids to interact with the exhibits. Another activity in an art museum could include talking about each person's favorite piece. For instance, take a look at some modern art, and let your family try to guess what the artist was thinking when they created their work.
- 9. Happy Un-Birthday.** Have everyone draw a family member's name out of a hat and - with a \$5 limit - buy, wrap and give an un-birthday present to that person. Make a cake to celebrate the un-birthday with everyone.
- 10. Twisted Bowling/Miniature Golf Night.** Put a new spin on some old favorites. Think of specific challenges for each hole or frame. For instance: "At this hole, you have to swing the putter behind your back," or, "On this frame, try to knock down only the two pins on the ends."
- 11. Neighborhood Scavenger Hunt.** Split your family up or compete against another family who wants to have some family fun. Give each team a digital camera to document their findings. Examples of fun things to add to the scavenger hunt list include: a wacky hairstyle, an unusual street sign or billboard, or a member of the group climbing a tree.
- 12. Picnic in the Park.** Pack some sandwiches and snacks and take the kids to the park for some fun, family time outside.



**Vintage Movie
Night**



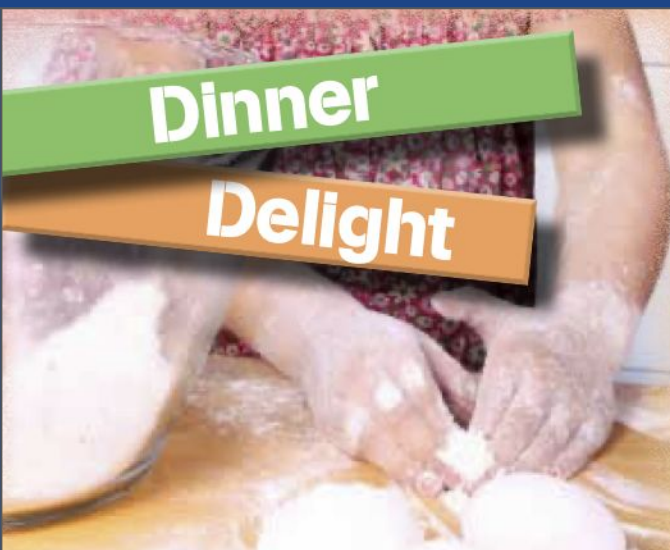
**Collection
Competition**



**Helping
the Homeless**



**Board or Card
Game Night**



**Dinner
Delight**



**Home Movie
Night**





Camp Out/In

Night



Museum

Night



Happy

Un-Birthday!



