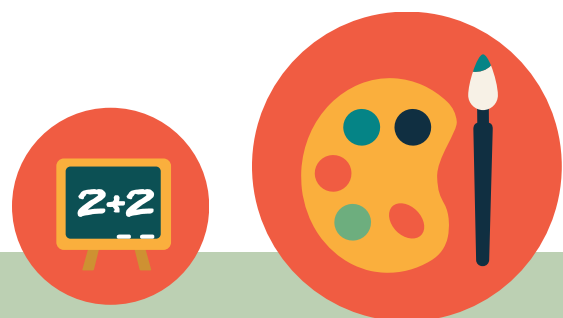


reflecting on the theme of this session

4. What are you looking forward to in the rest of the visits with your buddy and why?

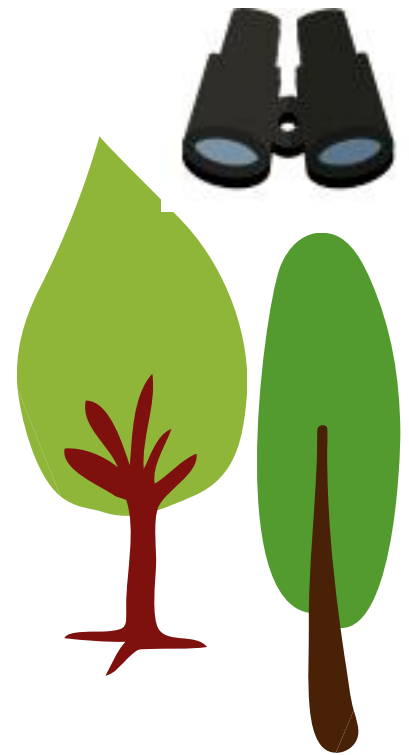
5. After your buddy visit and group discussion, what are some questions that came to mind? What did you leave wondering about? (For example, did you have questions about the Reading Bear, the school you visited, your buddy, the neighbourhood of the school you visited, etc.?)



reflecting on the theme of this session

4. In what ways is the Reading Bear an act of kindness for the little buddy? In what ways is the Reading Bear an act of kindness for yourself?

5. What did you do today that your little buddy would consider an act of kindness?



6. Following your group discussion, what are some questions that come to mind regarding kindness and empathy?



7. Do you know anyone in your life who can benefit from kindness?

8. Create a list under the title, "To me kindness is ..."

9. Create another list under the title, "For my little buddy, kindness is ..."



reflecting on the theme of this session

4. What are some values and beliefs that make you unique?

5. What do you think that you have in common with your little buddy? Try illustrating the values and beliefs you think you have in common on the Venn diagram:



6. Do you share any similar cultural celebrations or traditions, such as Christmas, with your buddy? If so, what?



7. What are some of the stereotypes about the neighbourhood of your buddy's school? What are these stereotypes based on? What are the stereotypes about your own neighbourhood?

Has there been a time when someone else made a judgment of you based on your appearance, background, or social status? Explain how you knew this was happening, how it made you feel, and how you dealt with the situation.

reflecting on the theme of this session

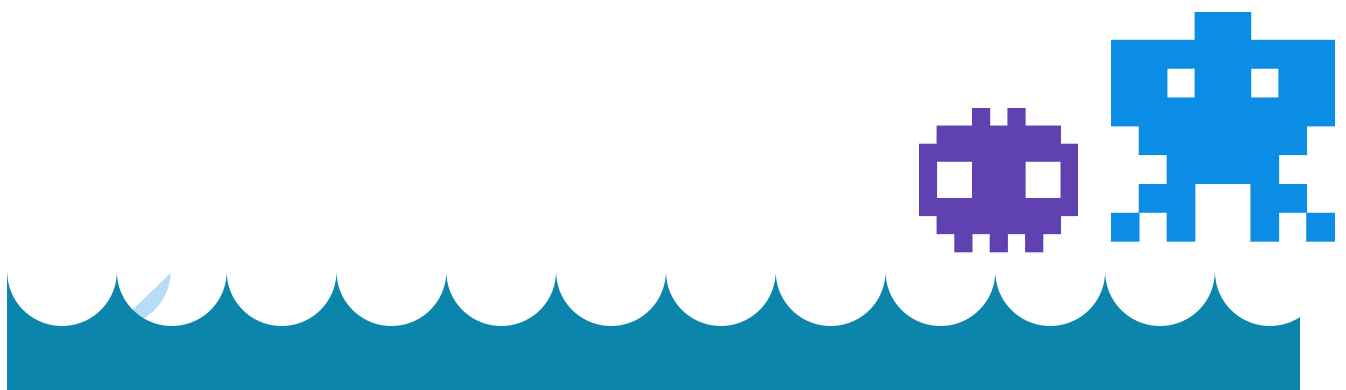
4. What are some good sleep habits that you practise already? What are some new habits you are willing to try?

