

Alberta Pathways to Happiness for Youth- 6-week Program

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BRIEF EMOTIONAL DISTRESS SCALE FOR YOUTH (BEDSY)

Your Name:

Date:

HERE IS A LIST OF WAYS THAT YOU COULD FEEL. PLEASE PUT A CIRCLE AROUND THE ANSWER THAT BEST DESCRIBES YOUR FEELINGS OVER THE LAST 4 WEEKS. THERE ARE NO RIGHT OR WRONG ANSWERS.

I feel really sad

Never Sometimes Often Always

I feel nervous

Never Sometimes Often Always

I feel really alone

Never Sometimes Often Always

I worry that something bad will happen to me

Never Sometimes Often Always

I feel like there is nothing to look forward to

Never Sometimes Often Always

I feel afraid

Never Sometimes Often Always

I just don't enjoy things anymore

Never Sometimes Often Always

All of a sudden, I feel really scared for no reason at all

Never Sometimes Often Always

Workshop Guidelines

- Please make every effort to attend on time. If you must come late, please slip in quietly and take a seat.
- If you are going to be late or miss a class, please let one of the coaches know ahead of time. We ask that you review the material before the next class so you can fully take part.
- If you miss more than 2 classes, try booking into another workshop so you don't miss important information.
- Treat everyone with respect.
- Confidentiality - keep information that comes up in group private. This is a safe space.
- If there is someone in the room observing the class, we will let you know.
- Bringing snacks/water is allowed but please dispose of garbage afterwards. Please let us know if you have any severe allergies as soon as possible.
- We encourage participation in class, but private conversations are discouraged until break.
- If you need to leave the room before break, please give us a thumbs up so we know that you are ok. If you are gone for more than 5 minutes, one of us will come to check on you, or give you a phone call if we are running a virtual workshop.
- Please turn off all cell phones or put them to silence/vibrate.
- Please be kind and put your best foot forward. This is not space for any disrespect towards coaches or participants. Any verbal or physical negative behavior will not be tolerated, and you will be asked to leave for the day.

WEEK 1 – Pathway of Positive Emotions

Purpose of the Workshop

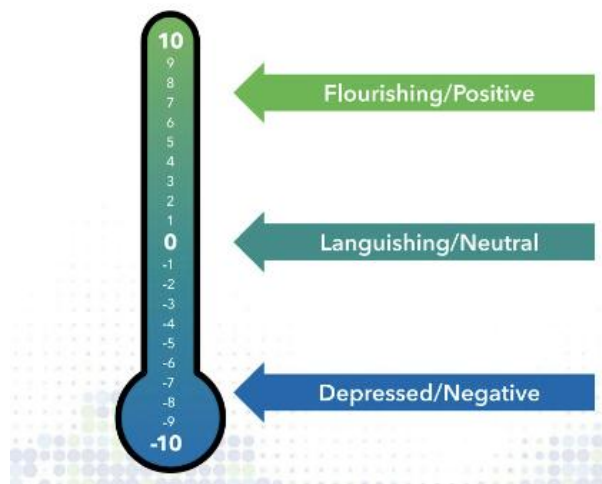
The purpose of this workshop is to support you to take action and participate in activities and lifestyle habits that will give you the opportunity to experience more positive emotions and more happiness.

Emotional Thermometer

Let's think about emotions (or feelings) on a thermometer.

Colder temperatures are related to having more negative emotions, while warmer temperatures are related to having more positive emotions.

This workshop focuses on introducing concepts, skills, and activities to help you move up your thermometer.



Positive mental health or flourishing is having more positive emotions and positive experiences.

Neutral mental health or languishing is being stuck in the middle; not depressed or feeling sad all the time but not happy either.

Negative mental health or depression is persistent sadness and a lack of interest in activities that you once enjoyed

Place an 'X' where you feel like you are on this thermometer with today's date. (You do not have to share this information with others).

The goal of the program is to help you move up the emotional thermometer.