Twisted Bowling

Miniature Golf Night



Neighborhood

Scavenger Hunt



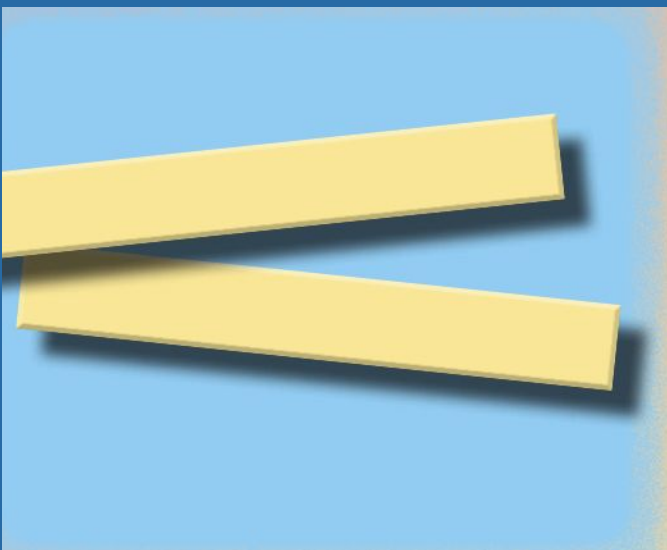
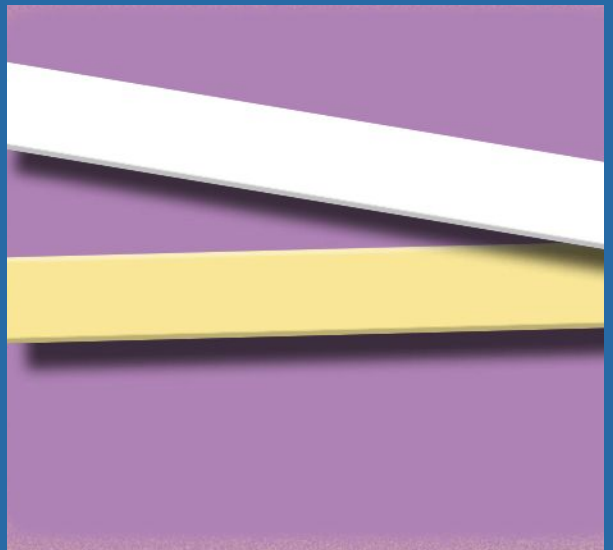
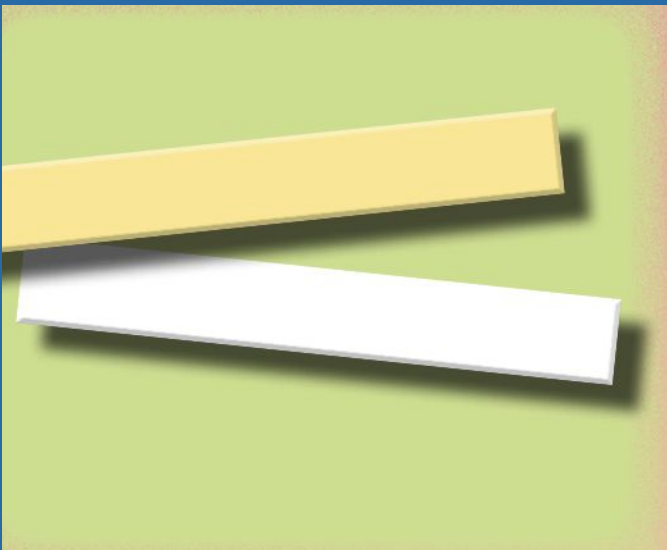
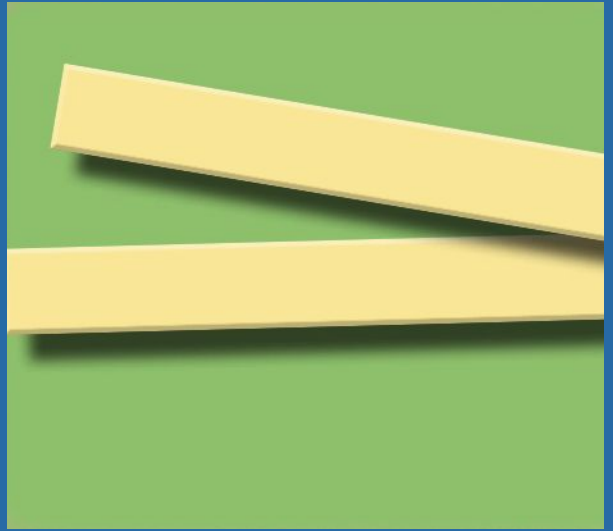
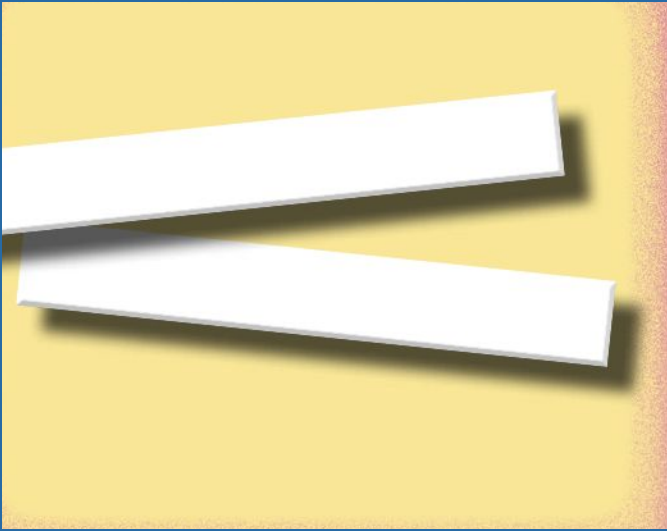
Picnic

in the Park

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SCHOOL: PEACE OF MIND

When teachers and families partner together to support student achievement, students succeed more!

Young people maintain higher educational aims and lower rates of dropout. Students with involved parents have better attendance, complete more homework, and have higher enrollment in educational opportunities after high school. Parents can participate at school by helping with functions and activities, or communicating with teachers. They can also be involved at home in many ways, including guiding their children to manage homework and other commitments and engaging in discussions about values and attitudes regarding education.

What do these letters mean to you when it comes to getting involved at school?

