GoZen!

REACTION ROADMAPS

JOURNAL

This journal belongs to:

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GOT BIG REACTIONS?

What you say or do when you face a problem is what we call a reaction. Once in a while, we all have BIG reactions to challenges. But, if you have BIG reactions more than you'd like, this journal is for you! Try the exercises on each page.

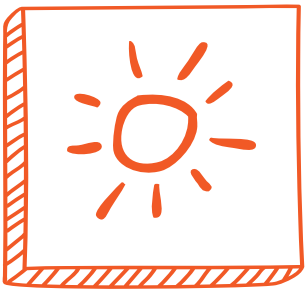
Do you think you usually have BIG reactions to challenges?

Do you feel like you have control over what you say or do in situations?

Do you want to change the way you react to challenges?

WHAT SIZE IS YOUR PROBLEM?

Not all problems are the same size!
Try to imagine the problem you're facing like the weather. Think of the last problem you faced... circle the weather type related to that problem.



SUNNY

It's a sunny day! No problem at all.

WINDY

Just a little wind. This is something you can get through on your own.

RAINY

This is a medium-sized problem, maybe you need some help.

THUNDERSTORM

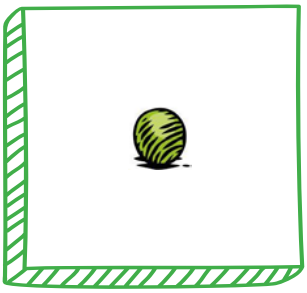
This is definitely a bigger problem. You need to call in support.

MONSOON!

This is not just a problem, it's an emergency! Make sure you have someone to help you through it!

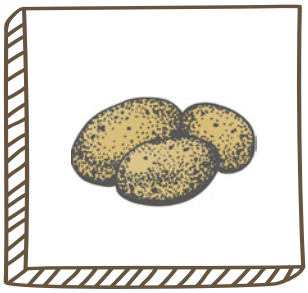
WHAT SIZE IS YOUR PROBLEM?

Another way to think about the size of your problem is to use our veggie scale below! Think of the last time you faced a challenge where the size of your reaction matched the size of the problem (veggie). Write a few words about that time under the appropriate veggie below.



PEA-SIZED PROBLEM!

This problem is so tiny, it's not a problem at all!



POTATO-SIZED PROBLEM!

This is a small problem you can definitely handle.

PEPPER-SIZED PROBLEM!

This is a medium-sized problem, you might need some help.

PATTISON-SIZED PROBLEM!

This is definitely a bigger problem--call in support.

PUMPKIN-SIZED PROBLEM!

This is not just a problem, it's an emergency! Make sure you have someone to help you through it!

WHAT SIZE IS YOUR PROBLEM?

Another way to look at the size of your problem is on a scale of 1-5. Write an example problem next to each size below.

#1 NO PROBLEM

Everything is going fine!

EXAMPLE:

#2 SMALL PROBLEM

This is something you can solve on your own.

EXAMPLE:

#3 MEDIUM PROBLEM

This is something you might need a little help with.

EXAMPLE:

#4 BIG PROBLEM

This is something you might need a lot of help with.

EXAMPLE:

#5 GIGANTIC PROBLEM!

This is an emergency! You definitely need help!

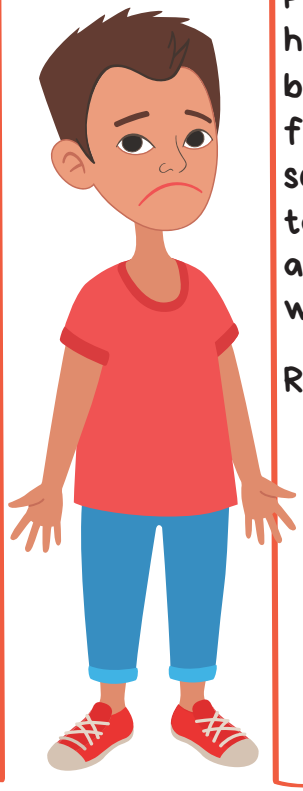
EXAMPLE:

RIGHT-SIZED REACTIONS

Read the problems below and write out what you think would be the "right" size reaction.

