

Supporting the Transformation from Teenager to Adult



Ann Welch, M.Ed.



About the Speaker

Ann Welch, M.Ed., is a talented and versatile educator who instructs kids of all ages in developing vital skills for achieving success in life. As an educator, special educator, and educational leader for more than 25 years, Ann has what it takes to guide students in developing self-motivation, confidence, and a “can-do” attitude. Through consulting, workshops, speaking engagements, and online classes, Ann provides engaging and personalized instruction for developing goal-setting skills and fostering resilience and grit. Having worked with kids and adults, in and out of special education, Ann is adept at teaching the 21st-century skills necessary for ALL kids to pursue their dreams!

Ann currently holds New Hampshire state licenses in Elementary Education, General Special Education, and Curriculum Administrator.

You can contact Ann at:

awelch@mypepllc.com

<https://mypepllc.com/expo-2020>

(603)369-7499

Join my Facegroup group for parents, teens, and educators called “Supporting the Teen Journey into Adulthood” at:

<https://www.facebook.com/groups/teenadulthood/>

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Activities to Strengthen Self-Awareness

Parent Observations

Be specific.

Include constructive criticism and praise.

Journaling/Creating

Personality Tests

<https://www.16personalities.com/> (My favorite and it is free!)

Discuss Likes & Dislikes

Interest/career inventories

<https://www.thebalancecareers.com/self-assessment-4161888> (Great information and links to resources.)

<https://www.mynextmove.org/explore/ip> (Career interest inventory that is used in many schools.)

Activities to Strengthen Self-Esteem

Leading Questioning

Examples:

- Why do you say that?
- What do you mean?

Journaling/Creating

Positive Observations

Be specific!

Prove It Positive!

Game directions are on the next page.

Goal Setting

Guided Rubrics

Learn more about these tools in the SMART Goal Section

Gratitude See exercise later in this workbook.

Prove It Positive! (2+ Players)

This is a game that I made up. To set up for play, you will need blank cards (index cards, small pieces of paper, blank business cards, flashcards, etc.). Twenty (20) cards is a good start. Prepare each card by writing a category for something a person can do well in.

Examples:

- **Food Prep:** What food are you good at preparing?
- What **Sport** are you good at? (Indoor or Outdoor)
- What **Game** are you good at?
- What **Arts** are you good at?
- What **Leisure Activities** are you good at?

To play: One person draws a card. They read the card out loud. Each person takes turns answering the question. The other players say “Prove It!” each time. Each player has to give concrete examples of why they are good at the activity. Players receive 1 point for each activity and 1 for proof.

If someone can't answer, they can ask another player for help. They still get a point, if they say the answer that their helper provided.

Whoever gets to 20 first, wins!



