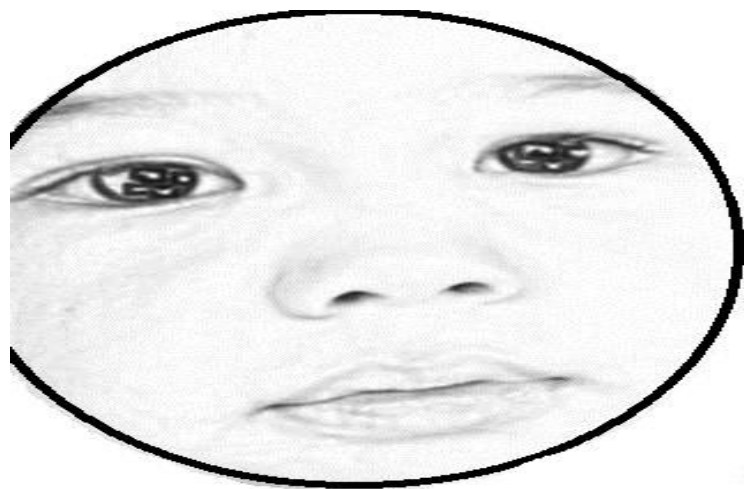
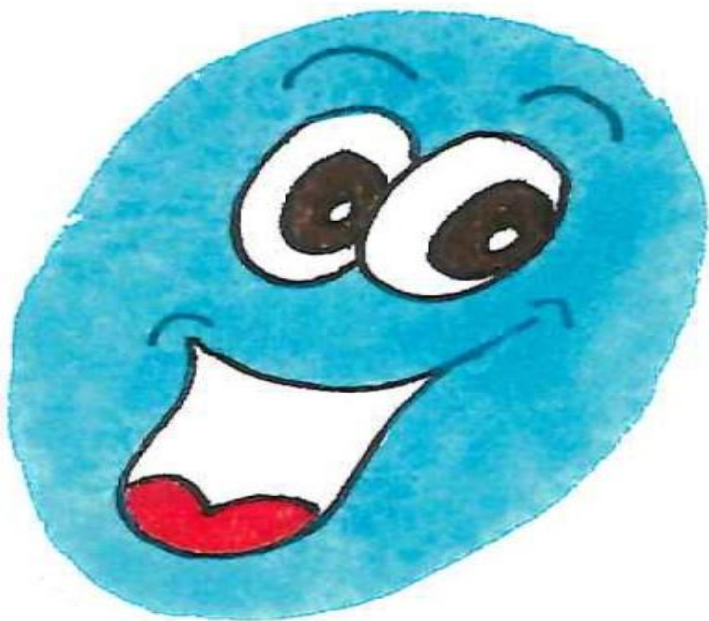


# **Be the best that you can be!**

Dedicated to Cruz & Everest- *What you believe will become true for you!* Thank you, to my sister Carmen Makarewicz and Heidi Haines who suggested that the Secret Formula be modified for younger kids. And to my colleagues, Edgar Reyes for all his technological support and my grammar guru Stacie Tomes-Lopez.