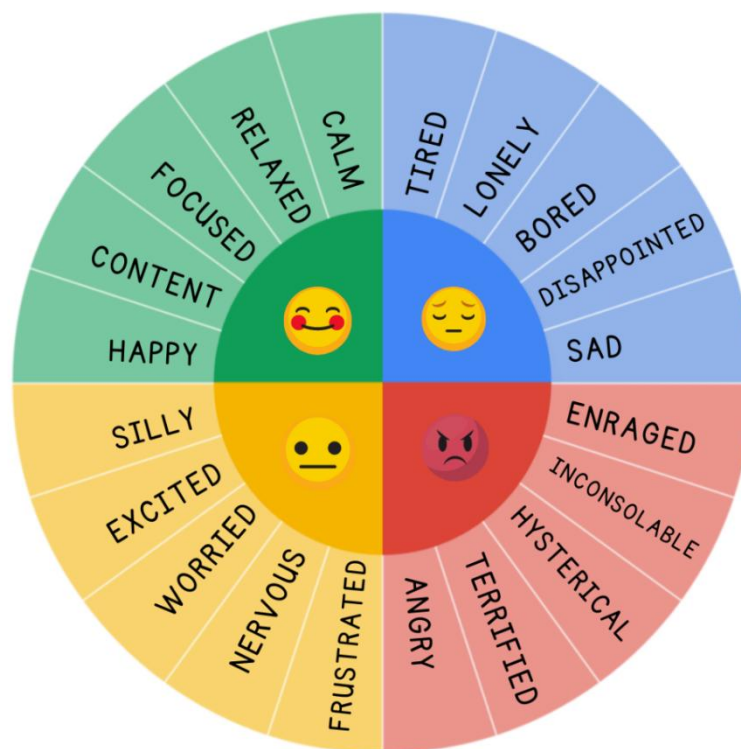
Mindful Moment: Mindful Check-In

<https://youtu.be/bLpChrgS0AY?si=lwbifNvJC9Qiwplb>

How was this practice helpful?

Skill Building Opportunity: Feeling and Understanding Emotions in My Body

This feeling's wheel may help you to learn some new words to describe your feelings.



Reflection:

Answer the following questions using the feelings wheel.

How am I feeling right now?

What do I notice in my body?

The Concept of Happiness

Happiness means different things to each person.

What words would you use to describe happiness? Circle the word or words that describe happiness to you



Engaging IN Positive Experiences

10 positive emotions: I am....

Joyful

Grateful

Peaceful

Interested

Hopeful

Proud

Amused

Inspired

Amazed

Loving

Reflection:

What positive emotion will I engage in during the week?

What will I do to experience more of this emotion?

Vitality Vibe: Sleep

Sleep is an important part of our health and well-being, and when we are young, it is important for how we grow too! Those who get enough sleep tend to do better in school, be in better physical shape, and have improved positive mental health.

What does good sleep look like?

A good night sleep is when you fall asleep easily, do not wake up fully in the middle of the night, do not wake up too early, and feel refreshed in the morning.

How can I get better sleep?



Avoid caffeine and large meals later in the evening

Keep your room dark, quiet, and a comfortable temperature for sleeping (hint: most of us sleep better in cooler environments!)

Try to keep a regular sleep schedule: sleeping in on weekends may be helpful to catch up on missed sleep during the week, but do not sleep in excessively (no more than an hour later than you would during the week)

Wind down from screen time: the light that comes out of our phones and TV disrupts our internal clock that makes us tired at night. Try to stop using electronics for about an hour and a half before bed to allow yourself to start to feel tired and fall asleep easier. Try winding down by reading, journaling, coloring, or another calming and screen-free activity.

Reflection:

What will I try this week to improve my sleep?

Week 1 Check-out

My plan to practice this week's Skills

This is the time for you to plan and decide when you will practice the new skills and exercises each week.

What is one goal I want to accomplish in the next 6 weeks?

My check out plan for this week:

When will I do the Mindful Check-In?

How will I remember to notice and name my emotions?

When will I engage in the positive emotion that I want to experience more?

When will I start making some changes with my sleep habits?

Extra Notes:

Week 2

Pathway of Engagement

Check-In

Did I practice mindfulness? _____

Did I notice my emotions and name them? _____

Did I do anything to experience more positive emotions?

Did I do anything to improve my sleep? _____

Mindful Moment- Hand Tracing

Take the pointer finger of your right hand and start by holding it up. Imagine you are back in grade school tracing your hand on a piece of paper. Imagine that the index finger on your right hand is a pencil. Start at the bottom of your left hand, close to your thumb and slowly begin to trace your finger up and down your thumb and continue slowly up and down each finger until you reach the other side of your wrist. Once you have completed tracing your left hand, switch to the right-hand side.