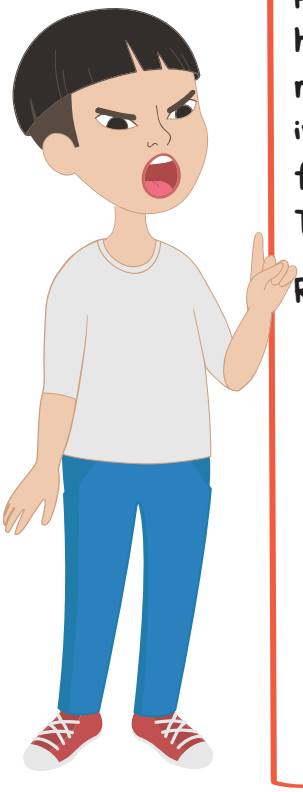
PROBLEM: Theresa's friend didn't ask her to be lab partners in science class.

Right-sized reaction:



PROBLEM: Joe can't find his shoes anywhere before school. He finally finds them, but gets to school late. His teacher tells him not to be late again in front of the whole class.

Right-sized reaction:



PROBLEM: Harvey knows he's right about how many planets there are in the solar system. His friends think he's wrong. This is annoying to him!

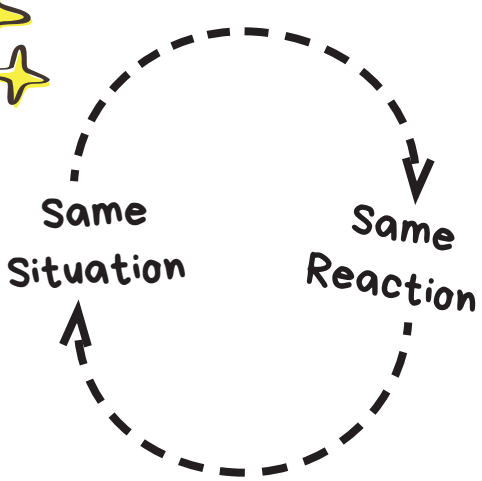
Right-sized reaction:

PROBLEM: Mai loves chewing gum. She's told she can't chew during swim practice, but she wants to anyway.

Right-sized reaction:

REACTION LOOPS

Do you ever find yourself reacting the same exact way in the same challenging situations? You may be caught in a reaction loop! Fill out situations (When) where you have the same big reactions (Then).



WHEN: My mom asks about my homework.

THEN: I usually scream to be left alone and lock myself in my room.

WHEN:

THEN:

WHEN:

THEN:

WHEN:

THEN:

Using one of the "size of the problem" scales, mark the size of your problem (When statement) and size of your reaction (Then statement) next to each sentence set above. Circle the sets where the size of the problem doesn't match the size of the reaction. How could your reactions change to match the problem?

WHY DO WE REACT THE WAY WE DO?

What causes you to react--say or do something--when you face a challenge? Check out Jade's challenge and two different ways she could react. Then, answer the questions below.

The Challenge:
Jade's sister borrows her sweater without asking. Sometimes Jade borrows from her sister, too, but she usually asks.

Jade's BIG reaction:

Don't ever do that again!

Jade's right-size reaction:

Please just ask me next time!

How can a person have two different reactions to the same challenge? What things affect our reactions?

THOUGHTS AFFECT REACTIONS

When you face a challenge, thoughts go through your head. These thoughts can influence what you say and do (your reaction). Check out two different thoughts which lead to two different reactions to the same challenge.

The Challenge:
Jade's sister borrows her sweater without asking. Sometimes Jade borrows from her sister, too, but she usually asks.

Jade thinks:

She knew that sweater was new. So rude!

BIG Reaction:

Don't ever do that again!

Jade thinks:

I guess I do that to her, too. No biggie.

Right-sized Reaction:

Please just ask me next time!

WHAT DO YOU THINK?

