

## Lesson 16 - Magnanimosity, from Anger to Love

### **Overall Objective –**

To help kids realize the damaging affects of stress, hatred, bitterness and learn to overcome them realizing peace within themselves. To help kids be in touch with their own body signals and learn self-control. To relate love and happiness to the science of the body and our human design.

### **Gameplan-**

We'll open with an exercise to demonstrate the powerful effect of anger on our bodies and minds. The teaching time will be centered on the means to self control and regulation of anger and the practical health benefits of happiness and doing good. In our small groups we'll be turning negative thoughts and anger upside down into positive thoughts. Then we'll challenge ourselves and each other to publicly commit to develop habits from the Express Love acronym TEMPEST.

### **Teaching Time-**

The power of anger, worry and stress to engulf our lives and rule our minds has been scientifically proven to inhibit our ability to make decisions of long-term benefit to us. Likewise a myriad of addictive behaviors can consume us as we seek to stave off the powerful affects of struggling with these habits. We'll watch a video about the science behind our lesson and to underscore the importance of believing in our inherent ability to choose wisely and experience a positive life of well-being and happiness. The working definition of happiness we'll use comes from researcher Sonja Lyubomirsky. It is "the experience of joy, contentment, or positive well-being, combined with a sense that one's life is good, meaningful, and worthwhile." Helping the kids to see that true happiness is very different from self-indulgent behaviors will lead us to the scientific why behind Express Love and the balance of the ELGLBHAV LifeCode.

### **Group Activity-**

Our group activity will be discussion of our personal experience of anger and stress. Our objective will be to contrast this with how it feels to be calm and at peace. We will also be looking for ways we can exhibit magnanimosity toward those who would benefit the most from our love. Secondly, we'll take a challenge to commit to a strategy from TEMPEST and document what we plan to do to Express Love in this situation.

### **Take-away-**

We want the kids to realize that they have the capacity to choose to be the people they've envisioned who will make the world a better place. Each of us carries the potential to be a Positive Change Agent in the world. Our goal is they would answer absolutely *Yes that's me* to each of these I am statements. I am a leader. I am intelligent. I can be anything I want to be. I can be successful as a student. I am valuable. I can become whatever I put my mind to. I am amazing. I can learn and grow my intelligence. This of course is truth as you believe it and it is what they should know about their potential! Encourage them every chance you get!