What did you notice while you traced your hands?

Is there a difference between how you felt before the exercise and how you feel now?

Skills Building Opportunity: RAIN

This skill building opportunity can help us get to know ourselves better and gain some comfort in identifying difficult emotions using the RAIN method.



Reflection:

Sit and reflect in this moment by working through the RAIN practice.

What was this practice like?

When would it be helpful for me to use RAIN?

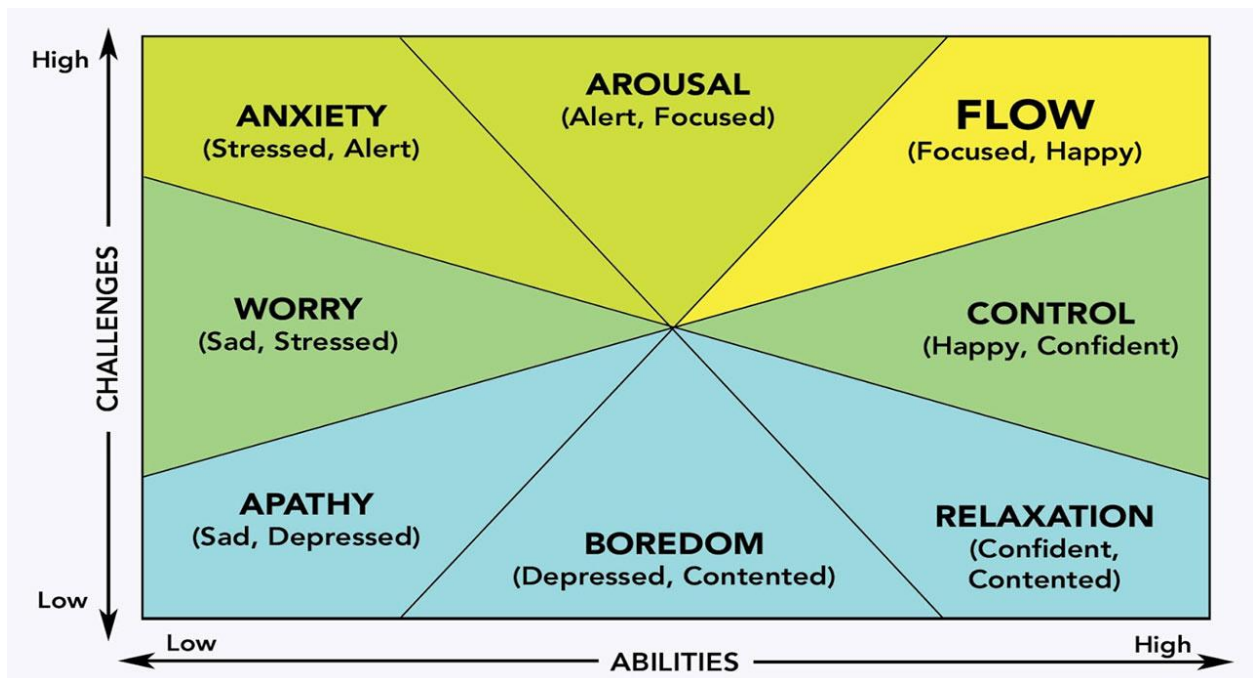
Skill Building Opportunity: Share What Went Well

List three good things that you experienced in the last 24 hours. Then add what was good about that experience.

Date	Good Thing	What makes this so great?

Skill Building Opportunity: Flow

This chart helps us better understand flow, compared to our other daily emotional experiences.



Source: <https://www.diygenius.com/mindfulness-and-flow-states/>

Vitality Vibe: Exercise

Exercise plays an important role in our physical and emotional health.
Exercise can lower stress and reduce the risk of depression.

Exercise can be intimidating at first. Start small and work your way up.

<https://www.youtube.com/watch?v=fRDccGSLE9k>

Reflection:

What physical activities do I enjoy?

How can you add more exercise to your life?

Week 2 Check-Out

My check out plan for this week:

When will I practice Hand Tracing?

How will I know when I need to use RAIN?

When will I record What Went Well?

What step will I take to start engaging in a hobby that brings me joy? When will I do this?