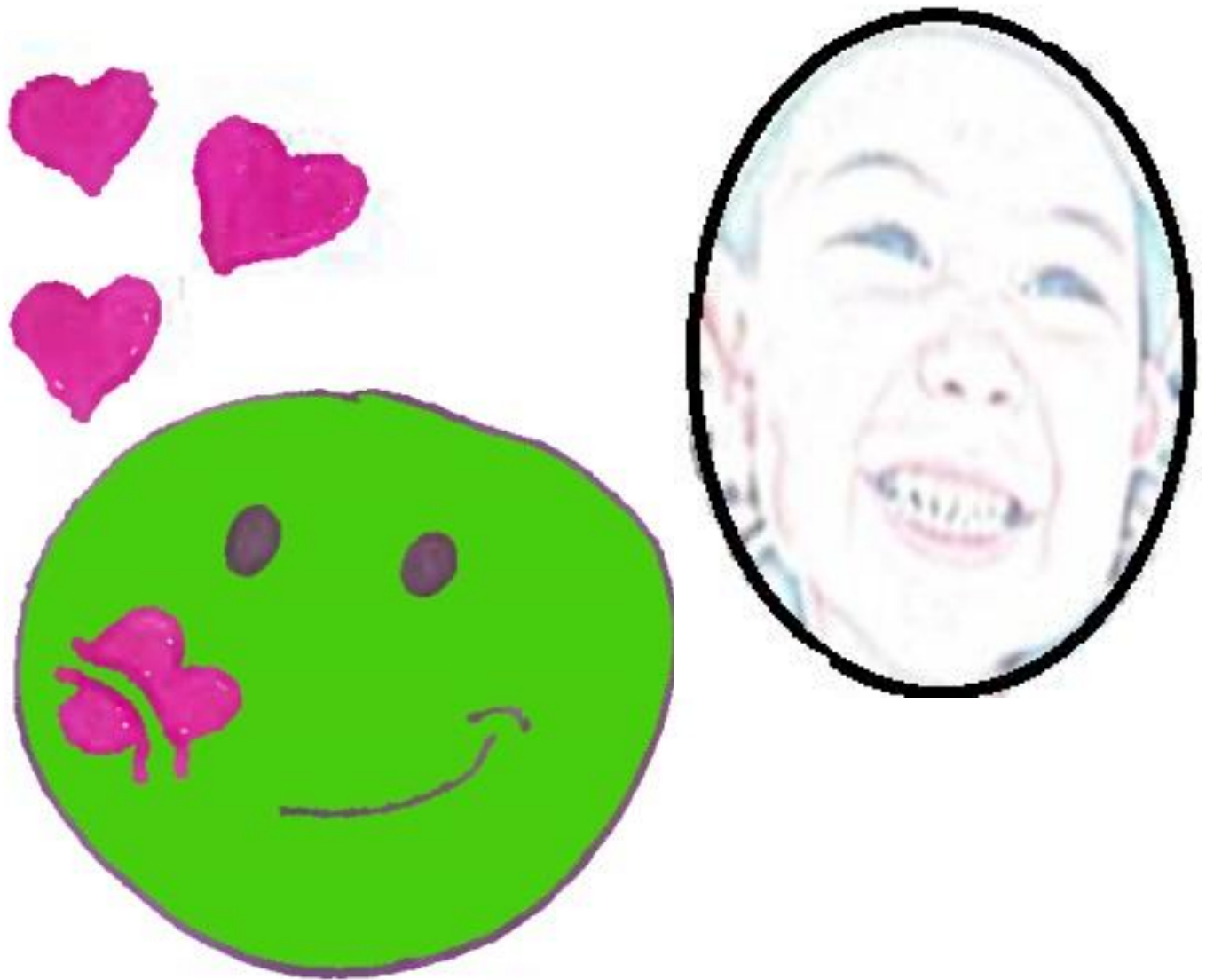


Sometimes it is hard to know how we are feeling.  
Sometimes we are happy, mad, or sad.  
Sometimes we are all of those at once!



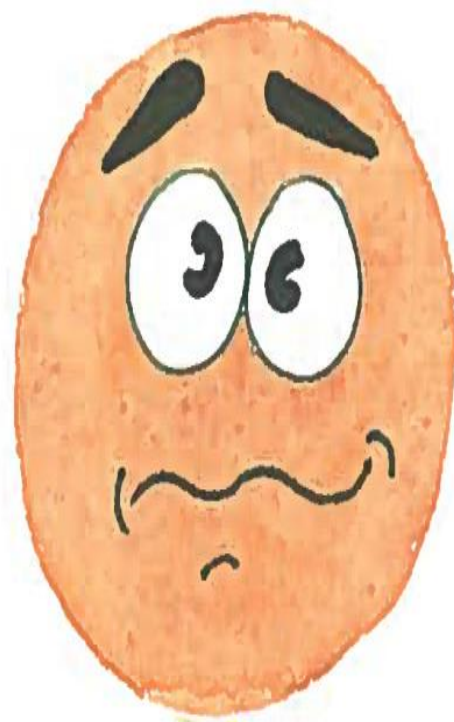
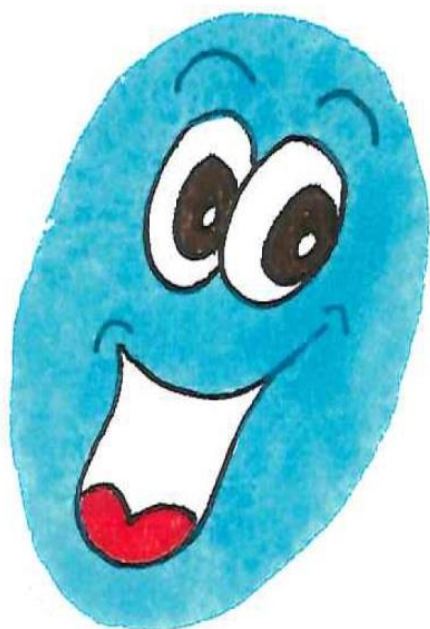


