

DATES TO REMEMBER

SDSCA Convention:

March 26, 27 in Rapid City

All Forms Due March 1st:

Officer intent form

*Outstanding Student Council Award
All State Award*

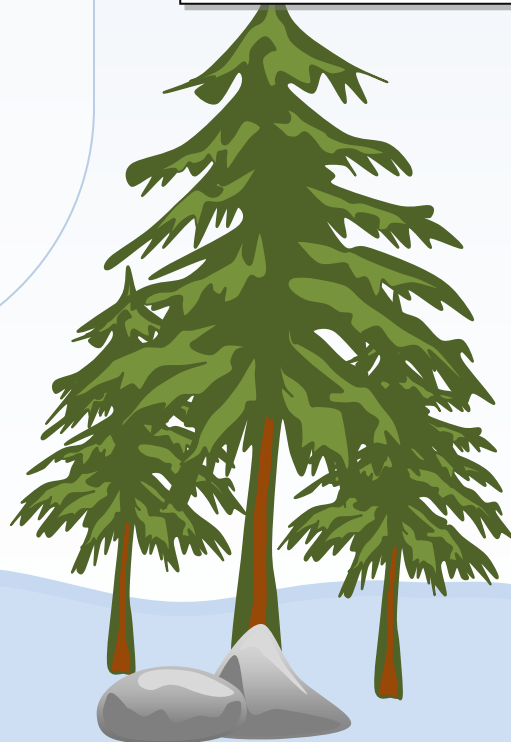
SDSCA Registration

*No late applications
accepted!*

*Email me with any questions about any
of the forms!*

Hello advisors!

Hope all is going well with your planning of attending our SDSCA State Convention in Rapid City. Rooms are booked? Please meet all the deadlines as it makes it easier for all of us. Don't forget to send us pictures of your CMN fund raisers. I know there is a lot to do to get ready, but it will be all worth it when you get there. Email me or Brooks with any questions!



This workshop is based on the bestselling book *Elevate Your Network*. If you want to dive deeper into these concepts or access our online courses and join thousands of people, schools, and companies in building relationships that increase happiness, you can reach out to me at jake@jakekelfer.com or (661) 877-7918.

Below you will find the table of contents to *Elevate Your Network*.

Elevate Your Network

25 Keys to Building Extraordinary Relationships in Life and Business

Kelf Key #1: Be Authentic. Be Genuine. Be Sincere.

Kelf Key #2: Meet People!

Kelf Key #3: Add Value

Kelf Key #4: Be a Good Listener

Kelf Key #5: People are People. Love is Love. Compassion is Compassion.

Kelf Key #6: Have a Plan

Kelf Key #7: You Never Know Who You Are Talking to Until You Know

Kelf Key #8: Make Yourself Available

Kelf Key #9: Be Patient and Understanding

Kelf Key #10: Ask Your Friends and Family for Referrals

Kelf Key #11: Do Your Research

Kelf Key #12: Face-to-Face Connecting is Best

Kelf Key #13: Elevate Your Elevator Pitch

Kelf Key #14: Establish Credibility in Your Industry

Kelf Key #15: Connect with People Using Multiple Platforms

Kelf Key #16: LinkedIn is the GOAT of Business Networking

Kelf Key #17: Set Up Informational Interviews

Kelf Key #18: Getting Drinks the Right Way

Kelf Key #19: Track Your Relationships

Kelf Key #20: Update Your Contacts Regularly

Kelf Key #21: Say Thank You. Following Up is a Must!

Kelf Key #22: Become Genuinely Interested in Other People

Kelf Key #23: Have a WE Mentality, Not a ME Mentality

Kelf Key #24: Be YOU!

Kelf Key #25: Enjoy Your Relationships

A Few Ways to ELEVATE Together

- ✓ Keynotes
- ✓ Workshops
- ✓ Professional Development
- ✓ Class sets of *Elevate Your Network*
- ✓ Curriculums

Contact

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Keep Calm and Lead On. . .

Activities / Lessons to inspire mindfulness and stress management

1. What is stress?

To encourage mindfulness, we want our students to recognize the physiological signs of stress. We do this by setting up a very high-pressure/low-stakes activity, like a cup-stacking tournament. Single elimination, very little practice, totally unfair.

By the time we get to the final round, kids are jumping up and down and are in full fight-or-flight mode. This activity does a great job getting the kids to experience stress with little chance of lasting humiliation.

If you don't have sets of cups, a card game like War will do. The important thing is to put brackets on the board and act like it's the most important thing in the world.

Afterwards, I have the kids share what they were experiencing physically during the competition. Shaky hands, rapid heartbeat, butterflies, sweaty palms...

By the time we're done chatting they've all calmed down and have mostly forgotten about the tournament. It's a great chance to remind them that just because something doesn't matter long-term, it doesn't mean our stress responses change.

