

Let's

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# MOND Matters

Journal

YEAR 8

Name .....

Wellbeing • Courage • Community

# TERM 2 WEEK 1 Resilience

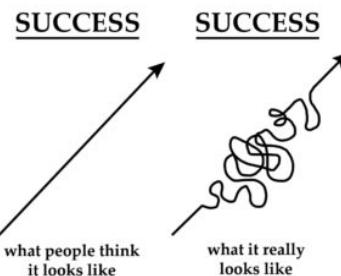


Resilience is our ability to manage adversity effectively.

## Key Vocabulary

Adversity is a difficult or unpleasant situation.

Resilience is important because we face challenges and adversity every day. The ability to cope and recover is crucial for mental and physical health, professional success, and overall wellbeing, as it allows people to face setbacks, maintain confidence, and build strong relationships.



Write a reaction that lacks resilience and a resilient response for the following scenarios.

Scenario	Reaction that lacks resilience	Resilient response
1. A year 9 child that you don't know very well says something rude about your family.		
2. You get the worst mark in the class in your end of term maths exam.		
3. You see a year 7 child make a misogynistic comment in the playground.		

Why is resilience important?

## KEY VOCAB

- lack
- resilience
- adversity
- challenges
- embracing
- failure

Write a scenario where someone is showing resilience.

# TERM 1 WEEK 2 Emotions

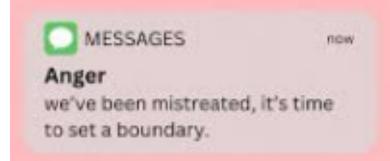


## Key Vocabulary

Emotions are feelings derived from one's circumstances, mood or relationships with others.



Every emotion is useful because they act as **messengers** to deliver crucial information about your internal state, needs and values. They are like an internal compass that can help us make well-informed decisions. The key is that we give ourselves time to **process** the emotion before acting.



Write a scenario that would trigger the emotion provided. Use your Being Human Dictionary to help you with the definitions of each emotion.



Why is it important to know a range of emotions?

Scenario	Emotion
1.	jubilant
2.	anxious
3.	enraged
4.	fear
5.	awe

## KEY VOCAB

- process
- harness
- wellbeing
- messengers
- connection
- healing

Why is it important to process emotions before acting?

# TERM 2 WEEK 3 Embrace Failure



The fear of failure is an intense anxiety about failing. Read the case study below to identify how the fear of failure can impact our resilience and wellbeing.



## Cup Final Catastrophising

Sharday's football team had made it through to the final of the national championships. She was excited about the prospect of playing in such an important match at Wembley. The day before the match something strange started to happen. Instead of excitement, Sharday felt something else and a flurry of unhelpful thoughts exploded in her head.

The fear of failure was dominating Sharday's thoughts and negative self-talk had taken over. At first, Sharday ignored the self-talk but as she went to bed that night, the unhelpful thoughts were louder than ever. She pressed pause and closed her eyes but not even that did any good. Sharday got out of bed and went downstairs. She told Dad about the situation.

"We all have unhelpful thoughts," said Dad. "The key is to spot them and then shine your attention on something that will help."

Sharday looked confused so Dad drew this picture:



Dad then asked Sharday what she was most worried about. She said that she was worried that her team would lose 5-0 and everyone would laugh at her. Dad smiled and said that Sharday was suffering from the very natural condition of catastrophising. He also said that the only way to deal with this was to reframe the unhelpful thoughts that were driving the negative self-talk.

Dad and Sharday spent the next few minutes challenging her fear of failure and reframed the thoughts that were loudest. Sharday went up to bed and fell asleep immediately. She woke up feeling refreshed, determined and ready to do her best.