Think of one of the last BIG reactions you had to a challenge. Below, create two different reaction roadmaps. On the left, create a roadmap where you had a BIG reaction. On the right, create a roadmap where you have an appropriate size reaction.

The Challenge:

Thoughts:

Thoughts:

BIG Reaction:

Right-sized Reaction:

CHECK THOSE THOUGHTS!

We usually don't have BIG reactions because of the challenge itself... we have BIG reactions because the way we THINK about the challenge. Many times, our thoughts are exaggerated or missing info. Write about a challenge you're facing below. Write some thoughts you think when you're in the middle of that situation. Then question each thought by asking yourself: Is this thought really true?

MY CHALLENGE:

Thought:	Is this thought really true?

Big Feelings affect reactions

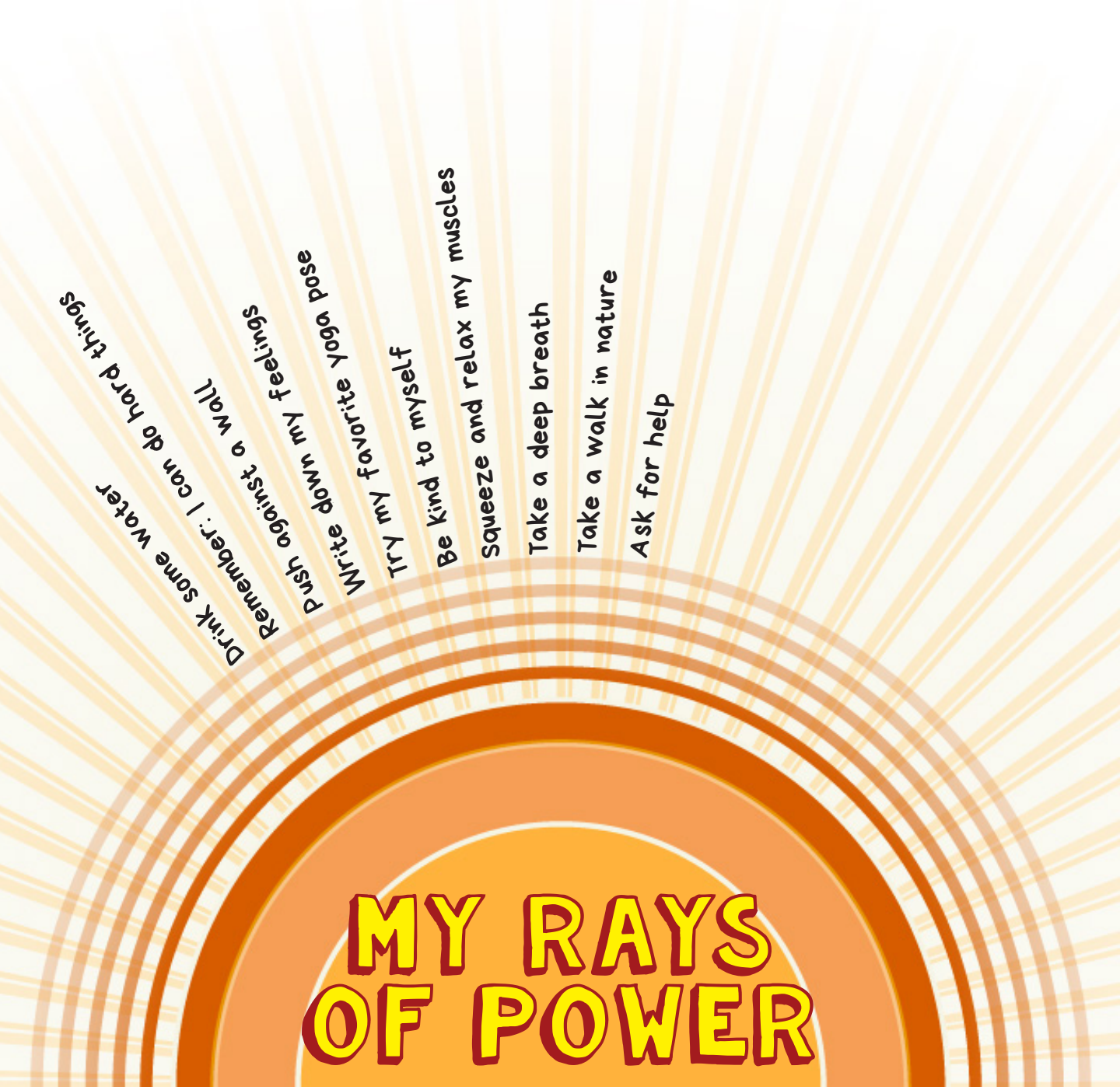
Changing your reactions doesn't mean you should stop feeling your feelings. Feelings are important to have. The goal is to try to FEEL your feelings BEFORE reacting. This takes practice.