How will I add more exercise to my daily life? When?

What other skills will I use from previous weeks?

Extra Notes:

Week 3

Week 3- Pathway of Positive Relationships

Self-Check- In:

Did I use hand tracing, or another mindfulness activity?

Did I use the RAIN practice?

Did I record What Went Well? Did I share this with others?

Did I take a small step toward adding a hobby to my life?

Did I try anything new to add more exercise to my life?

Mindful Moment: Loving Kindness Meditation

Reflection:

How am I feeling right now?

https://www.youtube.com/watch?v=GQN6wS753_w

What did I notice during Loving Kindness Meditation?

What do I notice now?

What are positive relationships?

You feel supported and respected.

You get along and can express yourself without judgement.

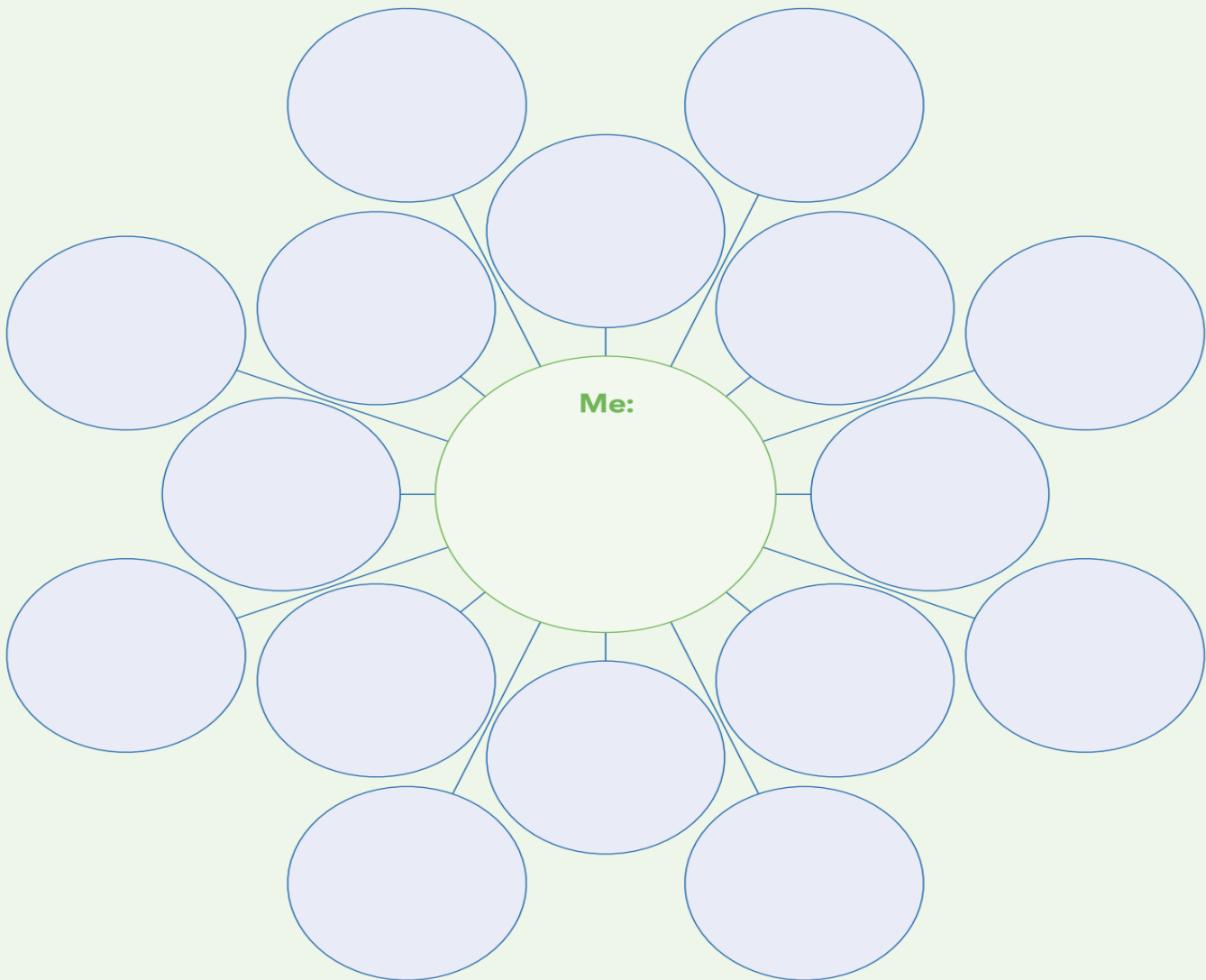
There is respect from both people in the relationship.

