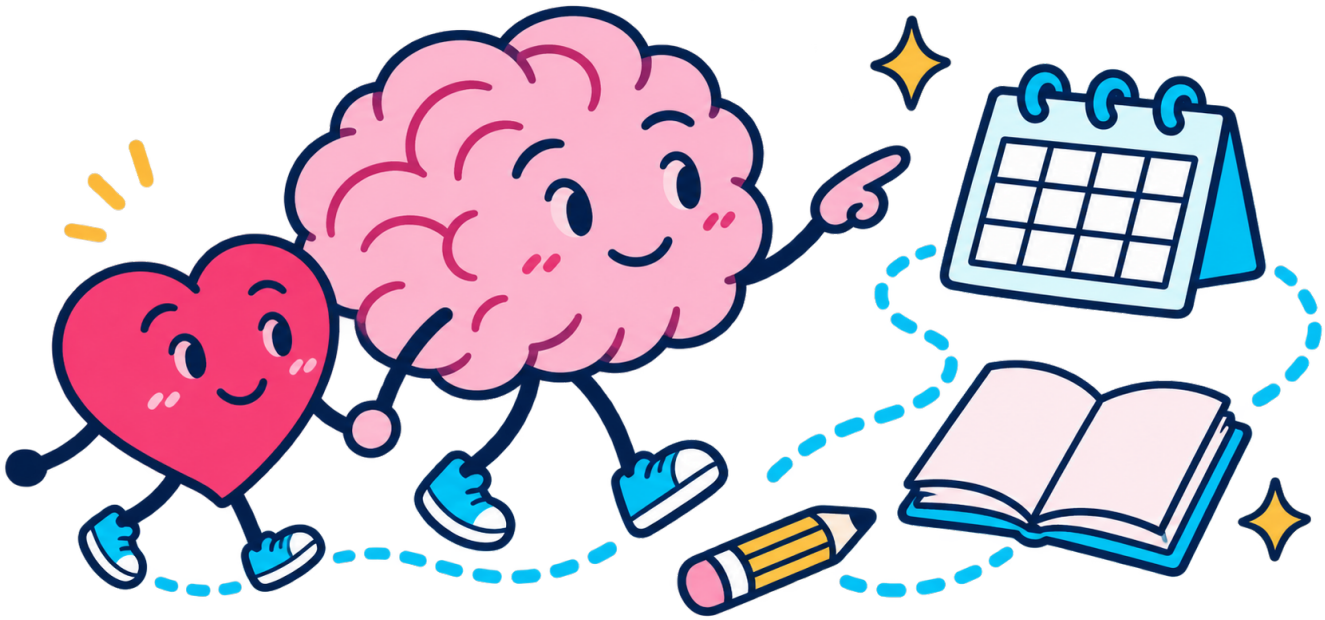
10 SELF-GUIDED LESSONS

EF Skills with HEART™



10 lessons. A toolkit that fits your life.

A student workbook for noticing what helps, trying small steps, and building routines that work for you.

NOTICE **TRY** **KEEP**

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Family ADDventures

THIS WORKBOOK BELONGS TO

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ACTIVITY / LESSON 02

The values I'll build on



Choose 5-8 values from your list. Star one you want to connect to a small habit.

01 _____

02 _____

03 _____

04 _____

05 _____

06 _____

07 _____

08 _____

A recent time I acted on one of these values

Because I care about...

I'll try... **when...**

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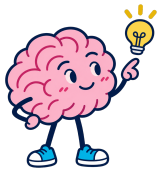
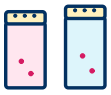
ACTIVITY / LESSON 04

Pick a mood booster



Circle ideas you'd like to try. Choose what feels comfortable and fits the setting. Ask a trusted adult for help with equipment or unfamiliar activities.

- ☐  Fizzy water
- ☐  Lift weights
- ☐  Write in a journal
- ☐  Rock in a rocking chair
- ☐  Have a mint
- ☐  Use a resistance band
- ☐  Meditate
- ☐  Hammock time
- ☐  Explore spices
- ☐  Pull-ups
- ☐  Talk about your dreams
- ☐  Walk backwards

One option I could use at school

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ACTIVITY / LESSON 05

My pulse + body clues



A number is one clue. Record the activity and how you felt, too. Keep these observations in your own Living Toolkit.

DATE _____ MY METHOD: WATCH / WRIST _____

Baseline: before either activity

PULSE: _____ bpm

WHAT I DID + HOW I FELT

Something I love

PULSE: _____ bpm

WHAT I DID + HOW I FELT

Something I dislike

PULSE: _____ bpm

WHAT I DID + HOW I FELT

SAVE + REFLECT

Keep your readings and body clues in your Living Toolkit. What changed from your baseline? What felt different even if the numbers were similar? In HeartMapping™, you'll use what you noticed to choose what to put on your calendar before, between, or after activities that drain you.

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ACTIVITY / LESSON 08

My Heart Map™ calendar



Map a real week. Mark one or two drainers. Add something you love before, between, or after them, using your pulse and body clues to choose the timing.

MONTH / YEAR _____ WEEK OF _____

MON	TUE	WED	THU	FRI	SAT	SUN
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐
☐	☐	☐	☐	☐	☐	☐

My shorter / backup plan + one thing I'll keep on the hard day

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