For example, how did you feel the last time you thought you lost your phone?

2. Fight or Flight?

Start with discussion on when conflict and when stress occurs (refer to #1 activity). Have students stand on which side of the room they usually are.

3. How to make stress your friend. (14min+/- Ted Talk)

https://www.ted.com/talks/kelly_mcgonigal_how_to_make_stress_your_friend

4. Think-Pair-Share

What are some of the healthy ways you deal with stress? What are some of the not so healthy ones? Be honest! Examples: Healthy - meditation, journaling, hanging with friends, talking to your mom, watching YouTube videos of cats falling down (within moderation of course!) Not Healthy - alcohol, drugs, bullying, food issues,

5. Video Project

Have students watch this video from Berna and Team Choices . . . <https://youtu.be/hW7nVYMYaHw>

Optional: you can have them partner to make their own videos, posters, presentations to share. You can find a rubric at <http://thehealthteacher.com/unit-plan-stress-management/>

6. Progressive Muscle Relaxation

Tell students that they are going to do an activity that will help them relax by tightening and releasing different muscle groups in their bodies. Students may sit or lay down on their backs (depending on space). Demonstrate/model each step for students in preparation for their participation. Then read and model the following instructions to your students twice for each direction:

1. Raise your eyebrows and wrinkle your forehead. Try to touch your hairline with your eyebrows. Hold for 5 seconds...and relax.
2. Make a frown. Hold for 5 seconds...and relax.
3. Close your eyes as tightly as you can. Draw the corners of your mouth back with your lips closed. Hold for 5 seconds...and relax.
4. Open your eyes and your mouth as wide as you can. Hold for 5 seconds...and relax. Feel the warmth and calmness in your face.
5. Stretch your arms out in front of you. Close your fist tightly. Hold for 5 seconds...and relax. Feel the warmth and calmness in your hands.

6. Stretch your arms out to the side. Pretend you are pushing against an invisible wall with your hands. Hold for 5 seconds...and relax.
7. Bend your elbows and make a muscle in your upper arm. Hold for 5 seconds...and relax. Feel the tension leave your arms.
8. Lift your shoulders. Try to make your shoulders touch your ears. Hold for 5 seconds...and relax.
9. Arch your back away from the back of your chair (or off the floor). Hold for 5 seconds...and relax.
10. Round your back. Try to push it against the back of your chair (or against the floor). Hold for 5 seconds...and relax. Feel the tension leaving your back.
11. Tighten your stomach muscles. Hold for 5 seconds...and relax.
12. Tighten your hip and buttock muscles. Hold for 5 seconds...and relax.
13. Tighten your thigh muscles by pressing your legs together as close as you can. Hold for 5 seconds...and relax.
14. Bend your ankles toward your body as far as you can. Hold for 5 seconds ...and relax.
15. Curl your toes under as far as you can. Hold for 5 seconds...and relax. Feel the tension leave your legs.
16. Tighten all the muscles in your whole body. Hold for ten seconds...and relax. Let your entire body be heavy and clam. Sit quietly (or lie quietly) and enjoy this feeling of relaxation for a couple of minutes.

<https://backend.edutopia.org/sites/default/files/resources/stw-glenview-stress-reduction-activities.pdf>

7. Walk About

Have students line up in two single file lines. Their talking partner is by their side... walk together as a group (front of line leads) and students talk to each other. Rotate...continue.

You can also do it where they get a partner and a few topics and are sent to walk for 5-10 minutes.

8. Boundary Breaking

So often we listen to respond and/or talk and don't feel heard. This activity is two-fold; it helps with team-building, face-to-face connections but also gives a time where each member in your team/group has a chance to feel heard. Taking time to slow down and focus on each other. So many benefits! We did this every other Friday in my leadership class. See www.oasc.org >> Resources >> Documents >> Team-Building >> Boundary Breaking.

9. HeadSpace App

Show your mind some love with these guided meditations / animations. Meditation and Mindfulness. Basic Pack is free, you can pay for more.

10. Develop a Support System

Create your personal Board of Directors: a group that will help guide you through hardships, successes, and future endeavors. Think about a diverse group, such as peers, family, teachers, a trusted friend, coaches, community leaders, etc... to work with you to understand your goals, help manage stress, keep you accountable and to inspire you. Download the document at www.oasc.org >> Resources >> Documents >> Lessons >> Personal Board of Directors.

11. 4 Count Breathing / Tactical Breathing

In 1, 2, 3, 4 – Hold 1, 2, 3, 4 – Out 1, 2, 3, 4 – Hold 1, 2, 3, 4 Vision Square

https://www.youtube.com/watch?v=OO-8_yrIPp4

Other Resources

<https://www.amazon.com/The-Stress-Reduction-Workbook-Teens/dp/1572246979>