



Master Ted Sun
Emotional Wellness Program



∞ Introduction

- Teacher Guide
- Visualization

∞ Month One: Positive and Negative Energy & Self Awareness

- Teacher Guide
- Handouts
 - Positive/Negative Wheel
 - Circles

∞ Month Two: Learning Love and Gratitude, Kindness to Self and Others

- Using Affirmation
- Wall of Inspiration
- Embracing Gratitude
- Handout: Affirmation Cards

∞ Month Three: Caring for Your Body and Brain

- Beauty Inside and Out
- Similar and Different
- Every Body Deserves to be Respected
- Handouts:
 - Research Topics
 - My Body (Private)

∞ Month Four: Implementing Systems of Care

- Routines and Schedules



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- Handout: Thought Starters
- ∞ Month Five: Safety Physically, Emotionally and Socially
 - Emotional Safety
 - Taking Responsibility for your Actions
 - Handouts:
 - Safety Cards
 - Fractured Fairy Tales 1 thru 7
- ∞ Month Six: Celebrating “Being One with the Universe”
 - Care of Our Planet
 - Recycling Bottles, Cans and Paper
 - Food Waste
 - Compost
 - Final Visualization and Expression of Gratitude
- ∞ Student Journal
 - Introduction
 - Visualization
 - All About Me – Part one
 - All About Me – Part two
 - Journal Thought Starters # 1-12

