Boys Town and HOPE Squad

Digital Kindness Week Program

Featuring Jocelyn

Get students to use active learning techniques so they can connect with the message of positivity, applying it to their daily lives, in person or digitally.

Day 1

1. Listen to Jocelyn’s song “Speak Up”.
2. Use SODAS (Situation, Options, Disadvantage, Advantage, Solution) or POP (Problem, Options, Plan), as developmentally appropriate, to problem-solve possible solutions to a recent conflict with someone else.
3. On another sheet of paper students can write and/or illustrate the solution that would result in the best outcome for everyone. Check out the great SODAS plan on page 2.
4. Another great activity included is the “Recipe for a Healthy Friendship” to reflect on what makes a good friend.
5. Have students take a picture of these activities and post on Twitter with the #KindnessCounts

Watch Jocelyn give an example of how to put this day into action!

For more information, visit boystown.org/jocelyn

ABOUT BOYS TOWN
Boys Town has been a national leader in the care of children and families since its founding more than 100 years ago by Father Edward Flanagan.

Each year, Boys Town youth, family, community and health care programs touch the lives of more than 2 million people across the country.

ABOUT HOPE SQUAD
Hope Squad is a peer-to-peer suicide prevention program. Hope Squad members are nominated by their peers as trustworthy and good listeners. They are trained by advisors to recognize suicide warning signs, provide friendship, and refer struggling peers to trusted adults.

For more information, visit hopesquad.com

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SODAS
A Sweet Way to Solve Problems

When faced with a problem, kids need a way to work through it to find a workable, appropriate solution. The SODAS method provides structure to the process of solving problems and gives kids a new way to approach situations where they might have acted hastily or inappropriately in the past.

Situation
Reflect on the SITUATION and establish the who, what, where, when and why involved.

Options
Consider your OPTIONS or choices, and make a list of both good and bad ones.

Disadvantages
Determine the DISADVANTAGES for every option.

Advantages
Work out the ADVANTAGES for every option.

Solution
Summarize all of your options and conclude which SOLUTION will work best.

Printout the sheet on the next page each time you need to work through problems using the SODAS method.
## The SODAS Method

<table>
<thead>
<tr>
<th><strong>SITUATION:</strong></th>
<th></th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>OPTION 1:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>OPTION 2:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>OPTION 3:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>DISADVANTAGES:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>ADVANTAGES:</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>SOLUTION:</strong> [EXPLAIN]</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Recipe for a Healthy Friendship

INGREDIENTS

Qualities I want in a friend

INSTRUCTIONS

How we set healthy boundaries

Checklist

☐ Do I feel better after spending time with this person?
☐ Am I myself around this person?
☐ Do we show interest in each other’s lives, thoughts, and feelings?
☐ Do I express appreciation for this person?
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Day 2

1. Listen to Jocelyn’s song “Never Change”
2. Have students create three or more paper hearts and write what makes them unique.
3. Students then post the notes around their house and take pictures to post on Twitter with the #KindnessCounts
4. One of the best ways to be a good friend is to listen. Check out the HOPE Squad small group activity on page 2 for instructions to lead this discussion.
5. Watch Jocelyn give an example of how to put this day into action!

Visit us online at "boystown.org/jocelyn".

FOR MORE INFORMATION
Can you H.E.A.R. me?

In small groups, discuss:
- How do you know when someone is not listening to you?
- What are some reasons we don’t listen?
- Why is it important to give other people our full attention?

How to fully listen

**Halt**
- Put away physical and mental distractions
- Avoid thinking about how you want to respond before the other person has finished talking

**Engage**
- Face the person and make eye contact
- Do not interrupt
- Pay attention to expressions and body language

**Ask**
- Do not assume what someone is thinking or experiencing
- Ask open-ended questions

**Replay**
- Pause to think about what the person told you
- Repeat back what your peer said ("What I’m hearing is..." or "It sounds like...")
- Avoid saying something judgmental
- Prioritize listening over problem-solving

**Activity**
Pair up and choose one of the questions below. One person has two minutes to respond to the prompt while the other gives their full attention. After the two minutes are up, switch roles.

- Tell me about the last thing that made you happy.
- Tell me about your favorite movie or book.
- Tell me about an embarrassing moment.
- Tell me about an interesting dream you had.
- Tell me something you like about yourself.