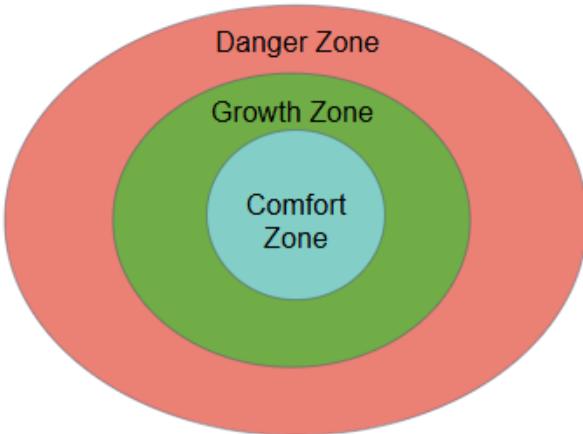


## KEY VOCAB

- catastrophising
- attention
- self-talk
- dread
- intense

How can we tackle the fear of failure?

# TERM 2 WEEK 4 Growth Zone



**Comfort Zone** - a situation in which you feel comfortable and you do not have to do anything new or difficult

**Growth Zone** - a space where learning, development, and new skills are acquired through challenge and a degree of uncertainty

**Danger Zone** - an area where there is risk of harm

## Danger Zone

Taking risks in life is an important drive for growth. However, there are smart risks and unsmart risks. Before getting into the Growth Zone, always check that you will be physically safe.



People often stay in the comfort zone because the amygdala sees the Growth Zone as a threat and triggers feelings of stress and anxiety. The feeling of anxiety leads to thoughts that keep people in their Comfort Zone.



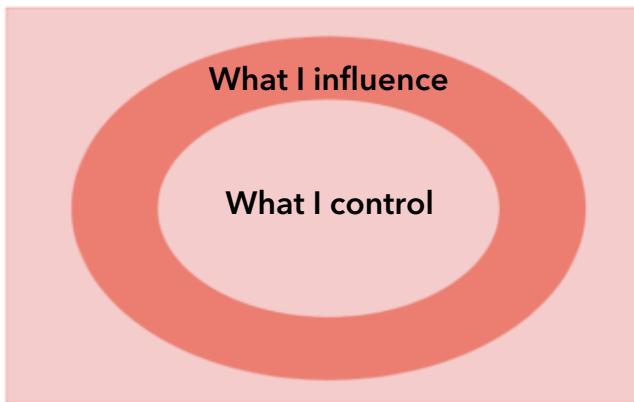
What stops people getting into the Growth Zone?

## KEY VOCAB

- amygdala
- uncertainty
- risk
- anxiety
- volunteering

What is the difference between the Growth Zone and Danger Zone?

# TERM 2 WEEK 5 Circle of Control

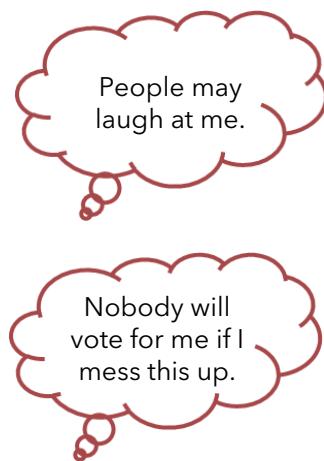


## Circle of Control

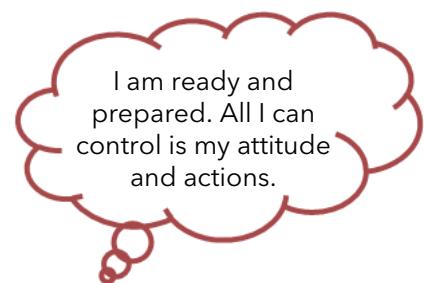
A model that helps you focus your energy on what you can directly change. It is helpful because it encourages us to focus our energy on what we can change and let go of what we can't. By knowing this you can reduce stress and anxiety, build resilience and become empowered to act positively when faced with challenges.

### Case Study

Chelsea is about to deliver a speech in front of her year group. She feels anxious and has many unhelpful thoughts in her head including the following.



Chelsea presses pause and uses the **Circle of Control** to reframe her unhelpful thoughts.

