



2020-2021

REAL TOOLS.
REAL LIFE.
REAL CHANGE.



SYLLABUS AND RESOURCES

TEEN CLUB ZEN SYLLABUS

GETTING STARTED :

HOW TO USE TCZ FOR GROUP LEADERS VIDEO (+ Group Leader Weekly Guidance Handout)

HOW TO USE TCS FOR STUDENTS VIDEO

CLUB RUSH PACKET (For Clubs)

GUARDIAN CONSENT FORM (For Clubs & Classes)

TCZ SYLLABUS, OUTLINE & RESOURCE LIST (For Clubs & Classes)

LESSON #1: STARTING TO GET ZEN

WEEK NO. 1 FOR GROUP LEADERS VIDEO (+ Group Leader Weekly Guidance Handout)

WEEK NO. 1 CHANGE IS A CHOICE VIDEO (+ Week No. 1 Student Handout & Stream of Consciousness Writing)

WEEK NO. 1 TAKE A LOOK IN THE MIRROR VIDEO (+ TCZ Self Survey No. 1)

WEEK NO. 2 FOR GROUP LEADERS VIDEO (+ Group Leader Weekly Guidance Handout)

WEEK NO. 2 INNER SPACE VIDEO (+ Week No. 2 Student Handout + E-MOTION VIDEO)

WEEK NO. 2 DAILY PRACTICE, AWARENESS & BREATH (+ TCZ Daily Practice Handout + PRACTICE HACKS VIDEO + Partner Breathing)

WEEK NO. 3 FOR GROUP LEADERS VIDEO (+ Group Leader Weekly Guidance Handout)

WEEK NO. 3 DAILY PRACTICE, AWARENESS & CONNECTION VIDEO (+ Week No. 3 Student Handout)

WEEK NO. 3 FULL GUIDED DAILY PRACTICE AUDIO & VIDEO (+ Daily Practice Calendar + Partner Connection Practice + HEARTMATH VIDEOS)

WEEK NO. 3 PRACTICE, PATIENCE, PERSISTENCE VIDEO (+ DR. JOE DISPENZA VIDEO & Group Project)

LESSON #2 : TRANSFORMING TEEN BRAIN

WEEK NO. 4 FOR GROUP LEADERS VIDEO (+ Group Leader Weekly Guidance Handout)

WEEK NO. 4 TEEN BRAIN (+ Week No. 4 Student Handout & DR. DAN SIEGEL VIDEOS)

WEEK NO. 4 STRESS & MENTAL HEALTH VIDEO (+ TED TALK JOHANN HARI + Spread The Good No. 1)

LESSON #3 : FACING & ERASING

WEEK NO. 5 FOR GROUP LEADERS VIDEO (+ Group Leader Weekly Guidance Handout)

WEEK NO. 5 FEEL THE FEELING & THREE QUESTIONS (+ Week No. 5 Student Handout + FACE IT & ERASE IT handout+ TCZ Self Survey No. 2 + Daily Practice Calendar Handout)

WEEK NO. 5 SLT & MOVEMENT VIDEO (+ Guided Audio Extended Daily Awareness Practice)

WEEK NO. 6 FOR GROUP LEADERS VIDEO (+ Group Leader Weekly Guidance Handout)

WEEK NO. 6 WHAT YOU RESIST WILL PERSIST VIDEO (+ Week No. 6 Student Handout + TED TALK DR. SUSAN DAVID + *Do It Anyway* Poem)

WEEK NO. 6 Practicing Excellence (+ TCZ Self Survey No. 3)

SYLLABUS CONT.

LESSON #4 : SCHOOLING STRESS

WEEK NO. 7 FOR GROUP LEADERS VIDEO (+ Group Leader Weekly Guidance Handout)

WEEK NO. 7 SCHOOLING STRESS VIDEO (+ Week No. 7 Student Handout + VARK Model handout + TED TALK SIR KEN ROBINSON)

WEEK NO. 7 EXPECTATIONS VIDEO (+ TCZ Self Survey No. 4 + Test Taking Self Help Handout)

LESSON #5 : FAMILY TIES

WEEK NO. 8 FOR GROUP LEADERS VIDEO (+ Group Leader Weekly Guidance Handout)

WEEK NO. 8 CONFLICT RESOLUTION (+ Week No. 8 Student Handout + TCZ Self Survey No. 5)

WEEK NO. 8 REPARENTING & INNER CHILD VIDEO (+ FAMILY AFFAIR VIDEO + Spread The Good No. 2)

LESSON #6 : TECHNOLOGIC TRAP

WEEK NO. 9 FOR GROUP LEADERS VIDEO (+ Group Leader Weekly Guidance Handout)

WEEK NO. 9 CONSCIOUS TECH (+ Week No. 9 Student Handout + TCZ DIGITAL DETOX & NATURE CHALLENGE + JP SEARS SELFIE VIDEO)

WEEK NO. 9 SELFIE CULTURE VIDEO (+ TED TALK MICHELLE BORBA + TCZ Spread the Good No. 3)

LESSON # 7 : OH THE DRAMA

WEEK NO. 10 FOR GROUP LEADERS VIDEO (+ Group Leader Weekly Guidance Handout)

WEEK NO. 10 VULNERABILITY & BOUNDARIES (+ Week No. 10 Student Handout + DR. NICOLE LAPERA VIDEO + TCZ Self Survey No. 6 + Calendar +**TCZ STOP DROP CHOP VIDEO**)

