

Social Emotional Language from Sensei for the Classroom/School

Questions

What are you? (A leader!) Who are we? (We are Lakes!)

Should you ever let anyone hurt you? Should you ever let anyone hurt your feelings?

Would you rather be first or best?

Who's ready to be the best they've ever been?

Who's ready to make your friends, class, school the best friends, class, school ever?

Who's ready to have the best day ever?

Should we be respectful and kind to everyone?

Does everyone NEED to be your friend? Does everyone DESERVE to be your friend?

Are you being the best version of you? Is that how a type 1 person would do/act?

Can you read my mind? Who's going to be the best mind reader ever?

Affirmations

Lock it up—Check your posture (legs-back-hands-eyes)

Notice-Choose-Act (to power through your fears or to do just a little bit more)

Feedback-Use your words

The adults stop the big stuff but I stop the small stuff!

I can do it! I got this!

Use the friendship target!

Gossip, rumors, and drama are poison! (X)

To make a good friend, you have to first BE a good friend!

Be respectful and kind to everyone!

There is no competition at the top

“Just a little bit more” is a CHOICE!

I love problems—There is no problem bigger than me! When I am tested—I just get stronger!

NEVER give up!

This is just how we do it at Lakes!

Themes

#1—*I always stand up for myself and others! (stand up for yourselves and use the four steps)*

#2—*When I back away from a fear the fear gets bigger, but when I power through a fear I get bigger! (be a “fear detective” and uncover the small fears then power through them)*

#3—*I’m always a good friend and I expect the same from you! (no more drama, use the friendship target to manage your friends)*

#4—*I always to a little bit more than anyone expects! (Be a TYPE 1 person)*

#5—*No one out works me! (Hard work beats talent and brains every time)*

Leader’s Creed

Now I have found my **voice** . . .

and I have made my **choice**.

I will **lead**, not follow.

I will **create**, not destroy.

I will **believe**, not doubt.

I am not better than anyone else . . .

but **no one** is better than me.

I was put on this earth for a reason.

I will make a **difference** because . . .

I am a Leader.