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ELIMINATING NEGATIVITY: BEWARE OF THOUGHT CIRCLE AND TORNADOES

Our Choice:	<u>Energy</u>	→	<u>Situations</u>
	Positive	→	Positive
	Negative	→	
	Positive	→	Negative
	Negative	→	

Thought Circles

1. Worry Thought Circle:
 - Jumping to conclusions
 - Imagining the worst possible outcomes
 - Being highly judgmental

2. Stopping Thought Circles in their tracks:
 - A. Be aware
 - B. Say: "Not now"
 - C. Put it in the Parking Lot
 - D. Let the Problem be the Problem
 - E. Ask for help

3. What invitations typically result in my having a Thought Circle?

4. What normally results from my having a Thought Circle?

5. Reflection:
 - A. What is an Invitation that resulted in my having a Thought Circle?
 - B. Did I say 'Not now' or did I keep feeding it?
 - C. Could I have used my mental Parking Lot? How?
 - D. What was the real problem?

Tornadoes: The Power of Social Influence towards Negativity

1. Beware of Tornadoes:

Watch: knowing where conditions are right for producing Tornadoes.

Warning: the first sign of a Tornado occurs when a negative statement is made or someone not present is mentioned in a negative way.

Touchdown: you are pulled in and become a participant.

2. Protection from Tornadoes:

- A. Identify the Tornado as such
- B. Listen without taking it to heart
- C. Respond by saying, "I hear you"
- D. Switch to a positive topic
- E. Leave the scene

3. What am I left with after I've been in a Tornado? What do I feel inside?

4. What am I experiencing internally that makes me susceptible to Tornadoes?

Top 20 Training provides materials and in person and online training for Students, Teachers and Parents on topics such as:

- Creating an Effective and Healthy School Culture (Teachers)
- Engaging Disengaged Students (Teachers)
- Guiding Our Students through Life's Challenges (Parents)
- Becoming the Best Version of Ourselves (Students)

Top 20 Books: *Top 20 Teens: Discovering the Best-kept Thinking, Learning and Communicating Secrets of Successful Teenagers*
Top 20 Teachers: The Revolution in American Education
Top 20 Parents: Raising Happy, Responsible and Emotionally Healthy Children
Why Students Disengage in American Schools and What We Can Do about It

Top 20 Curriculum:

Grades K-6 Smart Board Curriculum provides lessons for 9 Top 20 concepts.
Teacher Manuals for grades 3-6 and 7-12 include detailed lesson plans and handouts to assist teachers in presenting 30 Top 20 topics to students.

Becoming a Top 20 School:

Top 20 Training supports schools in intentionally implementing 20 Top 20 principles and practices in order to develop the potential of students, staff and parents to think, learn and communicate more effectively and make a positive difference in the lives, relationships and experiences of others and themselves.

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