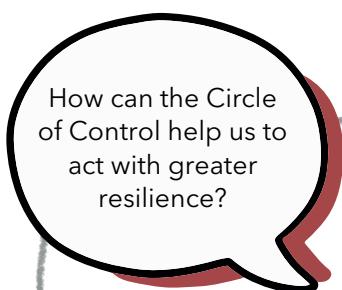


"Worrying does not take away tomorrow's troubles. It takes away today's peace."

**Anonymous**

"The two things in life that you are in total control of are your attitude and your effort."

**Billy Cox**



## KEY VOCAB

- influence
- let go
- process
- channeling

List some things that we can't control.

# TERM 2 WEEK 6 *Taking Responsibility*



**Key Vocabulary** Taking responsibility is when you acknowledge and accept accountability for your actions and their consequences.

## Trust Killers

Sharday was walking home with three of her friends in the football team. She was tired and frustrated because her team had lost an important match.

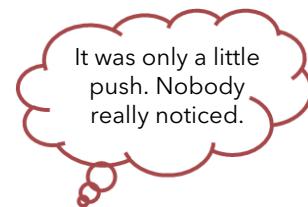
"We lost because Sharday is selfish and never passes," said Betsy, the team captain.

Sharday snapped and pushed Betsy, who fell to the ground.

"We lost because you are slow, lazy and can't kick the ball!" shouted Sharday, while Betsy staggered back to her feet. The rest of the group looked shocked as Sharday stormed off into the distance.

By the time Sharday got home she knew she had made a big mistake. Sharday knew that violence was the weak choice for many reasons. She felt shame, guilt and regret but then something strange happened.

Sharday was overrun by **Escape Thoughts**.



When Sharday got up the next morning, she felt guilty about pushing Betsy but decided that she would not apologise. Sharday didn't apologise to Betsy that day or the next but on Friday, Bella and Araya, who were members of the team, asserted a boundary. They told Sharday that it was going to be hard to trust her if she didn't apologise to Betsy and the team for her violent action.

It was the word **trust** that changed Sharday's perspective. She knew that trust was the bedrock of any successful relationship or team and realised that she needed to apologise.

Betsy appreciated the apology and also took responsibility for the unkind words she had said after the match. Sharday accepted that her friendship with Betsy would never be the same (violence does that) but despite that sadness, she knew that by taking responsibility she had done everything in her control to improve the situation. By apologising, she had started to rebuild the trust of her teammates and had learnt a valuable lesson in the process - that violence and hiding from mistakes destroys trust.



## KEY VOCAB

- responsibility
- perspective
- genuine
- guilt
- authentic



# Being Human Dictionary

## angry

We feel angry when we think something unfair has happened.

## anguish

Anguish is an almost unbearable swirl of shock, grief and powerlessness.

## anxiety

Anxiety is when you have worried thoughts and physical changes like sweating and shaking.

## awe

Awe is the feeling we get in the presence of something vast that challenges our understanding of the world.

## belonging

Belonging is being accepted for who you are.

## betrayal

Betrayal is when a person breaks the trust and faith of others that trust them.

## bittersweet

Bittersweet is a mixed feeling of happiness and sadness.



## bored

Bored is wanting to do something fun and not being able to.

## boundaries

Boundaries are when you express what is ok and what is not ok.

## brave

Brave is when we take a risk when we are not sure we will do well.

## calm

Calm is managing life's challenges in a peaceful way.

## cheerful

Cheerful is when you are full of good spirits.

## compassion

Compassion is when we take action in the face of suffering and treat others with kindness.



## confident

Confident means feeling sure of yourself and your abilities.

## confusion

Confusion is when you cannot understand something.

## connection

Connection is the energy between people when they feel seen, heard and valued.

## content

Content is a feeling of completeness and appreciation when our needs are satisfied.

## courage

Courage is making good decisions in the face of fear and obstacles.

## curious

Curious is when we recognise a gap in our knowledge and want to close that gap.

