

The background features a light beige color with decorative elements. In the top left and bottom right corners, there are stylized leafy branches. In the top right and bottom left corners, there are circular motifs with a wavy, brushstroke-like border and several small dots scattered inside. The main title is written in a large, elegant, dark brown cursive font.

# SEL Workshop

**Capstone Project**  
**Silvia Morales Vargas**

A decorative branch with several leaves in a muted brown color, positioned in the top-left corner of the page.

# Targeted Audience

This workshop is targeting Middle Schoolers who have a hard time with self efficacy and self motivation.

This workshop is intended for about 10 students.

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# Workshop Theme

This workshop theme is self management, to grow in areas which include gratitude and to exhibit self motivation.

## Objectives

- Students will be able self- motivate themselves and acknowledge their strengths.
- Students will be able to positive affirmations as necessary
- Students will be able use mindfulness techniques to cultivate gratitude

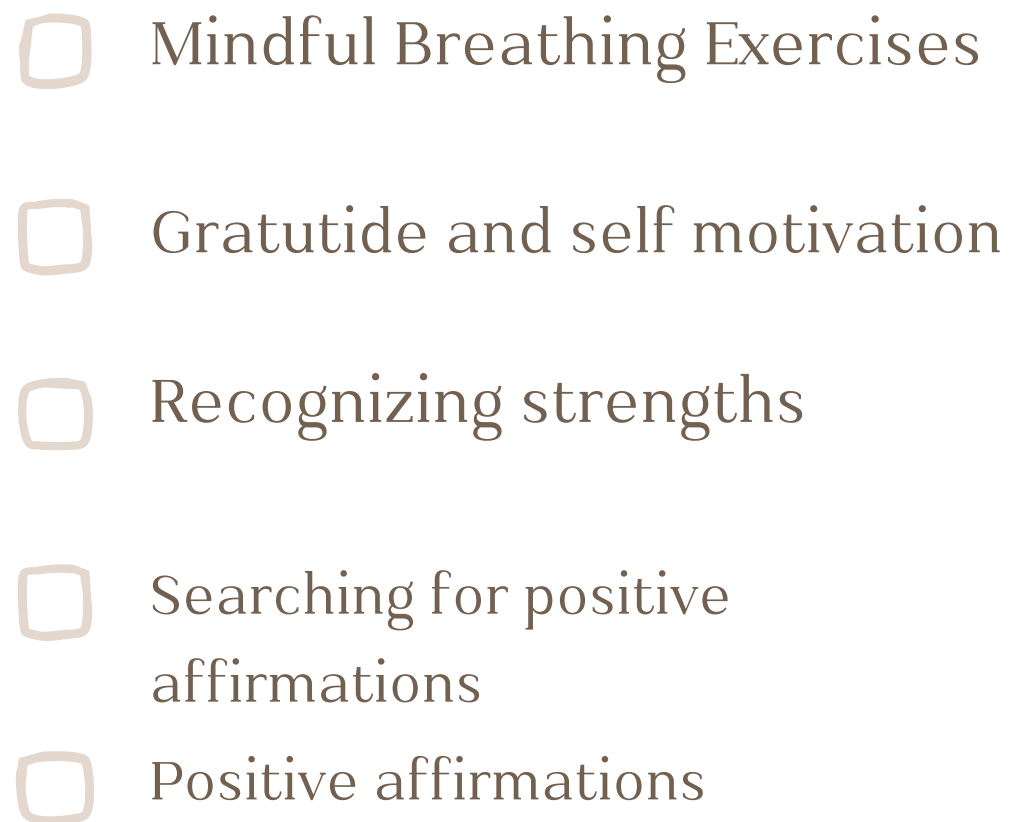
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# Content and Key Points

- Recognizing your own strengths to understand your capabilities. the more we know about ourselves, the more we can self motivate.
- Find self-motivation in order to achieve goals and live a happy life.
- Using mindfulness to create a happy and calm setting. This workshop will allow students to recognize to appreciate mindfulness techniques.
- Appreciating the small things we have in life and acknowledging the positives to live in happiness and peace.



# Pedagogical Practices

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- Mindful Breathing Exercises
  - Gratitude and self motivation
  - Recognizing strengths
  - Searching for positive affirmations
  - Positive affirmations

# Theme Alignment

- **I am Workshop :**

I will have students focus on positive aspects of themselves. This will allow them to build self-confidence and self-awareness.