Think of one of the challenges you've recently faced. Write down some of the feelings you had during that challenge around the image below.

"When life's strong winds come blowing, bend with them, and let go. By bending you will become stronger in new places. By letting go, you will be making room for the new and better." ~Unknown

POWER TO CREATE SPACE

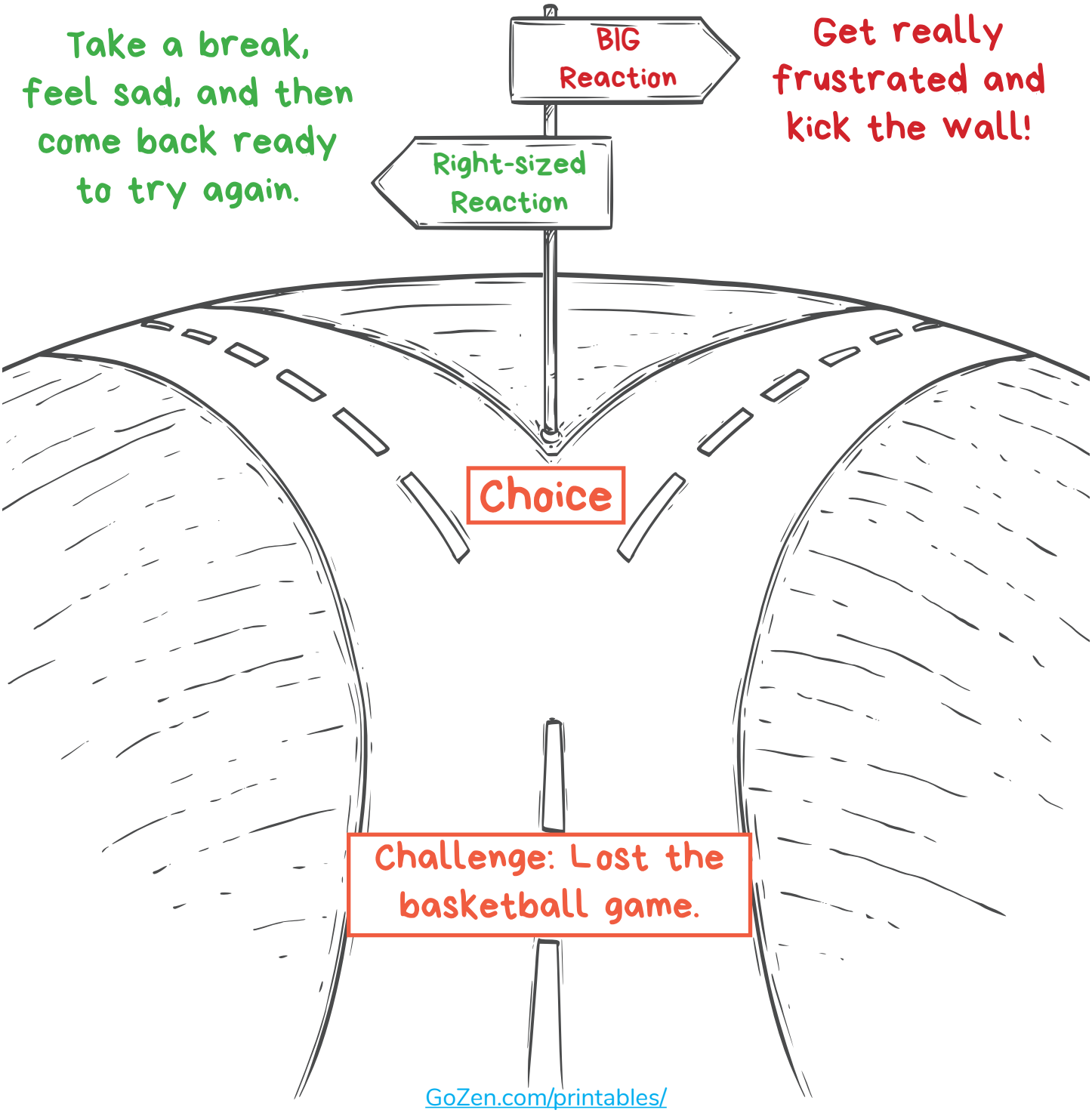
Before you react to a challenge, you need space to choose the right-sized reaction. What you do to create space is in your power. Add your ideas in the rays below.



