



Social Emotional Spiritual & Mental Health
Resiliency Skills Program

Welcome to Kindness ROCKS!

- ★ "Kindness Rocks" is a comprehensive & multi-faceted program that empowers junior high students, their parents and teachers with the social, emotional and spiritual skills they need for mental health resiliency.
- ★ The pep rallies, classroom options and at home components equip students to be confident and strong in their life & faith.

**Component #1:
Engaging & Inspiring
JH Pep Rallies**

45-60 minutes plus 15-20 min.
for reflection & discussion

**Component #2:
"At home" Videos
& Exercises**

Accessible on computer,
device or phone

**Component #3:
Summary & Resources
for Parents & Teachers**

Simple, fast, compelling &
helpful exercises

September: **Awareness**

Awareness of body, emotions & thoughts

Resilience through gratitude (your superpower)

Gratitude October

November: **Emotional Strength**

Facing, feeling & framing strong emotions

Recalibrating negative thoughts & managing stress

Resilience December

January: **Self Image**

Elevating how you see yourself to match your worth

High standards for self & others

Thriving Friendships February

March: **Communication**

Being kind with body language, tonality & words

Becoming confident in God & yourself

Faith Over Fear April



Kindness Rocks Equips Students to:

- ★ Know their God-given worth & think positively about self
- ★ Integrate faith with academics, relationships & self image
- ★ Pursue their dreams and goals with confidence & resilience

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Here's what the app looks like

Your school community (students, teachers and parents) receive access to a private and customized module on Jenny's app (available on computers, phones and devices).

- Short videos, engaging graphics & concise content with simple exercises to practice skills
- Easy to use resources for parents and teachers
- Compelling content in separate sections for students, parents and teachers.


Get Inspired!
For when you need some motivation 🍌




IMAGINE HANGING OUT WITH JESUS!

Can you imagine what it would be like to hang out with Jesus???

- ? Is he fun ?
- ? Is he funny ?
- ? What does his voice sound like ?
- ? What could you do together ?




Practice




ANY athlete, artist, musician or scholar knows that to be *really good* at what they do, they need to PRACTICE!!!

Are you ready to rise up to your GROWTH ZONE???



1 First step 🦶

✔ Please choose at least one of the following exercises to connect with your teen for this week/month.



Identifying roadblocks

⚠️ 🚫

The stress (from external sources) and the fear (from internal thoughts) are major roadblocks stopping your teen from experiencing peace of mind.

- 🗨️ Do you know what is stressing out your teen?
- 🗨️ Do you know what your teen is afraid of?

Stress can come from a variety of place:

- 🏫 School challenges, family situations, social worries, self-doubt—Maybe a combination of all of those !!

We want our teens to face challenges because that gives them opportunities to GROW and learn new skills and strategies.

Here's what students say:

"The pep rallies are so fun. I have a lot of personal problems and the exercises that showed me how to deal with my emotions was really helpful."

"The pep rallies are exciting and I learn from them. They affirm that I'm great."

"The pep rallies are great. They help me reassess situations I'm in and help me make them better. I try a lot of the ideas Jenny gives us."

"These are great especially because they are about God. I also love the games."

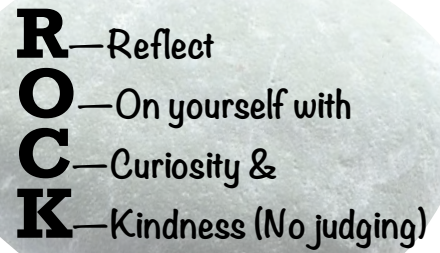
"The pep rallies give me a boost of happiness. They are helping me become a better young man."

"I've learned so much about myself, others, how to treat others, and how to think about myself."

★ Practice Awareness & Mindfulness ★

With practice, you can recognize and put words around what you are experiencing—

- ✓ In your body
- ✓ In your emotions &
- ✓ In your thoughts



R—Reflect
O—On yourself with
C—Curiosity &
K—Kindness (No judging)


What are some of the challenges, situations or people that are stressing me out right now?

This helps you grow in awareness—which helps you know where you're starting!

What are some of the **emotions** I have been experiencing lately?

You can tell yourself: "It's ok to feel this way. I can feel this way for now. Later, I can feel differently."

What are some of the **thoughts** I think...
What "stories" do I tell myself about what I see & experience in my life?



Be sure to get your parent's permission to download the **Kindness Rocks App** on your device, computer or phone so you can continue to practice a few times a week!

I AM WORTHY TRUTHS



I am learning to see that...

I am good, valuable & beautiful.

God makes me worthy because I am his beloved child. **I don't need to earn or prove my worth!**

I am starting to recognize that...

I am unique and special.

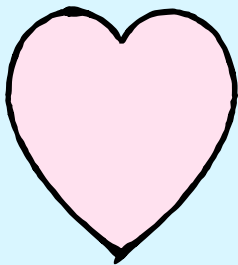
I am unrepeatable and un-replaceable!
I am important and have goodness to contribute to others. **I am a gift.**



God gave me my worth...

**My worth is unconditional,
unchanging & objective.**

My goodness and value don't change with my performance or other's opinions of me.



God gave me my value...

**I don't need to EARN or PROVE my
worth or value!**

My goodness is NOT based on performance, perfection, popularity, or my possessions.