- **Gratitude walk:**

During this walk, participants will be able to acknowledge different feelings while also caring for their body and well being. We will use four senses to bring back to the group where gratitude can be shown.

- **Goal setting:**

Participants will be able to identify a clear goal and specific steps to achieve this goal. We will have a conversation about obstacles and how to overcome them.

# Integration

## **I am Workshop :**

I will invite students to revisit the I am workshop sheet to look create positive affirmations for a future activity.  
I will invite students to share with their peers.

1

## **Gratitude walk:**

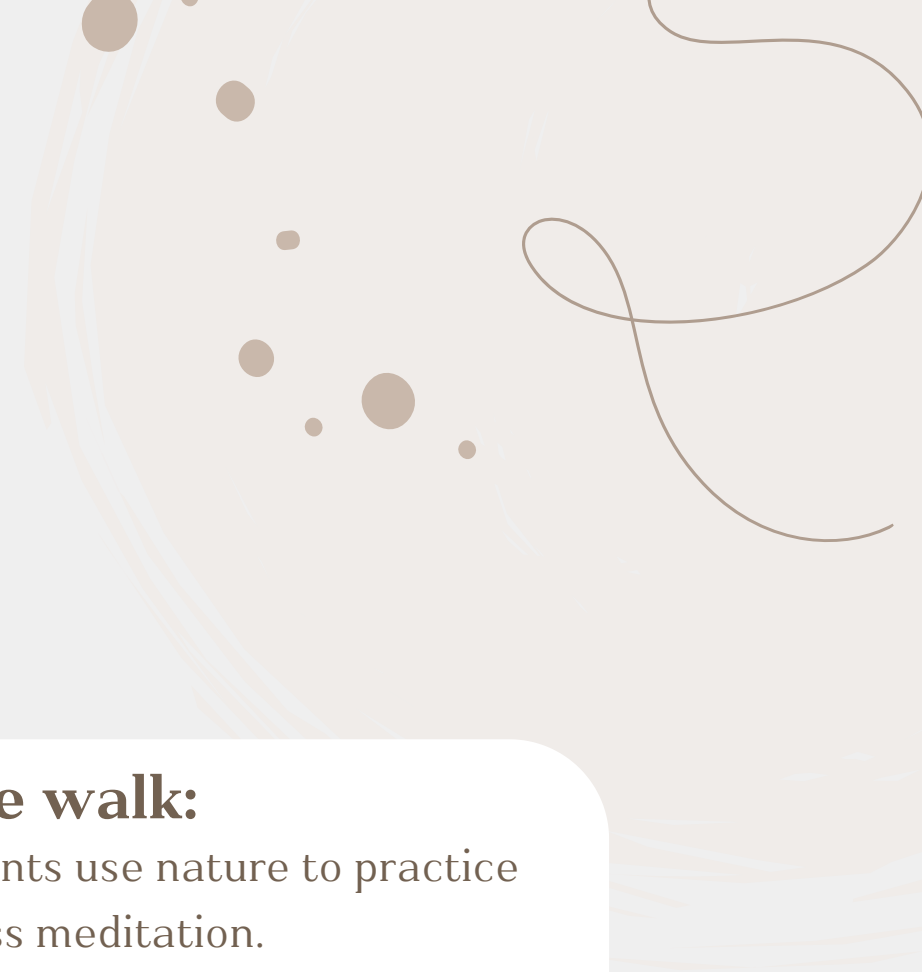
I will suggest that students use nature to practice mindfulness meditation.  
I will invite students to write down new things they can touch, see, smell and hear.

3

## **• Goal setting:**

I will invite students to think of bigger goals, as soon as they are happy with accomplishing the first.  
I will invite students to use this chart to set clear steps to attain their dreams.

2





# On Going Engagement

In order to keep students engaged with my work as a mindfulness counselor I will:

Keep work sheets available to all students. They will be accessible to anyone in two languages.

Invite students to lead activities in future workshops.

Share workshops with colleagues.



# Long Term Success

This workshop will bring students a sense of empowerment, self care and self motivation. Students success will ultimately allow future students to allow me to help guide them through the many changes they endure as they enter middle school.

It's highly important that students are aware how self management skills are valueable benefits for personal goal achievement.

*Journal*

Gratitude - Motivation Journal - English

Con Gratitude y Motivación Diario - español

SEL activity schedule