5. When you have trouble falling asleep, what do you think is interfering the most or making it harder to fall asleep?

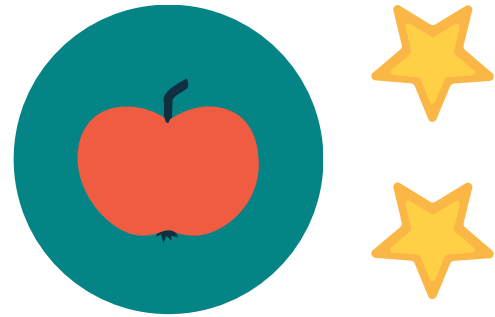


6. Keep a sleep/wake journal for at least one week. Note the time you went to bed and the time you woke up each day. Also note your concentration and energy levels that you have noticed when performing different activities on those days. Mark them out of a scale of 1–10 (1 = very difficult to focus and extremely sleepy, 10 = very alert and focused).

7. After the week of journaling your sleep habits, did you notice any changes in your concentration and energy levels when you had a good sleep? How about when you did not have a good sleep?



Journaling Session 5
celebrating Valentine's day
with self-appreciation (February)



checking in

1. What did you find memorable about your visit?

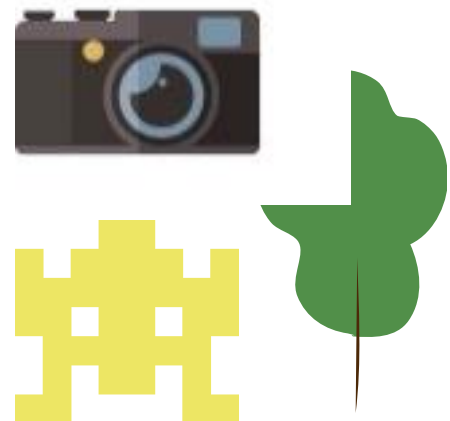
*“Being kind to yourself lets
you be kinder to others—and
that just might be the finest
gift you can give to the
world.”—Cheri Huber*

2. What did I think of feel during my visit with my buddy?

3. After your visit and/or group discussion, what are some questions that came to mind? What did you leave wondering about?

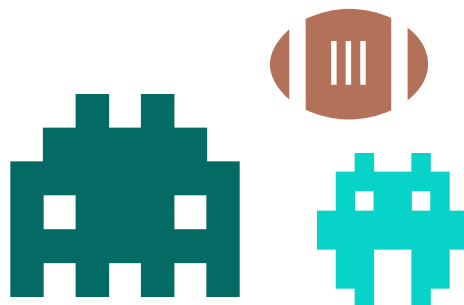
reflecting on the theme of this session

4. Describe a situation when you felt stressed, guilty, or angry. How did your strong feelings impact your behaviours or actions? Afterward, how did you feel about the outcome of your actions? Would being a bit kinder to yourself have helped in this situation? What can you do in a similar situation in the future to be kind to yourself?
5. Be mindful for one week about situations that affect your mood. Note down these events in your journal. Then, run through the steps of being kind to yourself. Note down whether this helped with your mood in the situation.
6. After one week of being mindful of your mood, did you notice any changes in the way you dealt with the various situations that triggered a change in your mood?



