



DISCOVERING THE POWER OF CHOICE

LAKE MIDDLE SCHOOL

Becoming the Best Version of Ourselves

PARENT INFORMATION

“Bottom 80s” wait for outside conditions to improve...then the inside experience gets better. “Top 20s” improve the inside first...then the outside conditions or the experience of the outside conditions gets better. AT LAKE we want students to be prepared to be “Top 20!”

Live Above the Line

Above the Line

- | | |
|---|---------------------------------|
| -A positive view on life and how we see the world | -Positive attitudes and beliefs |
| -Energetic moods and emotions | -Hopeful and optimistic |
| -Focused on what is important | -Power to control my life |

Below the Line

- | | |
|---|---------------------------------|
| -A negative view on life and how we see the world | -Negative attitudes and beliefs |
| -Depressing moods and emotions | -Hopeless and pessimistic |
| -Lose focus on what is important | -Powerless victim of life |

- **Why we need to know if we are Above or Below the Line:** Making decisions “Below the Line” usually results in a mess.
- **Invitations:** conditions or situations that invite us to go “Below The Line”
- **Indicators:** feelings we have or behaviors we manifest when we go “Below The Line”
- **Submarines:** containing your negativity, maintaining dignity during our “Below The Line” visits and not passing negativity onto others. “Let others know when we are Below”
- **Trampolines:** means by which we can bounce back “Above The Line” and think clearly. (examples: exercise, hobbies, quiet time, calling a friend, time with a pet, talking to family members, etc.)

Focus – Listen in the Zone

1. **The Zone:** Being focused, present and engaged in the moment; listening to understand.
2. **Getting to the Zone:**
 - A. Be **AWARE:** Know when you are not in the Zone
 - B. Say “**Not now**”
 - C. Use the **Parking Lot**
 - D. Focus on the **NOW:** Pay attention to what is happening in the moment.

Eliminate Negativity -- Tornadoes: The Power of Social Influence towards Negativity

1. **Beware of Tornadoes (Below the line “party” for two or more people):**
 - Watch:** knowing where conditions are right for producing Tornadoes.
 - Warning:** the first sign of a Tornado occurs when a negative statement is made or someone not present is mentioned in a negative way.
 - Touchdown:** you are pulled in and become a participant.
2. **Protection from Tornadoes:**
 - A. Identify the Tornado as such
 - B. Listen without taking it to heart
 - C. Respond by saying, “I hear you” or “OK”
 - D. Switch to a positive topic
 - E. Leave the scene
3. **Honor the Absent:** Speak well of those who are not present.

Celebrate Confusion

1. **Confusion:** “I don’t know; I don’t get it.” Confusion is a natural and necessary part of ALL learning.
 2. **Mountain of Learning:** “I don’t get it.” → Confusion → “AHA, I get it.”
- Confusion Rocks:** Everything we know or can do today we were once confused about.

Instant Replay

When we have said or done something we wish we hadn’t said or done, ask to do an “Instant Replay” (a “do-over” or an opportunity to make things “better” or “right.”)

Kaizen – Continual Improvement to become a better version of YOU!

What will I continue, start and stop in order to become the best version of myself?