

FAMILY / COMMUNITY CORNER REMINDER CARDS

Activity 3A: I Can Do It!

FAMILY CORNER:

Do both activities (**IS IT POSSIBLE?** and **IT'S IN THE NUMBERS**) with family. Talk about why it's important to feel successful.

COMMUNITY CORNER:

With your friends, create a series of posters on self-efficacy and how youth and adults can build on their levels of self-efficacy, or self-confidence. Hang these posters in community businesses or schools, with adult permission.

Activity 3B: Be My Hero

FAMILY CORNER:

Do the role model/hero activity with your family. Talk about positive qualities and characteristics. Have everyone share their role models and heroes and why they were selected.

COMMUNITY CORNER:

Research role models and heroes from your community history. Explore historic documents to find out their qualities and characteristics. Share what you discover at a local chamber of commerce meeting, town hall meeting, etc. Invite the public.

Activity 3C: All Stressed Out!

FAMILY CORNER:

Take home both handouts. Share with your family what you learned and ask them to share with you what causes them stress and what their symptoms are.

COMMUNITY CORNER:

Talk to your friends about their stressors and ask how they handle stress. Discuss what causes their most stress and what symptoms they might have.

Activity 3D: Be A Stress Buster

FAMILY CORNER:

Share the **COPING WITH STRESS Handout** with family members and, as a family, identify one strategy you can all work on together. Have everyone in your family make a stress ball. Get together every other week to talk about each family member's stress level. What can the family do together to reduce their stress?

COMMUNITY CORNER:

Give a stress ball to someone you know who might be under a lot of stress, or just to someone you care about. Share what you have learned with them.