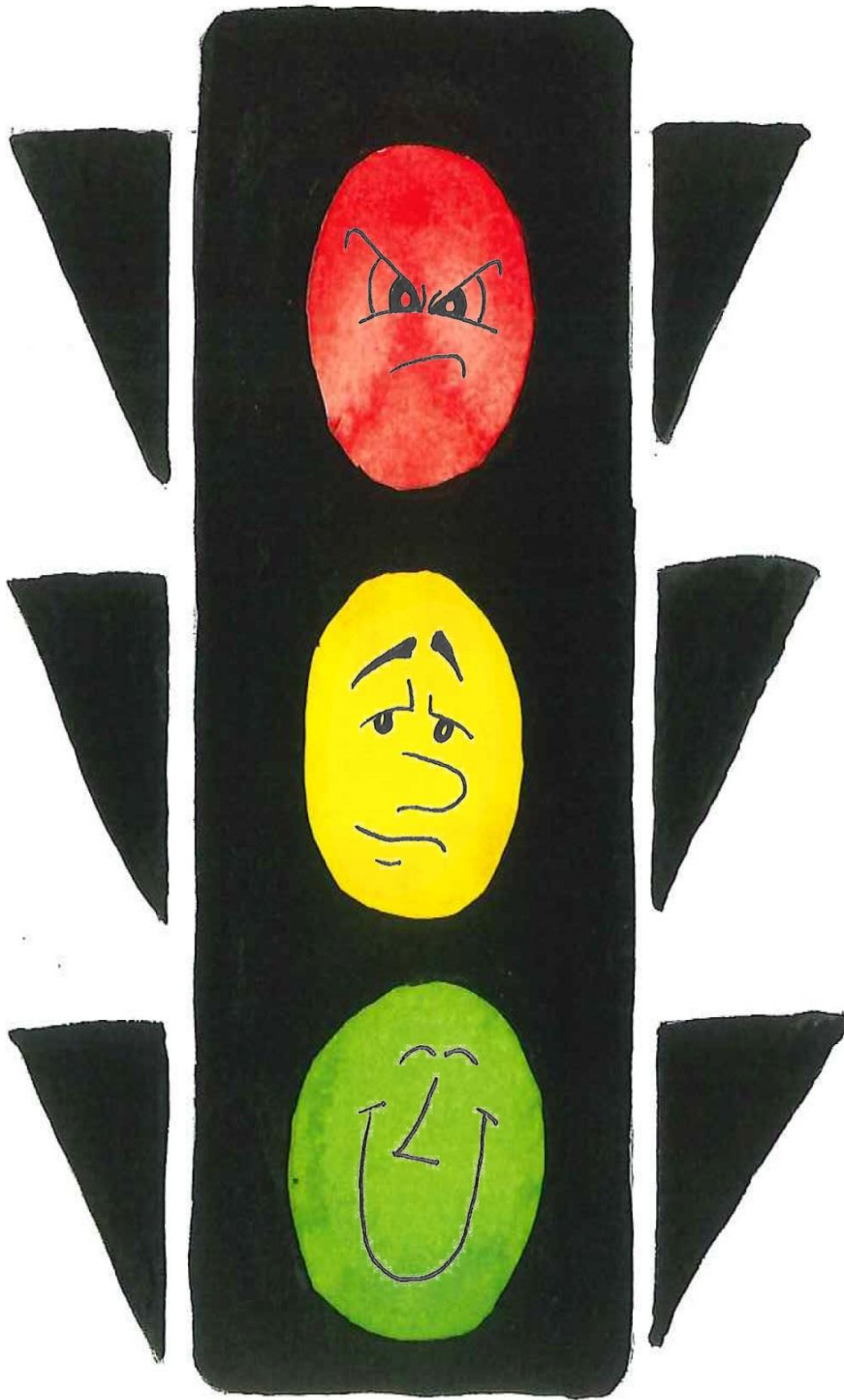
There are a lot of different feelings, but all feelings stem from love or fear.



Love based feelings have positive energy, and fear based feelings have negative energy. Choose love feelings and attract positive energy so you can be the best that you can be. Love is kind. Be kind to yourself and to others.

Our thoughts, our feelings, and our behaviors are all connected.





**STOP**

**Think &  
Pause**

**Go**

Think of a traffic signal. Sometimes when we are mad or sad, we have to STOP ourselves! What is going on? How am I feeling? Is it positive or negative energy?

The yellow light reminds us to  
**PAUSE and THINK!**

**Practice**

**Awareness**

**Using**

**Senses**

**Experience**



PAUSE means to take some deep breaths and use the five senses (seeing, smelling, touching, tasting and hearing) to help make better decisions. How does my body feel? What emotions am I feeling? Focus on your breath. Breathe slowly, in and out, until you are able to become calm and present in the moment. Choose to be mindful not mindless.

Draw an outline of your hand below.  
Using the five senses, write down what  
brings you comfort! (sight, smell, touch, taste, sound)



**THINK** before we say something or do something.



When we have GO Behaviors, that is a signal to keep going! You will feel better, attract positive energy, and make better decisions. Focus on the present moment. Become aware of what is happening, in you and around you, when it happens. Be mindful.

Sometimes we need to let someone know how we are feeling on the inside. Talk to a trusted friend or adult. Use the SF to express yourself.

**The secret to the SF is “Do not use the word you!”**

## The SECRET FORMULA

I feel \_\_\_\_\_

when/because

---

---

---

---



happy



sad



mad



tired



dissapointed



scared

How do you feel today? Practice using the SF to describe how you feel.

**Play the FEELING CUBE GAME on the back page!**

Sometimes when we feel mad or sad, we need to change our mind and have some fun instead. When we spend time doing things that make us feel happy, we become happy.

