

MY

OFF

TRAIL

PROGRESS

INFLUENCES THAT WEIGH YOU DOWN

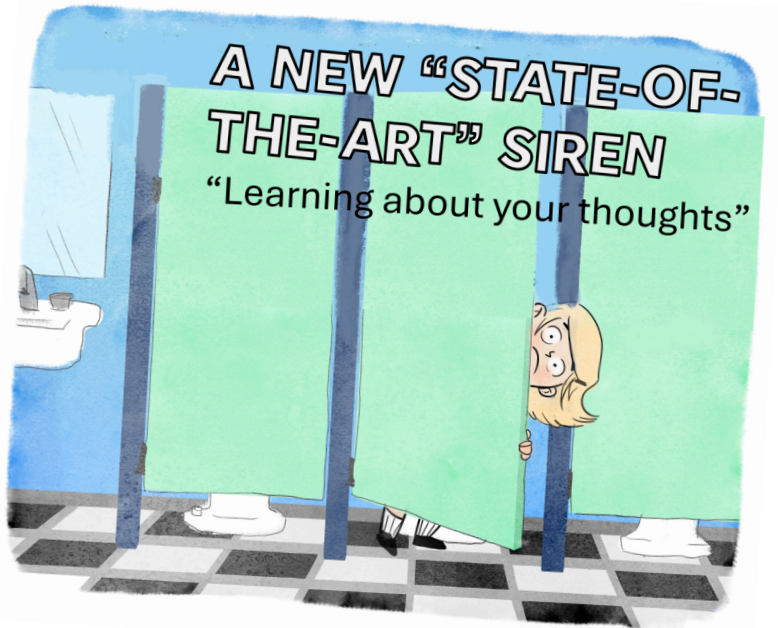
"Asserting yourself against social influences"



CHALLENGE #1

A NEW "STATE-OF-THE-ART" SIREN

"Learning about your thoughts"



CHALLENGE #2

THE BIG SWIM

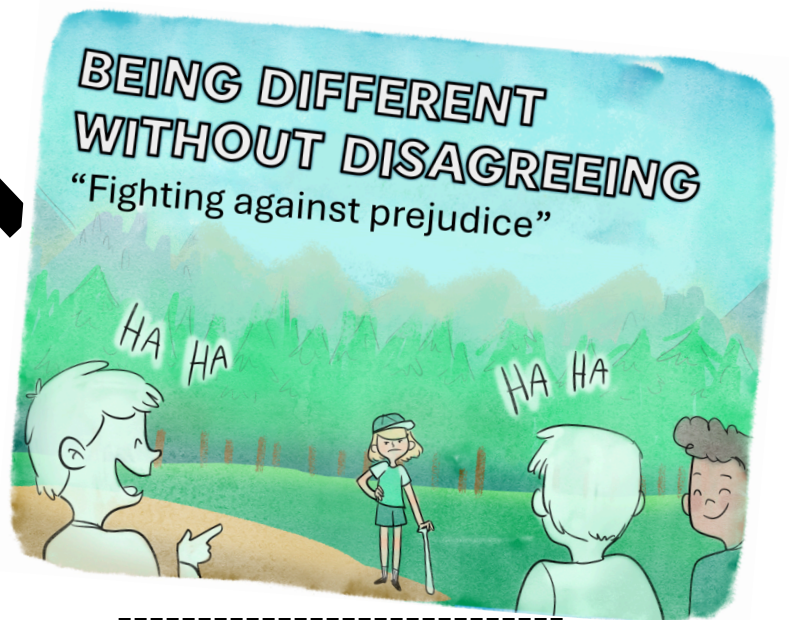
"Adopting helpful thoughts"



CHALLENGE #3

BEING DIFFERENT WITHOUT DISAGREEING

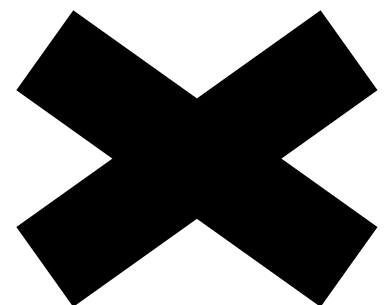
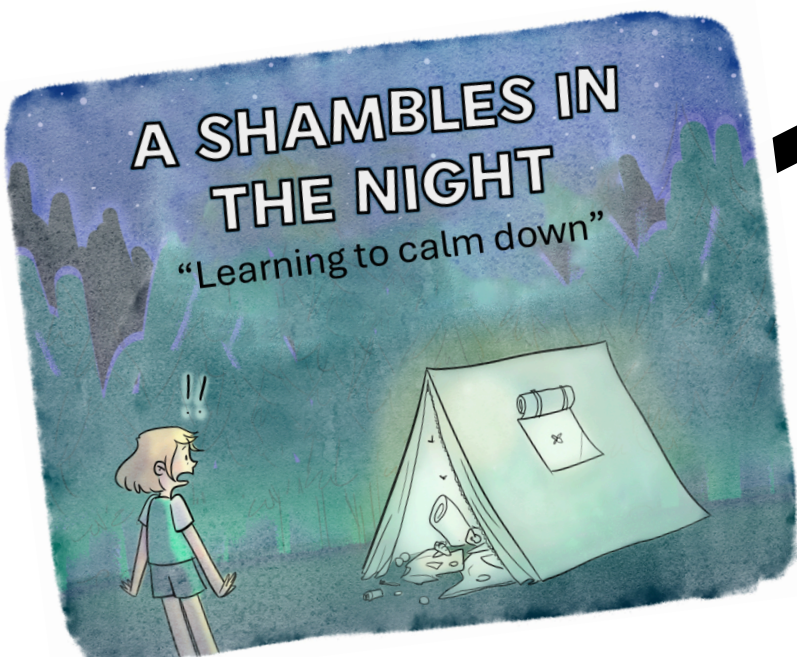
"Fighting against prejudice"



CHALLENGE #4

A SHAMBLES IN THE NIGHT

"Learning to calm down"



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To cut out and glue to the *My OFF-TRAIL Progress poster*, after each workshop.

### CHALLENGE #1

CHALLENGE: Try to identify a situation where you feel pressure to act in a certain way when you don't want to. List the advantages and disadvantages of letting yourself be influenced.

### CHALLENGE #2

CHALLENGE: If you're faced with a stressful situation, use *The influence of your thoughts worksheet* to identify your thoughts, sensations, emotions and reactions to the situation.

### CHALLENGE #3

CHALLENGE: When you're facing a difficult situation, try to adopt more helpful thoughts about it.

### CHALLENGE #4

CHALLENGE: Reach out to a new person at recess and get to know them better.