

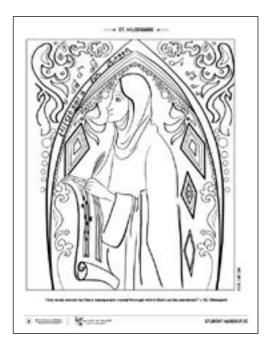
LESSON 2 HANDOUTS

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Strategy – The Adolescent Brain (2A)

CREATIVITY IS A GIFT *
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Strategy - Creative Outlet (2B)



Saint – Coloring Page (2C)



Virtue – Temperance (2D)

----- THE ESSENCE OF YOUR BRAIN -----

Directions: Review the four characteristics of the teenage brain that follow the acronym ESSENCE, below. In the empty box, reflect on these four characteristics in your own life. How do these characteristics show up in you and your behaviors?

Emotional	Your emotions are strong and sometimes overwhelming. This may look like emotional storms and moodiness, but also a full and passionate experience of life.	
Social	Social engagement is healthy and necessary in your life. While you may struggle with peer pressure, you are also forming new friendships formed by shared interests and pursuits.	
Novelty Seeking	Novelty means new. You seek new and exciting experiences. This may lead to risk-taking behavior, but it's also a time to embrace and face the world with excitement.	
Creative Exploration	You have a growing ability to think creatively and question the status quo—leading to huge developments in music, art, writing, and even politics!	

Think and Discuss: Which of the four characteristics do you experience the most positively? Which one is most difficult for you? What supports/understanding do you need to cope with them?



-- CREATIVITY IS A GIFT ----

Explanation: A strategy to both calm emotional dysregulation and capitalize on creative exploration is to look for a creative outlet. Your creative outlet might be dancing, drawing, singing, graphic design, journaling, playing an instrument, or any other creative pursuit. These are ways to both manage and capitalize on all these new changes in the teenage brain.

1. What are some creative outlets you already love and practice?

2. How many times a week do you do something creative?

3. What are some other creative outlets you would be interested in trying?

4. Write a plan to incorporate more creative outlets in your daily life, either ones you already practice or starting something new.

5. Creativity is a gift. Would you be willing to share some of your creative projects with others? (Examples might be playing an instrument, showing a work of your art, sharing a journal entry, etc.)







"Our souls should be like a transparent crystal through which God can be perceived." – St. Hildegard



A BALANCED LIFE --

THE VIRTUE OF TEMPERANCE

MEANING: Temperance is the virtue that "moderates the attraction of the pleasures of the senses and provides balance in the use of created goods" (*CCC* 1838). It helps us perfect our emotions by directing our attraction to things that are good and enjoyable and helping us use them in a balanced way. Temperance helps us to build skills in self-management and selfcontrol, which are so important in living the virtuous life.

Directions: Use the chart to reflect on the virtue of temperance in your life.

THINGS I ENJOY

In each space below, write one thing or activity in your life that you really, *really* enjoy. It could be a thing, like a particular food, or an activity, like hanging out with friends or texting. In your opinion, do you practice temperance in the use of that good thing or activity? Explain. (Think: How much time in your day do you spend on it? Or how many of them do you eat at a time?)

MY PRESENT USE

TEMPERATE USE

What would be a balanced and temperate way to use that good thing? (For example: How much time a day should you spend on that activity? How many of these things should you eat per week?)