REACTIONS ARE A CHOICE

When you face a problem, remember you have a CHOICE in how you react. Do you feel like you have a choice?

Take a break, feel sad, and then come back ready to try again.

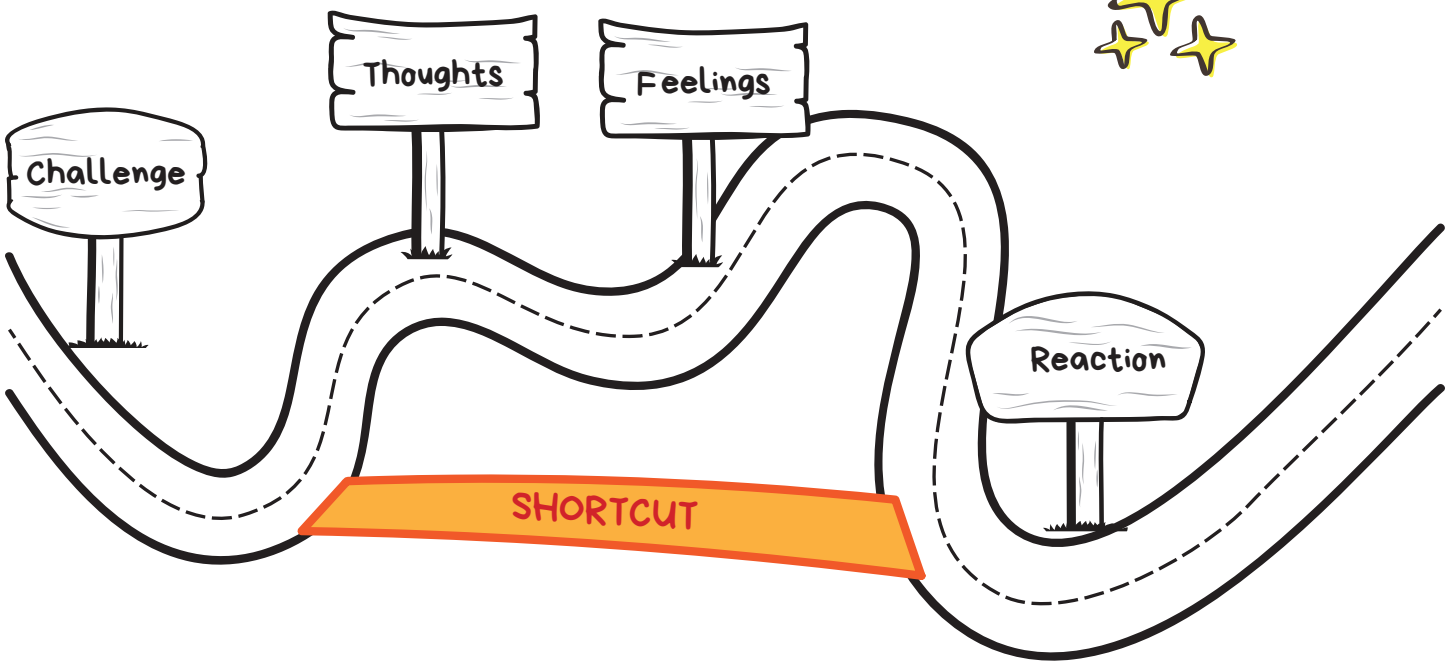


Get really frustrated and kick the wall!