## defensive

Defensive is when someone tries to justify what they have said or done. This is often without listening to other points of view.

## dehumanisation

Dehumanisation is when you make someone feel less than human.

## disappointed

Disappointed is when something has not happened or because something is not as good as you hoped.

## disgust

Disgust is when we see something that makes us feel sick.

## down

Down is when you feel unhappy, sad and discouraged.

## dread

Dread is when we look ahead to an event with worry.

## embarrassed

Embarrassed is a brief feeling of discomfort caused by a mistake.

## empowered

Empowered is when someone is made stronger and more confident, especially in controlling their life and claiming their rights.

## enraged

Enraged is very angry or furious.



## envy

Envy occurs when you want something that another person has.

## excited

Excited is when you are very happy and energetic about something.

## exhilarated

Exhilarated is when you feel full of joy, happiness and excitement.

## fitting in

Fitting in is when you change who you are to be liked.

## focused

Focused is when you put your attention on one particular thing.

## freudenfreude

Freudenfreude is the enjoyment of another person's success.

## frustrated

Frustrated is when you can't do something that you want to do.

## gloomy

Gloomy is when you are showing or filled with sadness.

## grateful

Grateful is the feeling of being thankful.

## grief

Grief is the anguish experienced after significant loss.

## guilty

Guilty is when you feel bad about something that you have done.

## happy

Happy is when you feel joy or pleasure

## hated

Hatred is a very strong dislike for someone or something.

## humble

Humble is not arrogant or thinking of yourself as better than others.

## humiliation

Humiliation is when someone has been put down and they do not feel that they deserve it.

## insecure

Insecure is when we do not feel confident about something.

## inspired

Inspired is when you feel confident and enthusiastic to do something well.

## invigorated

Invigorated is when you are filled with energy and strength.



## invisible

Invisible is when someone is completely ignored.

## jealous

Jealous is when you are afraid of losing someone's love or attention to another person.

## joy

Joy is an intense feeling of pleasure and appreciation.

## jubilant

Jubilant is feeling or expressing great joy.

## lonely

Lonely occurs when we feel disconnected from family or friends.

## nervous

Nervous is being worried or afraid about what might happen.



## nostalgia

Nostalgia is a yearning for the way things used to be in the past.

## overwhelmed

Overwhelmed is when someone feels an extreme level of stress to the point of being unable to function.

## peaceful

Peaceful is quiet, calm and free from disturbance.

## perfectionism

Perfectionism is when we try to do something perfectly to block feelings of shame.

## perplexed

Perplexed is when you feel confused and worried about something because you do not understand it.

## play

Play is when we do things simply because we enjoy them.

## proud

Proud is a feeling of pleasure related to our accomplishments or efforts.

## regret

Regret is when something happens that we did not want, which was caused by our actions.

## sad

Sad is a painful feeling when we experience loss.

## scared

Scared is when you think something bad is about to happen.

## schadenfreude

Schadenfreude is pleasure derived by someone from another person's misfortune.

## shame

Shame is when you do not feel good enough.

## shy

Shy is when someone lacks confidence and is anxious, particularly in new situations.

## stress

Stress occurs when we do not think we will be able to cope with a life challenge.

## surprise

Surprise is when something happens that you are not expecting.

## tense

Tense is when we are unable to relax.

## thrilled

Thrilled is when you feel great excitement or happiness.

## tranquillity

Tranquillity is when we feel no pressure to do anything.

## trust

Trust is when you choose to share something important with someone else.

## uncertain

Uncertain is when you are not sure of something.

## vulnerable

Vulnerable is what we feel during times of uncertainty, risk and emotional exposure.

## worry

Worry is a chain of negative thoughts about bad things that might happen in the future.



This journal gives you the space to make sense of the challenges of life. It is full of ideas that will help build your resilience and boost your well-being.

It is a book that, if used properly, will give you the tools you need to live a happy life that is full of possibility and adventure.