### Things to do when you are Feeling Blue:

**805.469.5882**  
**24hr Youth**  
**Crisis Hotline**

Write a gratitude list Listen to music  
Pray  
Eat spicy food  
Look through old photos  
Make a collage  
Take deep belly breaths  
Watch a musical  
Walk around a garden  
Tell someone you love them  
Stay in bed  
Visit someone who is lonely  
Learn something new  
Play an instrument  
Listen to calm music  
Play video games  
Go to an aquarium  
Hug everyone  
Play the game Sorry  
Play card games  
Scream in a pillow  
Smile at everyone  
Play Crazy 8's  
Make arts & crafts  
Bake cookies  
Make popcorn  
Write a little ditty  
Sing out loud  
Keep a journal  
Be optimistic  
Jog around the block  
Plant a flower  
Play soccer  
Bubble bath  
Play a sport  
Make animal balloons  
Ride your skateboard  
Go to the park  
Ride the swings Or a roller coaster  
Help someone you love  
Be with nature  
Drink tea  
Text someone

Celebrate something  
Play Monopoly  
Jump rope  
Hang out with a friend  
Try a cart wheel  
Go on the Internet  
Find a ladybug  
Go surfing  
Write a thank you note  
Eat some chocolate  
Learn the National Anthem  
Sit by the water  
Play with a cousin  
Play with an animal  
Laugh out loud  
Go to church  
Get sleep  
Call a friend  
Watch the sunset  
Order pizza to be delivered  
Stretch your body Meditate  
Laugh with friends  
Cry  
Watch T.V.  
Walk  
Catch up on homework  
Think positively  
Eat sweet foods  
Read  
Eat healthy  
Cuddle  
Buy yourself a present  
Play backgammon  
Ride a bike  
Read some comic books  
Call your grandma to say hi!  
Go the movies  
Think of 10 things to be grateful for in your life  
Watch YouTube  
Call a friend  
Decorate your room  
Play board games



Take a ride!

**Circle things that you like to do for fun. Do something fun today.**

# The power of a mantra!

Having a mantra that you repeat to yourself over and over also helps you to be the best that you can be. Just make sure it is a positive message! Think positive and become positive.

“Be careful what you  
**THINK**, because your  
thoughts run your life.”

(Whatever you choose to think, your mind takes it seriously and your actions will reflect your thinking)

Do you have a mantra? What is it?

Think of things you are grateful for in your life. What 5 things are you grateful for today?

Do something kind for someone. When we help someone, we are really helping ourselves. What act of kindness can you do today?





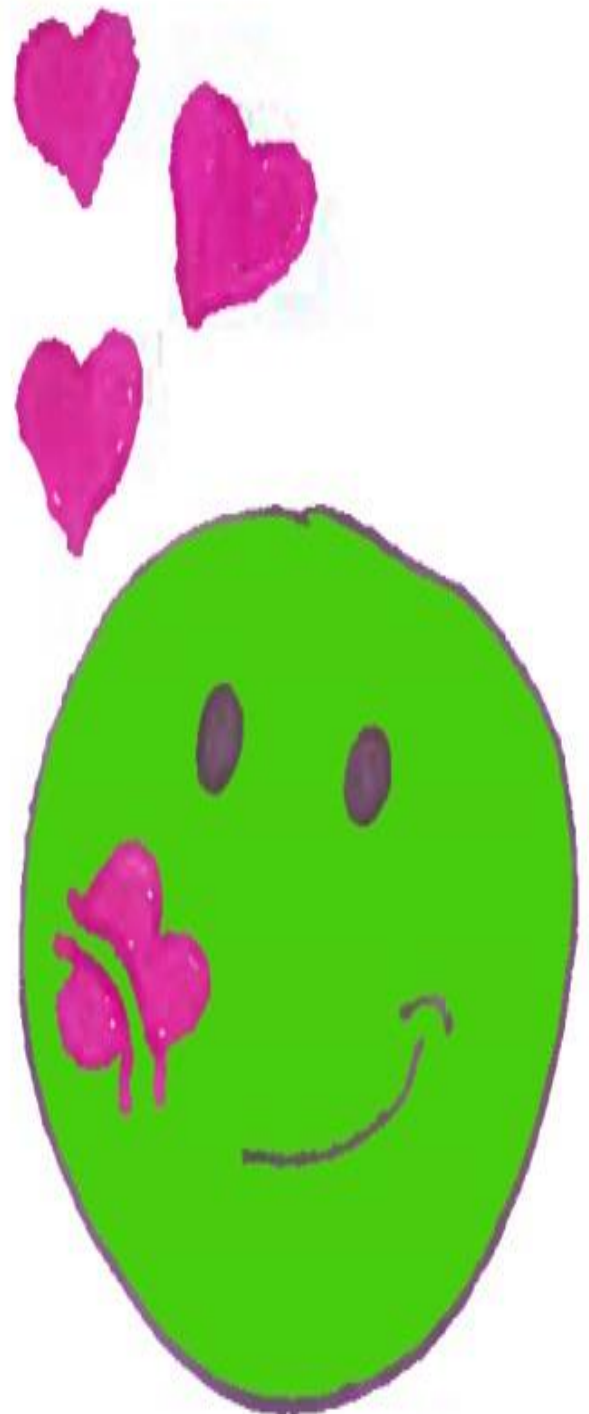
Something else that you can do to be the best that you can be is to sing a little ditty to yourself.