You can communicate well.

Bubble Map of Social Connections

Skill Building Opportunity: Plan a Date

Fill in some of your social connections: family, friends, colleagues and others on the diagram below:



Choose a person from your bubble map that you wish to spend time with.

Reflection:

Who will I plan a date with?

What will we do?

When will we do it?

Skill Building Opportunity: Thank You Notes

We are going to continue with activities to strengthen our relationships, by writing thank you notes. This helps us focus on our positive life experiences. This shows gratitude to others and can deepen our relationships.

At this time, we are going to revisit our bubble map of social connections. Choose a person from your bubble map that you are thankful for; someone and you would like to express your gratitude towards. This can be your friend, teacher, parent or guardian, grandparent, coach or anyone else that you like!

***Keep in mind that you can write a thank you note to the person you plan a date with.

Take a few minutes to write them a thank you note. It can be as long or as short as you want but try to focus on the action or actions by the other person, that you are thankful for.

Here is an example.

To Mom:

Thank you for cooking dinner yesterday. Spaghetti is my favorite meal, and you always make it the best!

We encourage you to deliver your thank you message in person.

Reflection:

Write a few notes here about who you wish to write the note to and what you want to say before you make a good copy.

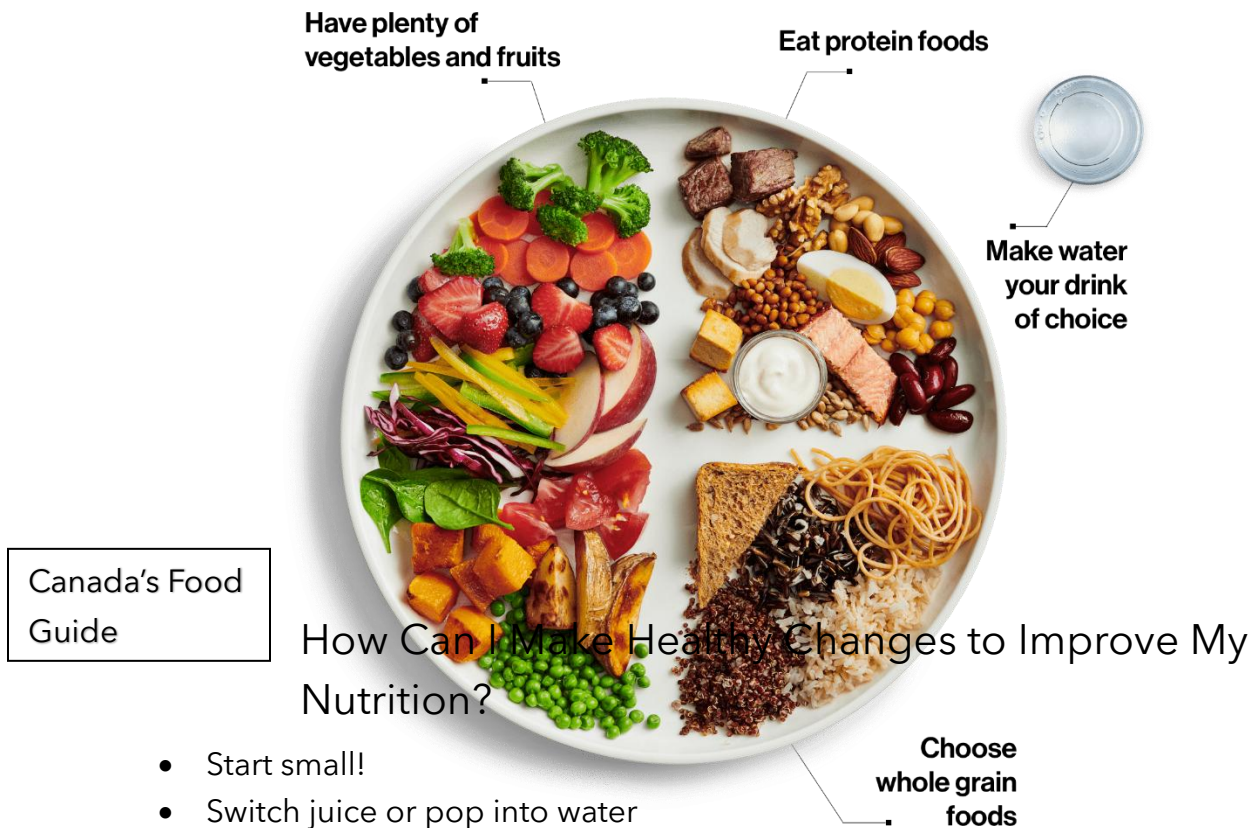
Vitality Vibe: Nutrition

Lots of nutrients are needed from our brain to produce essential hormones and chemicals, like serotonin - which is our happy hormone! A healthy diet is linked to decreased symptoms of anxiety and depression.

What does healthy eating look like?

Eating a wide variety of foods is the best way to give your body the food it needs!

Half the plate is vegetables and fruits, a quarter of protein and a quarter of carbohydrates!



- Try switching from white to whole wheat bread.
- If you usually have chips as an after-school snack, try having some chips and veggies to add to some valuable nutrition!

You can refer to Canada's food guide for more tips on healthy eating

<https://food-guide.canada.ca/en/tips-for-healthy-eating/teens/>

Reflection: Turn to your workbooks

What is one thing I can do to improve my nutrition?

Week 3 Check-Out

My check out plan for this week:

When will I practice Loving Kindness?

When will I go on my date?

When will I deliver my thankyou note?

When will I take the first step to make a small change in my nutrition?

What other skills will I use from previous weeks?

Extra Notes:

Week 4 - Pathway of Meaning

Self-Check- in:

Did I practice Loving Kindness?

