

April/Month Six (Year 1—*Better Me*): Connecting With Others and Being a Leader

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week 1	<p>Earlier in the year we spoke about emotional regulation. A key part of regulating emotions is being aware of when we experience them. For each of these emotions, what are some early warning signals that might let you know these emotions are either present, or starting to intensify? How can knowing these warning signals help you with emotion regulation? (a) Sadness, (b) Anger, (c) Worry, (d) Happiness, (e) Fear, (f) Pride (Skill: Emotional Regulation)</p>	<p>If you are more mindful of your strengths, your self-presentation to others will improve. Think of three strengths you have that would make other people want to be your friend or work with you. As you listen to your classmates' answers, what is one of the three they mention that you think is most clearly true about them, and why? (Theme: Connecting With Others and Being a Leader)</p>	<p>Are sympathy and empathy the same thing? Have you heard people use these terms interchangeably? Do you use the terms that way? Why or why not? (Skill: Empathy)</p>	<p>What are you currently doing in your day to day life to help you better develop yourself as a leader? Ask one of your classmates to tell you more about one of the things they are doing. (Theme: Connecting With Others and Being a Leader)</p>	<p>Do you need an apology in order to fully forgive someone? Why or why not? (Virtue: Compassionate Forgiveness)</p>
Week 2	<p>Empathy is sometimes explained as "standing in someone else's shoes." Think of someone from a different culture, race or religion and discuss how your life might differ. [If someone in the class is of the other culture, race, or religion, it might be helpful to have a reflective discussion] (Skill: Empathy)</p>	<p>What is the role of conflict in being a leader? How comfortable are you with conflict? What are different ways of raising conflicting issues and trying to resolve them? (Theme: Connecting With Others and Being a Leader)</p>	<p>Does emotional regulation happen in your own mind or with the support of an outside perspective? Is it possible to be calm outside of your body but not on the inside? (Skill: Emotional Regulation)</p>	<p>Should the government attempt to provide financial compensation to ethnic and racial groups it has discriminated against historically? If so, would this help those ethnic and racial groups with forgiveness?(Virtue: Compassionate Forgiveness)</p>	<p>Scapegoating means blaming an individual or group for the suffering of others. Can you think of how prejudice may contribute to scapegoating? Can you think of an example from your own life? (Skill: Empathy)</p>
Week 3	<p>Do our emotions influence our actions? Why or why not? If we are in touch with our emotional experiences, can we always control our reactions? (Skill: Emotional Regulation)</p>	<p>Does being connected to someone on social media and in person differ? If so, how? [Consider using a Venn diagram to show similarities and differences.] (Theme: Connecting With Others and Being a Leader)</p>	<p>Is it possible to forgive too much? If so, how do you distinguish the line for "too much"? (Virtue: Compassionate Forgiveness)</p>	<p>"We cannot be true human beings without feeling empathy" (author unknown). What does this quote mean? Consider the family and friends you feel most connected to and how the statement might relate to them (Skill: Empathy)</p>	<p>How do you think refusing forgiveness toward someone can impact your health? [Consider researching stress and health outcomes with your class] (Virtue: Compassionate Forgiveness)</p>
Week 4	<p>Is it always good to regulate your emotions? What are some times when it's most important, and what are some times where it might not be helpful? (Skill: Emotional Regulation)</p>	<p>Where in your life in or out of school do you find yourself connecting with people who are different from you? How do you do this? What challenges have you found in doing this? (Theme: Connecting With Others and Being a Leader)</p>	<p>The only way someone can hurt you is if you allow them to have power over you. Is it possible to avoid this imbalance of power in all situations? If not, give an example when it might be hard to avoid power differences. (Virtue: Compassionate Forgiveness)</p>	<p>Can you think of a time when you wish someone had more empathy for you than they showed? Did you tell them how you were feeling? Why or why not? (Skill: Empathy)</p>	<p>How do you handle criticism? Does it create positive or negative thoughts? How should you handle criticism that is constructive versus criticism that is not helpful? (Skill: Emotional Regulation)</p>