A little ditty is a little song that you can sing to help you feel better about yourself.

What is your favorite song? Can you take a few lines of the song and make it into a little ditty?

“Let it go,  
Let it go,  
Let it **GO!**”

*Be the best that you can be!* Add this line to the end of your little ditty too.



# Set some goals for yourself!

A goal is something that you want to make happen!

Think about some things that you like to do. What is something you are good at doing? What is something that will help you to become the best that you can be?

Do two things everyday that will help you be the best that you can be!

What two things can you do today?

- 1.
- 2.

Bucket list-something you want to do once in your future.

What would be on your bucket list?

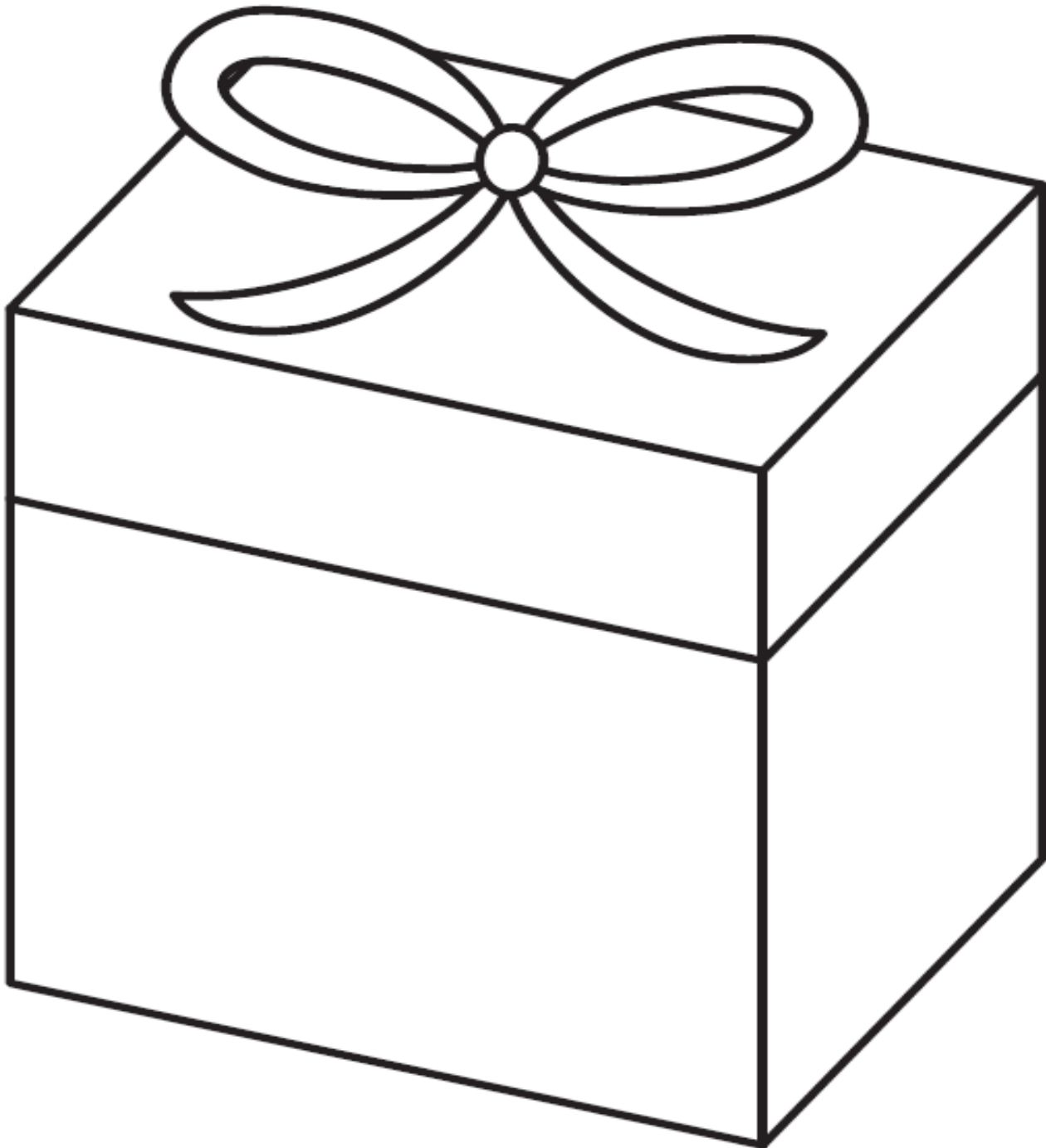
Here are some examples of a bucket list:

Skydiving, traveling to a far away country, inventing something, etc...