Did I go on my date?

Did I deliver my thank you note?

Did I make any small changes with my nutrition?

Mindful Moment: 5 Senses Mindfulness Practice

Reflection:

How am I feeling right now?

"Notice the sounds around you. Sounds may be internal like you're breathing or your stomach growling, or external like the sound of traffic outside or the sounds in the room.

Now shift your attention to noticing the smells of your environment. Maybe you smell food or drink. You might notice the smell of your new book or paper.

Now bring attention to your taste. You may still have the taste of your last meal or drink. You may notice your tongue in your mouth. You can run your tongue over your teeth to become more aware.

Bring your attention to the sensation of skin contacting your chair and your clothing. You may notice the pressure between your body and the chair or your feet and the floor. You can observe temperature like warmth or coolness of your hands or how the air feels against your skin.

Now observe what you see in your surroundings and notice the colours, shapes, and textures. If you really look. You may notice things that you did not see until now."

Reflection:

What did I notice during the 5 Senses mindfulness exercise?

What do I notice now?

Skill Building Activity: Savour

Helps us remember things.

Enhance our experiences.

Helps us take in our environment more fully as we use all our senses.

Helps us to slow down in the moment to recognize we are experiencing a happy moment.

What did I notice before savoring?

What did I notice right after savoring?

Did I learn anything?

Skill Building Opportunity: Meaningful Photos

Reflection:

Choose one photo on your phone or use the picture you brought to class (If you don't have a picture with you, reflect on a favorite picture at home.

What senses (hearing, seeing, feeling, smelling, taste) do you remember using?

What are some of the emotions you experienced then?

Are you experiencing those emotions again?

What does the photo represent? _____

Why is it meaningful? _____

Skill Building Opportunity: Random Acts of Kindness

Read the list of Random Acts of Kindness ideas and circle at least one to do in class. Put a star beside the idea you will do outside of class.

#1 - Smile at 5 strangers and say hello.

#2 - Hold the door open for someone or let them go ahead of you in a line.

#3 - Give a sincere compliment.

#4 - Create a positive note and plan to leave it for someone you know well, you know somewhat, or someone you don't know at all.

#5 - Send a positive text message to 1(or more) of your friends or family right now.

#6 - Donate old towels or blankets to an animal shelter.

#7 - Buy a plant and put it in a terracotta pot. Write words that describe a friend on the pot and give it to that friend.