M - _____

I - _____

N - _____

D - _____

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Parent Volunteer Form

Student Name: _____

Family Member Name: _____

Phone Number: _____ E-Mail: _____

Please Check All That Apply

SMALL GROUP

WORK

Work with small groups during math or reading to help build skills

FRIDAY FOLDER

HELPER

Come in Thursday afternoons and help sort student work and build Friday Folders

SPECIAL EVENTS

VOLUNTEER

Attend/Help with class parties, fieldtrip chaperone, etc.

BEHIND THE

SCENES HELPER

Help with copying, stapling, cutting, laminating, sorting, or assembling

PAPER GRADER

Grade and record student assignments

I AM AVAILABLE...

Monday from _____ to _____

Tuesday from _____ to _____

Wednesday from _____ to _____

Thursday from _____ to _____

Friday from _____ to _____

I'D LIKE TO VOLUNTEER...

As often as I can

Once a week

Twice a month

Once a Month

Once a quarter

**I want to help but I am not available during school hours.
Please send home projects I can help with.**

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BEYOND: INSPIRE THOSE AROUND YOU

“Every person is born into the world to do something unique and something distinctive, and if he or she does not do it, it will never be done.”

- Benjamin E. May

What would these letters represent to you in order to inspire?

I - _____

N - _____

S - _____

P - _____

I - _____

R - _____

E - _____

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Be Informed

Create new brain wiring for a happier life

You can create new brain wiring, and thus new habits, by mindfully changing your thoughts and practicing new pro-social behaviors. This can help you become happier and achieve what is most important to you. Prepare for change by following the "Tips to Achieve Success" and use the four-week tracking sheet.

Contract For Change

Name _____ Date _____

The **negative behavior** I want to change is _____

I want to change because _____

The **positive behavior** I will do instead is _____

I want this positive behavior instead because _____

Reminders I will give myself are _____

I will **track it** by _____

Rewards I will earn for changing my thoughts and doing this new behavior _____

Consequences if I don't do it are _____

Positive Practice:

Signature _____

Date: _____

Tips to Achieve Success

1) Choose one negative behavior to change.

2) Feel a personal motivation to change.

(Establish rewards you care about; think how the behavior is harmful, has negative consequences, and violates your values.)

3) Set-up your environment for success. (Choose reminders; make it easy to do; make plans to stay away from negative influences and triggers.)

4) Do "Positive Practice" of the new behavior.

(Practice using pretend situations until it's easy to do.)

5) Set a specific time to report progress. (Weekly Pleasant Personal Conference.)

6) Make it socially rewarding. (Ask family and friends to look for and compliment your efforts of new good behavior.)

Tracking My Progress

WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1							
2							
3							
4							

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Be Inspired

Home, School And Beyond

Our brain is "hard-wired" to give feelings of pleasure when we do good. You can increase your feelings of happiness by giving service and doing good to others.

“There is a vitality, a life force, an energy, a quickening that is translated through you into action, and because there is only one of you in all of time, this expression is unique. And if you block it, it will never exist through any other medium and it will be lost. The world will not have it.”

Martha Graham, dancer

Directions: Make a list of things you can do at home, school and beyond

1. _____
2. _____
3. _____
4. _____
5. _____

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Be In Charge!

Learn to manage your emotions to avoid negative behavior in your life - practice these skills to be a better you!

HOW TO REDUCE NEGATIVE STRESS

1. Trigger a "relaxation response" by taking slow, deep breaths through your nose, holding each for a count of five, then slowly exhaling.
2. Identify sources of stress.
3. Decide best ways to decrease negative stress; write a plan.
4. Put plan(s) into action.
5. Evaluate success.

HOW TO DISAGREE POLITELY

1. Use a calm, polite tone of voice. (Avoid using any "Communication Boulders.")
2. First validate their point of view. ("So the way you see it is...")
3. Use respectful "I-Messages" to share your different view. ("I see it differently...")
4. Explain any details.
5. Thank them for listening.

HOW TO MAKE AN ASSERTIVE COMPLAINT

1. Stay calm.
2. Decide on a time to talk.
3. Look the person in the eye.
4. Say how you feel with assertive "I-Messages."
5. Make your request; ask if they'll do it.
6. Thank them for listening.

HOW TO RESOLVE CONFLICTS IN PEACE

1. Identify the specific problem.
2. Identify your feelings and they how impact you.
3. Decide if you want to try and resolve the conflict.
4. Set up a time to address the conflict peacefully using "I-Messages," "LUV-Listening," Problem Solving, and "Win-Win Negotiation."

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