Sometimes it is not easy to be the best that we can be, and that is okay. No one is perfect. We are all different and unique, and that is what makes me be me, and you be you! Everyday is a new day to be the best that we can be. The best time to be the very best that we can be, is in the present moment. Be yourself; love yourself! You are a gift.

## **My Me Box**

*Draw all the things inside the box that make me, be me!*



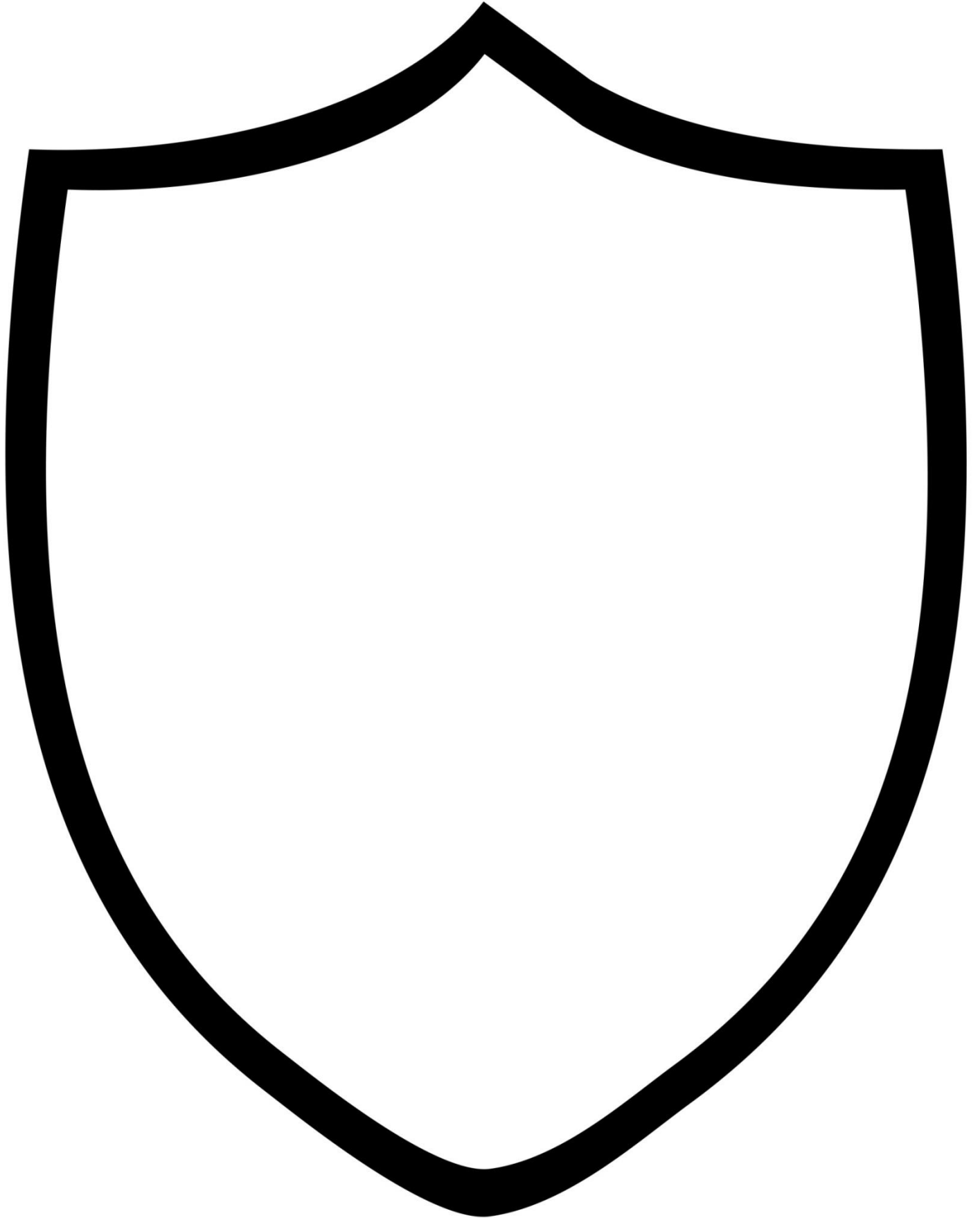
Sometimes we will make mistakes (oopsie), and that is okay. Learn from them. Do not repeat them. Forgive yourself and forgive others. Do something kind for someone, and you will feel better about yourself, too. You have the power to change your negative thoughts to positive thoughts and fill your life with positive actions.

# Let's do this!





# My Hero



# What are some things that can help me to be the best that I can be?

If you do not like what you are thinking, think of something else. Use positive thinking to attract positive energy.

Problem solving - Use the THINK model. Is it t true, helpful, inspiring, necessary, or kind? **If not, STOP; if so, GO!** Be the best that you can be!

Express inside feelings with someone you trust. Use the Secret Formula sentence frame. Remember the secret to the Secret Formula? Do not use the word, YOU!

PAUSE – Take some deep belly breaths. Look at your hand profile to see what comforts you.