Other ideas for Random Acts of Kindness:

Vitality Vibe: Self-Compassion

Self-compassion Tip:

The next time you notice yourself suffering in some way, ask yourself, "What would I say to a good friend?" Offer yourself the same support.

Consider seeking a BALANCE of caring for yourself and others. Self-care and self-compassion can help restore your wellbeing, or fill your cup, so that you have enough to share with others.

Week 4 Check-Out

My check out plan for this week:

When will I use Five Senses Mindfulness?

When and how will I use savouring?

When will I use photos to boost my mood?

When will I act on the Random Acts of Kindness that I planned today?

When and how will I use self-compassion this week?

What other skills will I use from previous weeks?

Extra Notes:

Week 5 - Accomplishment and Achievement

Self- Check-in

Did I practice using the Five Senses Mindfulness?

Did I use savouring?

Did I use photos to boost my mood?

Did I do any Random Acts of Kindness?

Did I use Self-Compassion?

Mindful Moment - Butterfly Hug

Reflection:

How am I feeling right now?

<https://www.youtube.com/watch?v=iGGJrqscvtU>

Reflection:

What did I notice during the Butterfly Hug Meditation?

What do I notice now?

Skill Building Opportunity: Developing a growth mindset.

YouTube video (youtu.be/M1CHPhZfFmU)

Try to reframe the fixed statements below into growth statements.

Developing a Growth Mindset

Practice developing a growth mindset by filling in the chart below.

Instead of:	Try this:
I give up.	
This is too hard.	
Plan A didn't work.	
I made a mistake.	



Reflection

When have I had a Fixed Mindset? How did this help me?

When have I had a Growth Mindset? How did this help me?

How will I remind myself to work on growing a Growth Mindset?

Skill Building Opportunity: My Resiliency Story

Resilience means that we bounce back when something goes wrong.

Reflection

This is your opportunity to think and write about your resiliency story.

1. Think of a time when you bounced back from a challenging situation.

2. What helped you to bounce back?

3. What did you learn about yourself?

Skill Building Opportunity: Creating my Own Positive Affirmation Note

Positive affirmations:

- Can be described as phrases to encourage happy feelings, thoughts and attitudes.
- They need to be positive
- Reflect core personal values
- Match your sense of what you believe to be good.

Reflection:

Refer to the chart to consider replacing negative thoughts with positive affirmations. Use this list of positive thoughts or create your own:

I am stronger than I know

I am lovable/loved.

I am enough.

I am worthy.

I am capable.

I can do anything I set my mind to.

I am kind.

I am deserving of the life I want.

I am beautiful.

Negative thoughts....	Into positive thoughts!
I am ____stupid____	I ____have my own unique gifts____

When we have negative thoughts about our life, ourselves and others, and we are struggling to have reframe and engage in positive thoughts or affirmations, consider providing yourself with reassurance and kind words.

Reflection

What was this exercise like for you??

Bonus Skill Building Opportunity: Focusing on Strengths

24 Character Strengths.

Video: <https://www.youtube.com/watch?v=JLUOILRbazA>

24 CHARACTER STRENGTHS



Reflection:

Reflect on yourself and your strengths. Using the worksheet below, circle your strengths

Now that you have identified some of your key strengths. Pick three to focus on.

What are your three top strengths?

How would you define each strength in your own words?

How do you currently display each strength?

For each of the three strengths you have chosen, think about how you can enhance each strength further.

Consider picking a strength on the chart that is not developed, and you would like to strengthen.

What strength would you like to develop more?

How will I do this?

Vitality Vibe: Finding Balance, Healthy Coping and Digital Health

We all have many things in our lives that pull us in different directions such as spending time with family, hanging out with friends, getting schoolwork done,

playing sports or attending clubs, as well as having our own time to wind down. It can be difficult to find a way to balance them all.

Healthy Coping

Exercising

Eating well

Talking to people who support you

Getting good sleep

Other ideas: _____

Unhealthy Coping Strategies

Keeping too busy

Overthinking problems

Misuse of drugs and alcohol

Too much screen time

Isolating yourself.

If you or someone you know is struggling with substance misuse, you can visit my health.alberta.ca - child and youth addiction and mental health. Within Red Deer there are also programs for youth mental health and addiction concerns located in the Sheldon Kennedy Centre of Excellence.