*The biggest communication problem is we do not listen to understand. We listen to reply.*

– Stephen R. Covey
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Day 3

1. Listen to Jocelyn’s song “Love Letter”. The message is about the love within and remembering to be kind to yourself. (Love Letter Video).
2. Encourage students to write encouraging, kind, and positive messages to yourself and/or to others. Share them on social media using #BoysTownHotline, #HOPEsquad, #Jocelyn, and #KindnessCounts. Check out YLYV’s “60 Ways to Be Kind to Yourself” on pg 2.
3. Have students come up with their own creative ideas like draw a positive chalk message on their sidewalk or put up pictures in their windows with encouraging messages to spread kindness in their neighborhood. Check out the “Kindness Confetti Cards” you can share on page 3!
4. Check-in with your own mental health on page 4 with some helpful tips from HOPE Squad.
5. Watch Jocelyn give an example of how to put this day into action!

FOR MORE INFORMATION
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60 Ways to be Kind to Yourself

Making a plan for how to be kind to yourself should be personal and unique to you. As you create your list, think about how you can tap into your...

- Emotional Self (thoughts & feelings)
- Physical Self (health)
- Creative Self (writing, art & music)
- Spiritual Self

By tapping into each of these 4 areas, you can create a list of kindness and self-care that will be both helpful and well-rounded. Check out the list below to help you get started.

1. Feel your feelings
2. Laugh
3. Cry
4. Admit your mistakes
5. Forgive yourself
6. Accept imperfections
7. Leave failures in the past
8. Stop negative thoughts
9. Avoid triggers
10. Don’t compare yourself to others
11. Be patient with yourself
12. Learn to let go
13. Forgive others
14. Look at different perspectives
15. Be open to change
16. Have realistic expectations
17. Know your limits
18. Say No
19. Don’t give up
20. Reject hopelessness
21. Stand up for yourself
22. Be curious
23. Don’t be a victim
24. Empower yourself
25. Identify your strengths
26. Appreciate your uniqueness
27. Avoid drama and chaos
28. Simplify
29. Be present in the moment
30. Unplug
31. Treat yourself to something special
32. Learn something new
33. Do routine tasks in a new way
34. Find a purpose
35. Acknowledge accomplishments
36. Recognize the good
37. Hope for the best
38. Listen to your heart
39. Find joy in simple pleasures
40. Be your own cheerleader
41. Create a gratitude list
42. Surround yourself with good people
43. Focus forward
44. Relax/Recharge
45. Create a happy/safe space
46. Make a (happy) memory box
47. Stretch, walk, exercise
48. Get fresh air & sunshine
49. Eat/drink healthy
50. Pray/Meditate
51. Sleep/nap
52. Take a shower/bath
53. Read a book/Watch a movie
54. Yoga
55. Cook or bake
56. Listen to or play music
57. Make a collage of happy things
58. Journal your thoughts & feelings
59. Create: crafts, artwork
60. Write: stories, poetry, lyrics

Ways I Can Be Kind To Myself:

YOUR Life YOUR Voice

www.yourlifeyourvoice.org

BOYS TOWN.
Confetti Cards

Throw kindness around like confetti. - Kid President

Fill out these cards and give them away, start a kindness movement today!

YOU ROCK because....

You did great today when you....

I like the way that you....

Thanks for ....

I like to spend time with you because...

Way to Go! It was amazing the way you...

YOUR Life YOUR Voice

www.yourlifeyourvoice.org
When you start to get sick, you notice symptoms. Your throat might hurt or your stomach might ache. But what about when your mental health is low? What do you notice then?

You might feel **super stressed out**

Or spend more time **all by yourself**

Or even start **snapping at people**

What about you? When you start to get stressed, depressed, burned out, or just in a bad mood, what do you notice? Write down what kinds of things you start to feel, think, and do.

As soon as you start noticing these "symptoms," take action! Write down 3 actions you can take right away to feel a little better.

1. 
2. 
3. 

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Day 4

Today is all about celebrating Kindness Week with a live chat and concert from Jocelyn!

NOTE: If live is not an option, it can be recorded and available for viewing at a time that’s more convenient for your students.

Stream or download Jocelyn's album “Different” today!

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