



*Love and gratitude are not myths, they are genuine tools that we must apply
in order to achieve a better life in the new era.*



Introduction

You are the guide!

Every day you take care of young people. They come to you with their problems, their insecurities as well as their hopes and dreams. Besides their family, YOU are the most important adult in their lives. That is a HUGE responsibility and we honor your commitment.

Let us offer this guide adapting Master Ted Sun teachings to help your students learn to be positive and happy. Please accept this opportunity to experience simple ideas that can support YOU on your own journey. Working with children is taxing and saps your strength both physically and emotionally. If you then go home to a family of adults and children that expect you to also support them, you are “sandwiched” in your duties. When do you take time for YOU?

Using the tools and activities offered makes you take a little fantasy relaxation. Master Ted Sun uses visualization to reenergize and center your thoughts. Following his method will not only help you implement this program; it will be beneficial for paying attention to YOUR NEEDS! It’s not a massage or nail appointment or retail therapy, but the experiences we suggest may bring you the positive energy you need to be available to those who depend on you.

Master Ted Sun incorporates the wisdom found in “Di Zi Gui”. This is a guidebook for young people written in the 1600s. Much of the advice remains relevant even in this day and age. Practicing appreciation for parents, respect for elders and learning to love and be kind-hearted are universal foundations for a well mannered and caring adolescent. Embracing these concepts may help to eliminate bullying and inappropriate interactions in school, home and community. The Golden Rule: “do to others what you would have them do to you” is the ethical principle of treating other people the same as you would like to be treated.

This program is designed to run for 6 months. Each month you can download and print:

- Your monthly guide
- Handouts of activity sheets for class-based experiences
- A parent flyer with the theme of the month and suggested activities
- Guided journal pages for your students.

Here are the themes for each month:

Month One *Positive and Negative Energy (self-awareness)*

Month Two *Learning Love and Gratitude (Kindness to self and others)*

Month Three *Caring for your Body*



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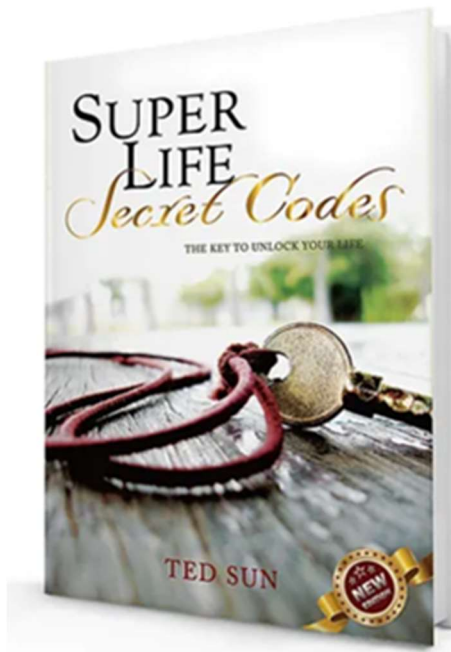


- Month Four *Implementing Systems of Care*
- Month Five *Safety Physically, Emotionally and Socially*
- Month Six *Kindness and Care of Self, Family, School, Planet*

At the end of this journey, each of your students should be in the habit of following the routines and implementing the common-sense guidance Master Ted Sun provides in his teachings. There should also be a marked difference in the social and emotional interactions in your classroom.

Call To Action:

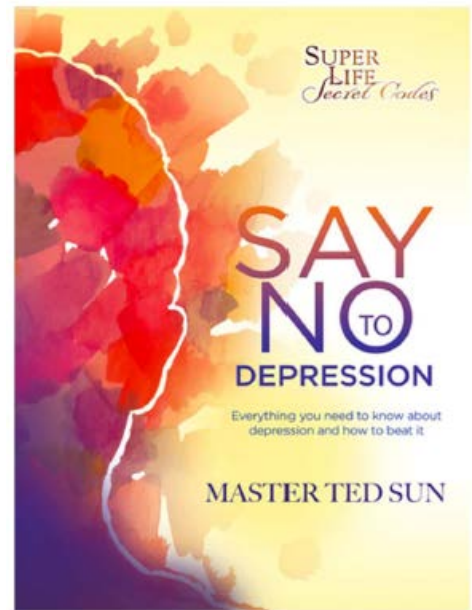
You can Read Master Ted Sun's Teachings



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