Digital Health

<https://www.youtube.com/watch?v=tQOSMcGkt6E>

Excessive screen time is linked to negative effects in mood, sleep, and behavior. Spending too much time on social media can worsen feelings of anxiety and depression. The blue light from screens can make it more difficult for us to fall asleep and get quality sleep.

Week 5 Check Out

When will I use the Butterfly Hug?

How will I remind myself to use a Growth mindset?

When will I remind myself about my Resiliency Story?

When will I look at my Positive Affirmation note?

When and how will I focus on healthy coping?

What other skills will I use from previous weeks?

Extra Notes:

Week 6 - Gratitude: My Happiness Plan

Self-Check-In

Did I use the Butterfly Hug to comfort myself?

Did I use a growth mindset this week?

Did I remind myself about my resiliency?

Did I use my positive affirmation note?

Did I do anything to help me cope, or choose not to do something that was unhealthy?

Mindful Moment - Music, Movement and Mindfulness

Reflection:

How am I feeling right now?

Reflection:

What did I notice during this Mindful Moment?

What do I notice now?

Skill Building Opportunity: Gratitude

<https://www.youtube.com/watch?v=l6zL3CtYG6Q>

Reflection:

Make your own list of reasons to be thankful for

In the space provided below, list a few things in your life that you are thankful for.

- 1.
- 2.
- 3.
- 4.
- 5.

Practicing gratitude allows us to look for the positive in our life. Also, gratitude can help build and maintain positive relationships with others.

Skill Building Opportunity: Create a bucket list



<https://www.youtube.com/watch?v=gv4msNi3Rgc>

Think about your future self. What are some things you want to achieve or experience? It could be long term (i.e. career aspirations) or short term (i.e. wanting to try a new restaurant or café.)

MY BUCKET LIST
• • • • • • • • • •

Skill Building Activity: My Happiness Plan

Bringing it all together!

Think back over the past 6 weeks. What skills do you remember? Which ones stuck out to you?

Skills you learned- Circle your top 3 favorites.

- | | |
|--|---|
| <ul style="list-style-type: none">○ Mindful Check-In○ Feeling and Understanding emotions in my body○ Engaging in positive experiences○ Sleep○ Hand tracing○ RAIN○ What Went Well | <ul style="list-style-type: none">○ Flow○ Exercise○ Loving Kindness Meditation○ Bubble Map- social connections○ Plan a Date○ Thank you Notes○ Nutrition |
|--|---|

- 5 Senses Mindfulness Practice
- Savour
- Meaningful Photos
- Random Acts of Kindness
- Self- Compassion
- Butterfly Hug
- Developing a Growth Mindset
- My resilience story
- Creating my own Positive Affirmations
- Focusing on Strengths
- Finding Balance, Healthy Coping, and Digital Health
- Music, Movement and Mindfulness
- Gratitude
- Create a Bucket List
- Goal Setting

How will you try to incorporate these into your life after this course?

Check out:

What are three things you gained from this program that you will take forward with you?

1.

2.

3.

Please complete the participant's questionnaire below for feedback on the program.

Participant Workshop Questionnaire

Today's Date:

Program number:

Age: 12-14_____ 15-17_____

Gender Identity: male female non-binary other _____

Overall, how satisfied are you with the program?

Very dissatisfied dissatisfied satisfied very satisfied

3) What was most helpful to you in this workshop?

4) What was least helpful to you in this workshop?

5) Did you find the content was presented in an engaging way?

6) What could we do to improve the workshop?

7) What are the 3 Happiness skills you will use on a regular basis?

We are collecting this information according to the requirements specified in the Health Information Act of Alberta, sections 27 (1)(a), (g).

Brief Emotional Distress Scale for Youth (Bedsy)

Your Name:

Today's Date:

Here is a list of ways that you could feel. Please put a circle around

The answer that best describes your feelings over the last 4 weeks.

There are no right or wrong answers.

I feel really sad

Never Sometimes Often Always

I feel nervous

Never Sometimes Often Always

I feel really alone

Never Sometimes Often Always

I worry that something bad will happen to me

Never Sometimes Often Always

I feel like there is nothing to look forward to

Never Sometimes Often Always

I feel afraid

Never Sometimes Often Always

I just don't enjoy things anymore

Never Sometimes Often Always

All of a sudden, I feel really scared for no reason at all

Never Sometimes Often Always