5 Things Gratitude Tool

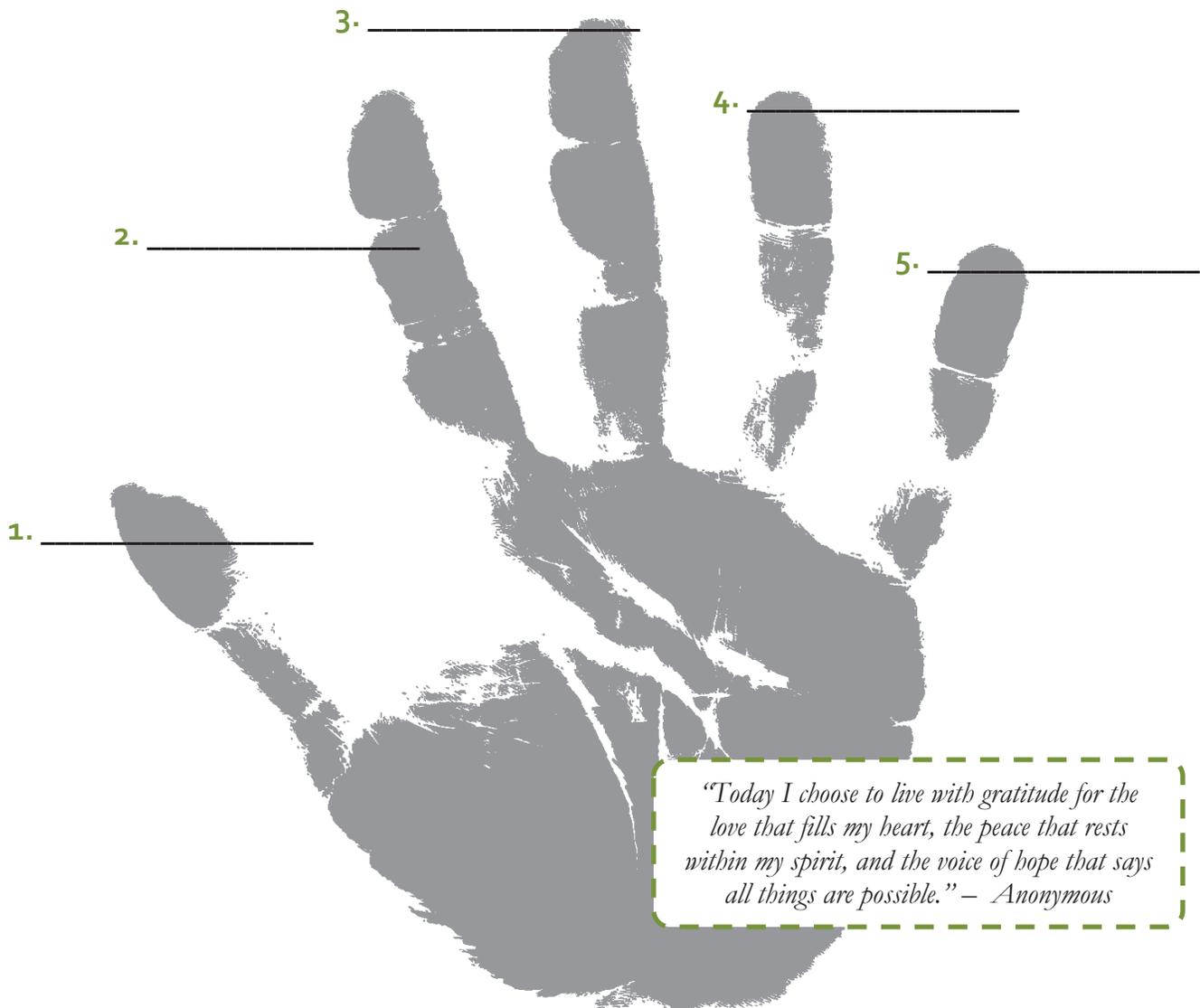
The "Do Anywhere" Gratitude Exercise!

BACKGROUND: There have been many studies that have proven that gratitude makes us happier and healthier. Like any emotion, gratitude can't be forced but we CAN cultivate our thoughts so that gratitude is more likely to arise. *Practicing* gratitude helps create a HABIT where we focus on the positive in life.

Here's how to use this "5 Things" Gratitude Tool:

This tool can be done at any time, anywhere! Create a habit where you do it regularly eg. on waking up, before you go to sleep, on the subway home PLUS whenever you're having a challenging day!

1. Print this page out. (**Tip:** Spread the gratitude by printing a few copies & giving to friends/co-workers!)
2. Now think of **just 5** things to be genuinely thankful or grateful for and write them on the hand below. Can't think of 5? Look around you and think smaller and smaller until you *can* come up with 5 things.
3. Now you know how to do this, the easiest and most environmentally friendly option is just to count on your fingers! To wrap-up, ask yourself, "How can I make this a regular habit?"



Activities to Strengthen Self-Confidence

Scripts Have your teen rehearse what to say and so for specific situations.

What Would You Do Game Directions are on the next page.

Goal Setting Learn more about this tool in the SMART Goal Section

Small Steps (Risk-Taking) Breaking larger tasks down into smaller ones or trying new things (foods, personal care items, style of clothes, activities).

What Would You Do (2+ Players)

This is a game that I made up. To set up for play, you will need blank cards (index cards, small pieces of paper, blank business cards, flashcards, etc.). Twenty (20) cards is a good start. Prepare each card by writing a task an adult would have to do or a situation an adult might find themselves in.

Examples:

- Applying for a job
- Having an interview
- Asking a pharmacist questions
- Making doctor's appointments
- Disputing a bill

To play: One person draws a card. They read the card out loud. Each person takes turns sharing how they would handle the situation. Players receive 1 point for each reasonable answer.

If someone can't answer, they pass to the next player for help. They still get a point, if they say the answer that their helper provided.

Whoever gets to 20 first, wins!

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