

TEENS AS TEACHERS

Social/Emotional Health Focus

Angie Frost, MS, RD, LD
State Healthy Living Specialist



Extension - 4-H Youth
Development

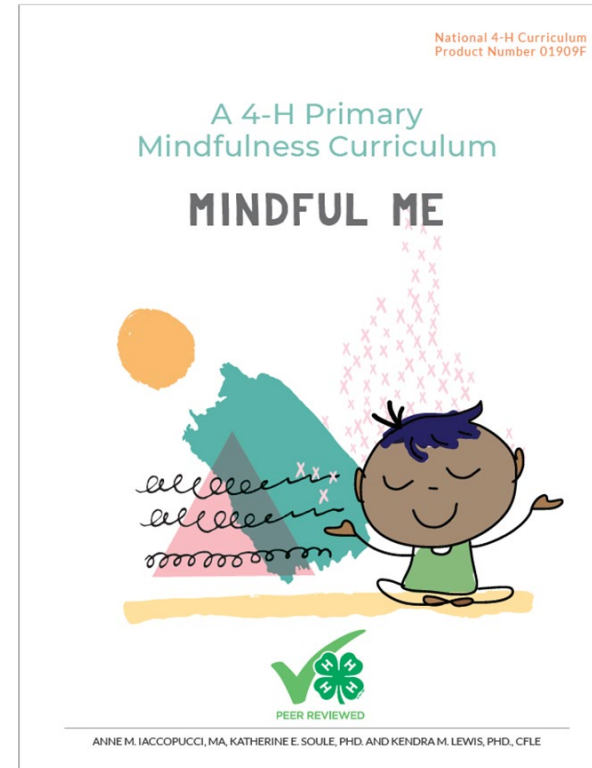


Teens as Teachers

Social/Emotional Health Focus



- Intentions & Goals setting
- Awareness & Attention
- Self-care: Stress reduction and relaxation
- Communication and Relationships
- Gratitude and Acceptance



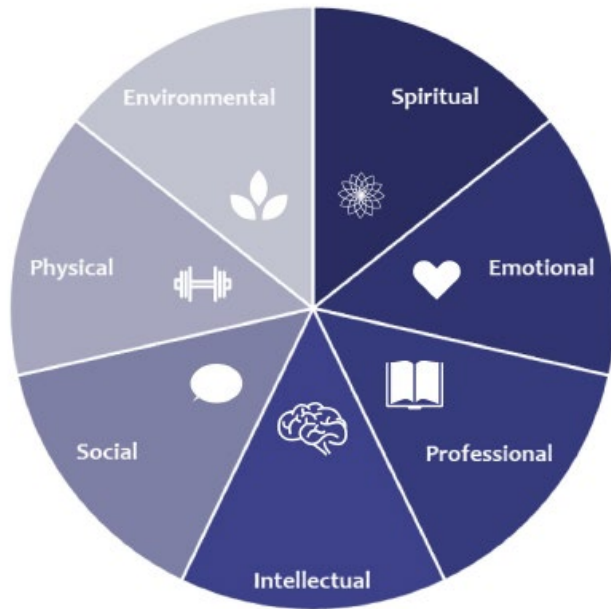
- Teen Teacher Training
- Mindful Eating
- Affirmations
- The Gift of Presence
- Describing Feelings
- Mood Management
- Quiet Listening
- Yoga



01: Intentions and Goal Setting



Mindfulness Immersion Technique (MIT) Wellness Wheel

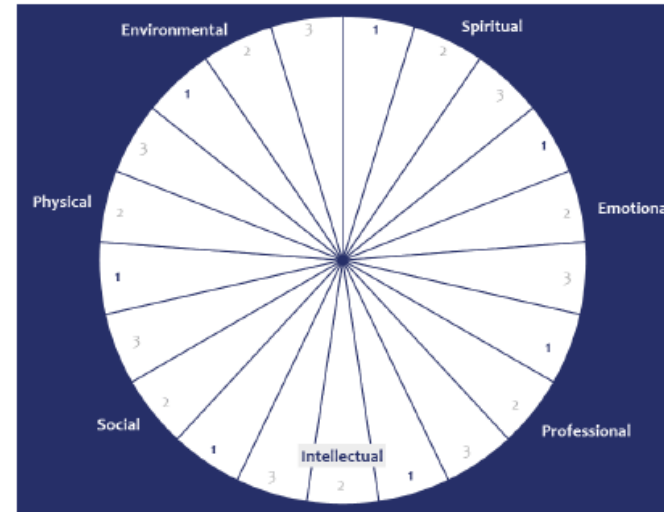


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01: Intentions and Goal Setting



Mindfulness Immersion Technique (MIT) Wellness Wheel



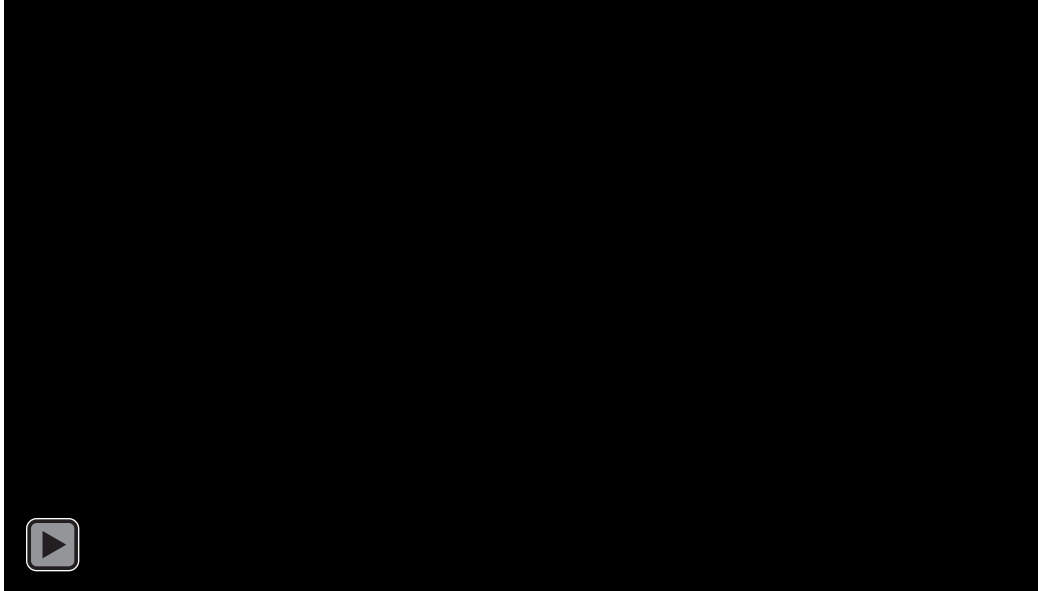
Goal: _____

Confidence Level: _____

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Bunny Breaths



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