



Your every wish of spreading this love generates a huge positive magnetic field that can help those in need and help complete those that need to be completed.

Month Four

Implementing Systems of Care



Building on the journals, affirmations and increasing kindness this month is going to help set up routines and systems that will make positive actions built into habits. Humans do well with schedules and routines. It makes it easier to know what to expect. The day in/day out frames around our schedules help us to accomplish our work. For middle schoolers, this is the academic work as well as stretching “Emotional Intelligence” in interactions with adults and peers.

According to Di Zi Gui: “There should be regularity in one’s daily life” As a teacher, you are well aware of setting up routines and “frames” for your lessons. Some teachers put up an objective on the board and then ask students to take a minute to write what they want to learn.

In this month, you will ask students to take a discussion card (print and cut apart) and spend 15 minutes in groups of three coming up with how the thought could be helpful to them in their life. Then have them share what each group came up with the rest of the class. Each group can present their

Here are some thought starters on the hand out.

Cut out toxic people in your life

Engage in activities that bring you joy

Nurture meaningful relationships

Let it go

Ignore negative comments

Give yourself time

Don’t complain

Stay calm

It’s on you to make the best of what you have

Is this person really helpful to me in a positive way?

A life filled with positivity will combat negative interactions

Wrapping Up The Activity

After this experience, have the class each share out which of the thought starters “spoke” to them as advice. Post some thoughts on the board that summarize their discussions. End with one word from each student as to how they plan to bring positivity into their life.



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Routines and schedules

One of the best ways to make sure you do the things you need to do is set up a schedule and make routines. For example, you might suggest repeating your affirmations:

- ✓ When you wake up
- ✓ At breakfast
- ✓ On a break at school
- ✓ Before bed

As mentioned previously, the more you incorporate visualization and gratitude into your classroom as “frames” for the day, the easier it becomes. Begin the morning with a visualization, and end the day with each student telling the class what they were grateful for that day.

Also, whenever you see a kindness in your class you could make a little note to that person to compliment them on what you witnessed.