YOUR BRAIN ON CRUISE CONTROL

What happens when you don't feel like you have a choice?

Maybe you yell when you don't want to or say things you don't mean, but feel like you can't help it or have NO CHOICE. If this is the case, your brain may go from challenge to reaction because it's formed a habit!



Do you feel like you don't have a choice in how you react to challenges? Which challenges make you feel like you're brain is in cruise control?

YOUR BRAIN ON CRUISE CONTROL

When you first started riding a bike, you had to pay close attention to dozens of things and make lots of decisions. Your brain made habits of many of these choices. Habits free up brain space so you can do something like ride a bike while you pay attention and make decisions about other things.

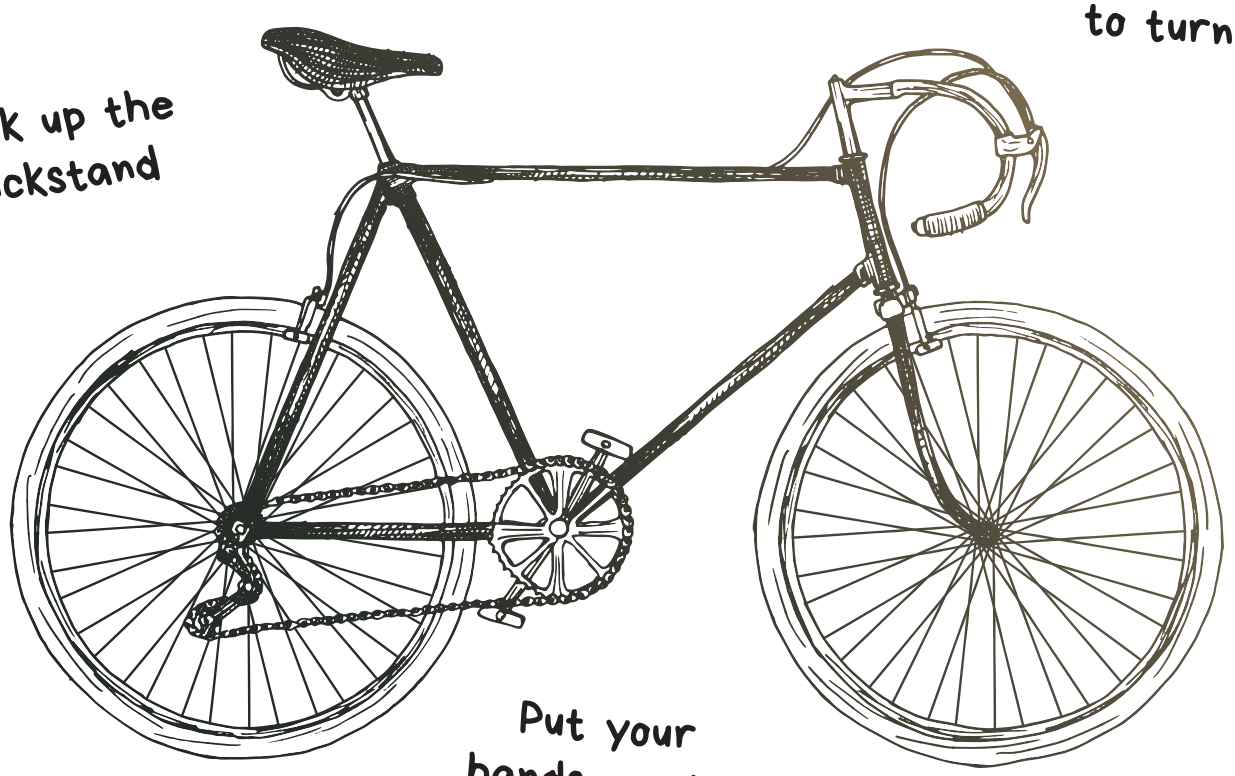
Cross out all the things you do now without thinking about it!