WEEK NO. 10 YOU'RE THE COMPANY YOU KEEP VIDEO (+ BRENE BROWN EMPATHY VIDEO + Community Contract + Spread the Good No. 4)

LESSON #8 : SELF IMAGE & SUCCESS

WEEK NO. 11 FOR GROUP LEADERS VIDEO (+ Group Leader Weekly Guidance Handout)

WEEK NO. 11 CULTURE & CRITICISM (+ Week No. 11 Student Handout + *To Risk Poem* + JP SEARS COMFORT ZONE VIDEO + TED TALK CAMERON RUSSELL)

WEEK NO. 11 BEAUTY & THE BEAST VIDEO (+ Heart Song + Self Survey No. 7 + TED TALK DAVID MELTZER)

LESSON #9 : DATING 101

WEEK NO. 12 FOR GROUP LEADERS VIDEO (+ Group Leader Weekly Guidance Handout)

WEEK NO. 12 DATING 101 VIDEO (+ Week No. 12 Student Handout + JP SEARS RELATIONSHIP VIDEO + Better Speed Dating (see handout)

WEEK NO. 12 DATING YOURSELF VIDEO (+ Self Dating + TCZ ON SEX ED)

SYLLABUS CONT.

LESSON #10 : THE FUTURE...

WEEK NO. 13 FOR GROUP LEADERS VIDEO (+ Group Leader Weekly Guidance Handout)

WEEK NO. 13 THE FUTURE... VIDEO (+ Week No. 13 Student Handout + *Our Greatest Fear* Poem + Letter To Future Self (see handout)

WEEK NO. 13 FACING THE FUTURE VIDEO (+ Want v. Joy List + TED TALK RUTH CHANG)

LESSON #11: SCREWING UP

WEEK NO. 14 FOR GROUP LEADERS VIDEO (+ Group Leader Weekly Guidance Handout)

WEEK NO. 14 SCREWING UP VIDEO (+ Week No. 14 Student Handout + TED TALK NADINE BURKE HARRIS + TED TALK MASTIN KIPP)

WEEK NO. 14 TRANSITIONAL CHARACTER VIDEO (+ Apology & Forgiveness Letters + Spread The Good No. 5)

LESSON #12 : LEAD BY EXAMPLE

WEEK NO. 15 FOR GROUP LEADERS VIDEO (+ Group Leader Weekly Guidance Handout)

WEEK NO. 15 PASSION & PURPOSE VIDEO (+TED TALK BRENE BROWN + Week No. 15 Student Handout + TCZ Self Survey No. 8)

WEEK NO. 15 LEADING BY EXAMPLE VIDEO (+ Gottman Institute handout + **TCZ GRADUATION VIDEO** + TCZ Program Survey)

SUPPLEMENTAL RESOURCES LIST

E-motion Documentary: *World Wisdom Sharing on Clearing Painful Emotions*

https://www.youtube.com/watch?v=FGRBuhllNnU&feature=emb_logo

Heart Math Institute: *Non Profit For Research In Heart Coherence For Stress Management*

<https://heartmath.org/science> & Ted Talk: Howard Martin - Engaging The Intelligence of the Heart

Dr. Joe Dispenza: *Researcher & Educator of Epigenetics, Quantum Physics & Neuroscience*

How to Unlock the Full Potential of Your Mind | Dr. Joe Dispenza on Impact Theory

Dr. Dan Siegel: *Clinical Professor of Psychiatry & Executive Director of Mindsight Institute*

Dan Siegel - "The Adolescent Brain" & The Purpose of the Teenage Brain (Greater Good Science Center)

Johann Hari: *Global Author & Journalist of Depression & Addiction*

Ted Talk: This could be why you're depressed or anxious

Dr. Susan David: *Psychologist & Author of Emotional Agility*

Ted Talk: The gift and power of emotional courage

Sir Ken Robinson: *Professor & Leader in Cultural & Creative Education*

Ted Talk: Bring On The Learning Revolution!

JP Sears: *Conscious Comedian & Educator*

Psychology of The Selfie & Shattering the Addiction to Your Comfort Zone & Relationship Advice

Michelle Borba: *Educational Psychologist & Author of Unselfie*

Ted Talk: Empathy is a Verb

Dr. Nicole LaPera: *Holistic Psychologist*

Boundaries: Why You Need Them & How to Set Them

Cameron Russell: *Fashion Model & Activist*

Ted Talk: Looks aren't everything. Believe me, I'm a model.

David Meltzer: *CEO & Author of Compassionate Capitalism*

Ted Talk: Empathy + Gratitude = Success

Ruth Chang: *Professor of Philosophy & Researcher on Incommensurability of Values*

Ted Talk: How To Make Hard Choices

Nadine Burke Harris: *Pediatrician, CEO of Center for Youth Wellness & Surgeon General of California*

Ted Talk: How childhood trauma affects health across a lifetime

Mastin Kipp: *CFTC, Entrepreneur & Peak Performance Coach*

Ted Talk: United States of Differentiation

Brene Brown: *Researcher of Vulnerability & Shame, Author & Storyteller*

Ted Talk: Listening To Shame & Brene Brown on Empathy

Additional Resources: The Gottman Institute (research-based approach to relationships), The VARK model, *The Art of Effective Communication*; *Argue Mindfully* by Marzena Bielecka, *To Risk* by William Arthur Ward, *Do It Anyway* by Mother Teresa (adapted by HMHB), *Our Greatest Fear* by Marianne Williamson, Anthony King, PhD. Neuroscience of Mindfulness & Compassion Meditation, Asst. Professor of Psychiatry, U of M Medical School