7. Write a letter to yourself and identify your strengths and qualities!

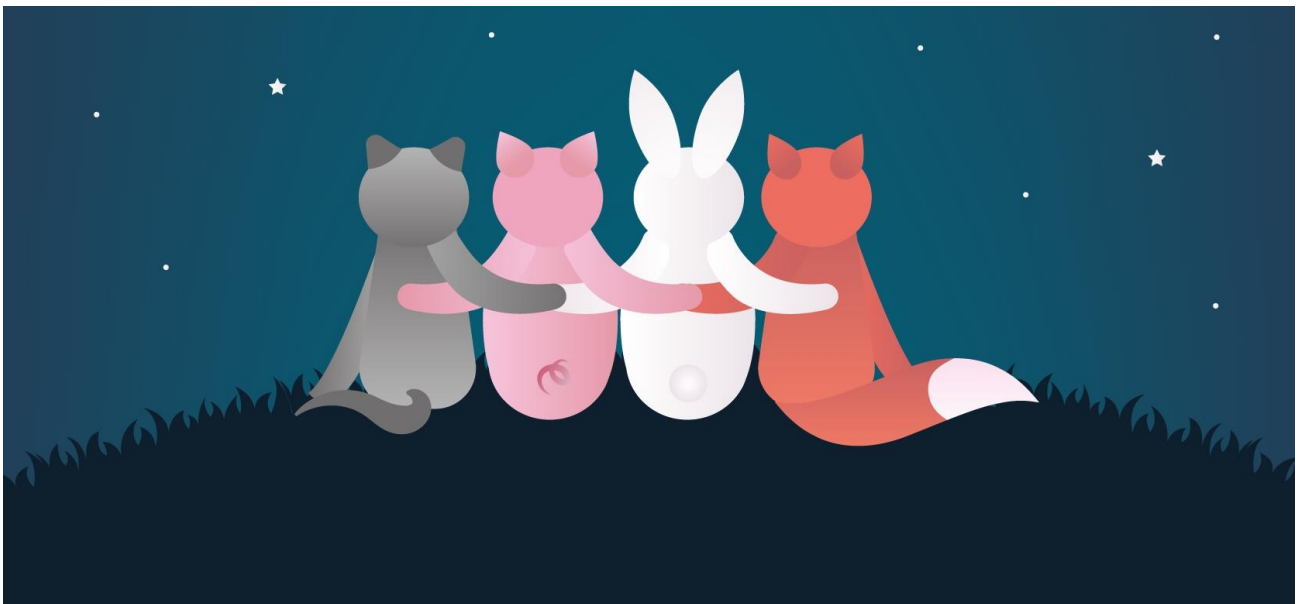
8. Think about an ongoing challenge you are facing. Write a letter to yourself from the point of view of a best friend. As the best friend, what would you say to validate the challenge you are facing? What would you say to encourage yourself? What would you say to support yourself?