Step over the bike to sit down

Put your feet on the pedals

Move the handlebars to turn

Kick up the kickstand



Put your hands on the handlebars

Put on your helmet

Stand on one foot when you stop

Balance on the bike so you don't fall

Back pedal or squeeze the brakes to slow down

TAKING BACK YOUR CHOICE

If you feel like you're reacting to a challenge without even thinking about it or making choices about how you react, it's time to come off cruise control. Take back your choices about how you react by PRACTICING your reactions before the challenge happens!

The challenge I am practicing for:

I will say this:

I will do this:

Now that you have a plan, you need to PRACTICE. Have you ever seen a play where actors take a script and practice lines? This is the way you can practice your reaction. Get a friend or family member to help. Pretend the challenge is actually happening and act it out as best you can. Act it out over and over again. Next time you really face the challenge, see what changes! Never forget, you are incredibly awesome!

TERMS OF SHARING THE ❤

1. Please do share these resources with friends and family by sharing this page: https://gozen.com/printables/
2. Please don't post these resources directly to your own website or on your own portal. Share our printables page instead (see #1). Thank you!
3. Please do join us on our FREE Facebook group where we are sharing positive interventions, printables, and resilience techniques every day! Go here: https://facebook.com/groups/scienceofhappinessforkids/

GoZen! Programs help kids Manage Stress and Build Resilience

All of our animated programs are research-based and rooted in science, and each program focuses on a different set of life skills to help kids thrive.

GoZen! Anxiety/Stress Relief Program

6 Modules / 36 Animations / 75+ Minutes of video

Does your child struggle with chronic worry or anxiety? The GoZen! anxiety relief program teaches your child how to understand and control their worry. And because stress, pressure and challenges are part of everyday life, these are skills your child will use forever.

GoStrengths! Well-being + Resilience Program

10 Modules / 115 Animations / 125+ Minutes of video

Arm your kids with well-being! GoStrengths! is a comprehensive social and emotional learning program focusing on 8 vital skills including goal-setting, optimistic thinking, problem-solving, resilience, character strengths, emotional regulation, social skills, and self-confidence.

GoHackify! OCD Relief Program

5 Modules / 30 Animations / 110+ Minutes of video

Is your child engaging in ritual behavior or plagued with repetitive, negative thoughts that won't stop coming back? This program follows Kai and Sage; two kids whose intrusive thoughts are affecting their everyday life. The Dynamos step in to teach them how to combat their "Brain Spam" and take back control!

GoToTheNow! Mindfulness Program

1 Module / 12 Animations / 40 Minutes of Video

Do you want to bring the art and science of mindfulness into your kids' lives? Join Neutrino's student, Tau, on this concise program that walks the kids (and adults!) of Fliderdale through some tried-and-true mindfulness exercises... with a GoZen! twist.

GoPositive! Negative Thoughts Mini Program

1 Module / 7 Animations / 30 Minutes of video

This succinct 7-animation mini-program walks teens and tweens through how to recognize when negative thoughts are taking over, and introduces 5 different tools they can use to break out of a negative thought cycle.

GoWave! Panic Attack Mini Program

1 Module / 12 Animations / 55+ Minutes of video

Neutrino and a brand new team are on an action-packed mission to Earth to uncover the truth behind panic attacks. Teens & tweens learn about their innate superpowers; the fight, flight, or freeze response; and how to understand and overcome the overwhelming feelings panic attacks cause.

GoAction! Procrastination Relief Program

1 Module / 6 Animations / 24+ Minutes of video

Taylor is totally awesome, but he's also totally disorganized, always late for class, and days behind on his homework. He's a chronic procrastinator! Luckily, he gets research-based tools to curb his procrastination from... his future self!

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