Have some fun from the things on your to do list!

Think of 5 things that you are grateful for at this moment.

Recite your mantra over and over.

Sing your little ditty – “Let it go, shake it off. Stop, Pause, Think and GO!” (3x’s). End with “Be the best that you can be!”

Goals - do two things today to help your life flow.

Play the feeling cube game.

Do something kind for someone.

# Tips for Parents & Caregivers

## 5 Step Communication:

- Give assertive directives that are “short and sweet” - “go to bed,” “pick up toys,” “finish homework,” “play with your toys on the floor,” “finish your food,” “keep your hands and feet to yourself.” (Teach them what you want them to do, not what you don’t want them to do.)
- Be a broken record - repeat the directive over and over until it’s done.
- Use physical guidance - gently put your hand on your child’s shoulder to guide them to finish the task. Show the child what you expect.
- Use win-win! “Finish your food, and then you can have dessert.” “Finish your homework, and then you can watch TV.” “Make your bed, and then you can play outside.” (In other words, you win, and they win.)  
Avoid the “If you don’t do this, you won’t do that!”
- Catch them being good. Reinforce (Pay attention!) to the desired behavior. Ignore minor irritations to extinguish them. Compliment your child’s GO! behavior.

## To redirect behavior, use the following:

- TELL the child to STOP! (Avoid using the word No! It comes back to haunt you!)
- PAUSE - Ask them to take some deep breaths. (Take some too!)
- USE the THINK process - Ask them, “Is what you are saying or doing, t true, helpful, inspiring, necessary or kind?) **If not STOP; if so GO!** Be the best that you can be!
- LISTEN - be nonjudgmental, give undivided attention, listen carefully, and focus on facts and feelings. Allow time for reflection. Make sure consequences are simple/clear/enforceable/reasonable.

# THE SECRET FORMULA



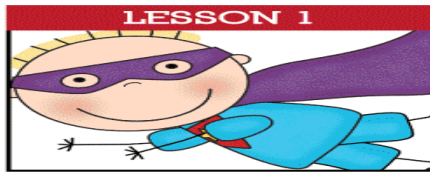
**STOP**  
*take a  
deep breath.*

**PAUSE**  
*and*  
**THINK**

**GO!**  
*Be the best  
you can be!*



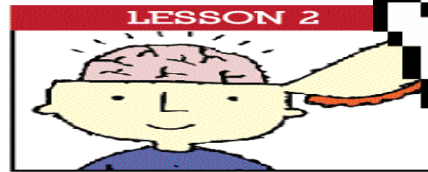
# FREE Lessons available at [dianediazgomezphd.com](http://dianediazgomezphd.com)



## LESSON 1

### My Hero.

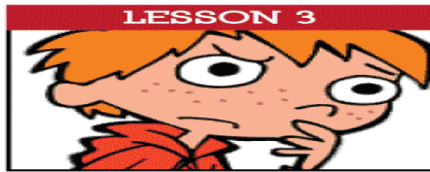
Reflection: "Who is your Victor or Hero?"



## LESSON 2

### THINK!

List and think about behavior characteristics.



## LESSON 3

### Behaviors.

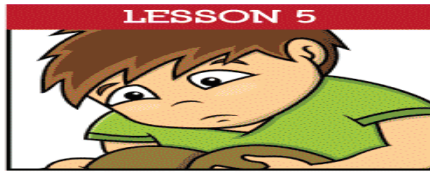
Describe a time you behaved passively, aggressively or assertively



## LESSON 4

### Feelings.

Read the story and then play "guess the feeling."



## LESSON 5

### Feeling Blue.

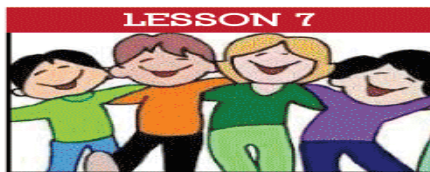
Things to do when feeling blue.



## LESSON 6

### Draw!

Draw your favorite activity and comfort food.



## LESSON 7

### Mantra Search.

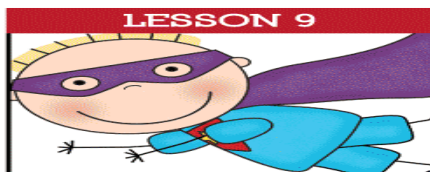
Read mantras and write and memorize your favorite one.



## LESSON 8

### Little Ditty.

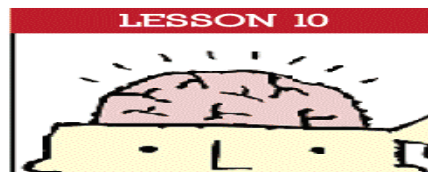
Make a little song or ditty from your favorite mantra.



## LESSON 9

[www.THRIVELY.com](http://www.THRIVELY.com)

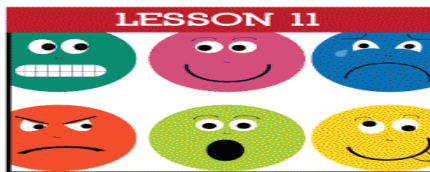
Find out what your passion is.