4. What did you leave wondering about?

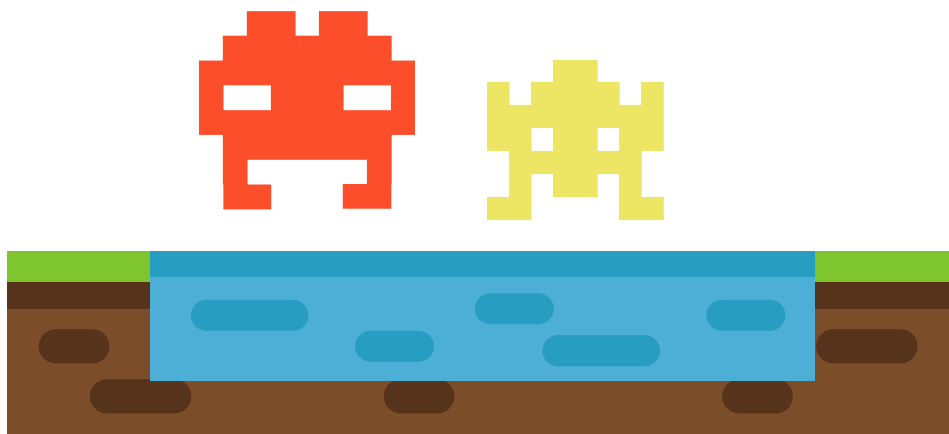
reflecting on the theme of this session

5. Create a list under the title, “To me, happiness is ...”



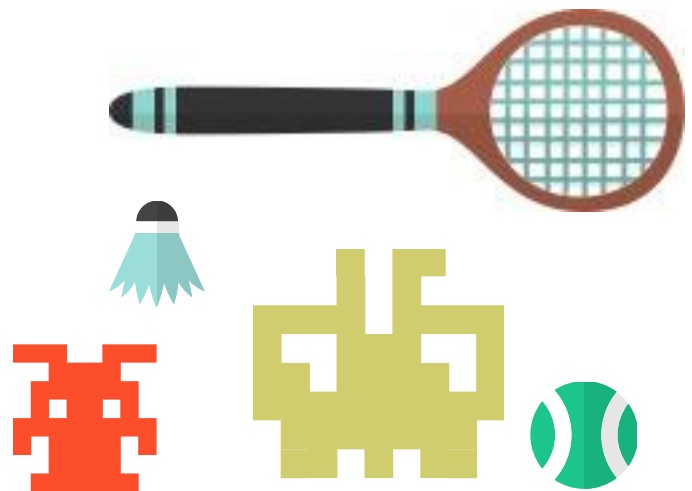
3. What is something that is creating more stress in your life right now? Write out a response for this situation using each type of thinking discussed in class: optimistic, pessimistic, and unrealistic. Reflecting on the usual thoughts you tend to have about this situation, which category do they fall into?

6. Is your own type of thinking encouraging you to take action about this situation and do something to make it better? Why or why not?



7. What happens to your ability to solve problems if you think optimistically? What if you think pessimistically or unrealistically?

8. Write your own success story. Think about a time when you were faced with a problem or difficulty. Write about the problem and how you overcame it. How did it make you feel?



Journaling Session 7
celebrating Earth Day (April 22)

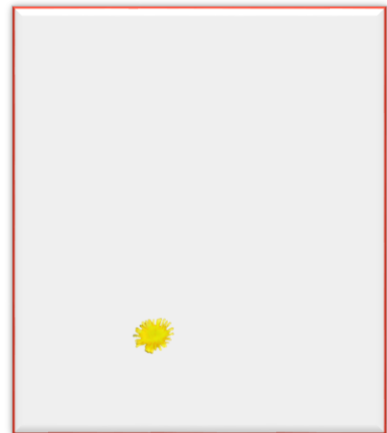
*“All things are connected. This we know. Whatever befalls the earth befalls the sons of the Earth. Man did not weave the web of life, he is merely a strand in it. Whatever he does to the web, he does to himself.”—
Chief Seattle*

checking in

1. What did you find memorable about your visit?

2. What did I think of feel during my visit with my buddy?

3. After your visit and/or group discussion, what are some questions that came to mind? What did you leave wondering about?



reflecting on the theme of this session

4. Aboriginal cultures incorporate a distinctive sense of people’s relationship with the natural world—a relationship characterized by a sense of connectedness, respect, and stewardship. “Walk in kindness toward the Earth and every living being. Without kindness and compassion for all of Mother Nature’s creatures, there can be no true joy; no internal peace, no happiness. Happiness flows from caring for all sentient beings as if they were your own family, because in essence they are. We are all Connected to each other and to the Earth”. Sylvia Dolson, Founder of Get Bear Smart Society. Did you learn something new about bears in relationship to environmental sustainability from this session? If so what?



Sylvia Dolson
Out on a Limb

5. Pick one topic discussed and reflect on the small ways you could change your behaviour in the future to reduce your impact.



6. What are some reasons why people may not take actions to be more environmentally friendly in their daily lives?

7. What will you do to be “part of the solution” and promote sustainability with your friends and family?