## LESSON 10

### SMART GOALS.

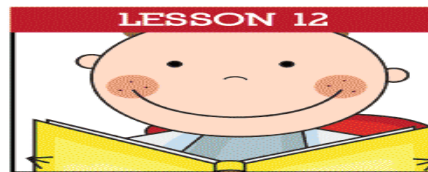
Set long and short term goals.



## LESSON 11

### FEELINGS CUBE

Make a feeling cube and share your feelings using the secret formula.



## LESSON 12

### Me Box

Fill a shoebox with things that make you be you and share with others.

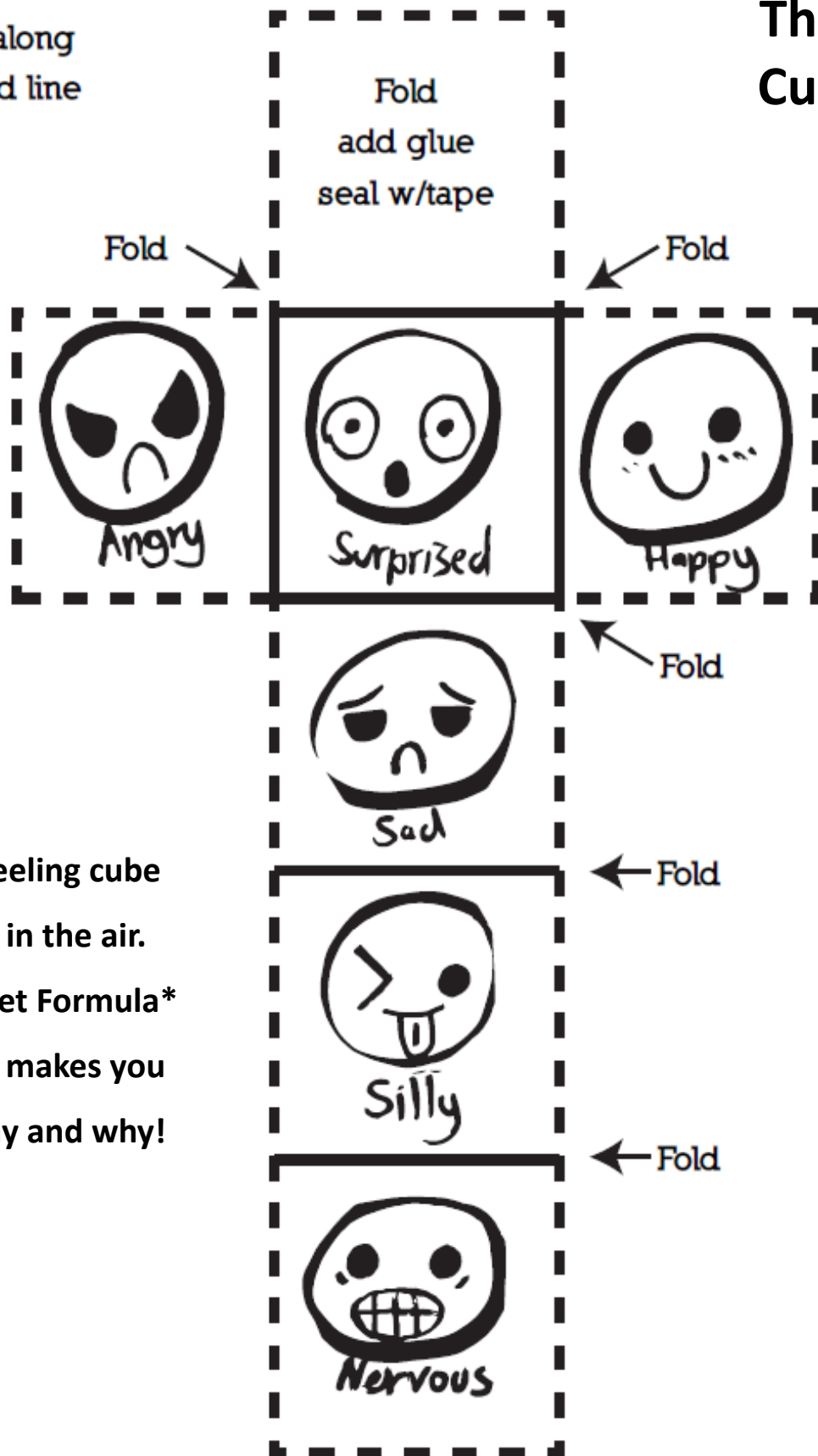
# **My Gratitude Journal**

**Draw or write what you are grateful for today.**

# The Feeling Cube Game

Cut along dotted line

Fold  
add glue  
seal w/tape



Make the feeling cube  
and toss it in the air.  
Use the Secret Formula\*  
to say what makes you  
feel that way and why!

\* I feel \_\_\_\_\_ when /because \_\_\_\_\_.

