

TEAMS

ASCA Standard A: Students will acquire the knowledge, attitudes and interpersonal skills to help them understand and respect self and others.

PS:A1 Acquire Self-knowledge

PS:A1.1 Develop positive attitudes toward self as a unique and worthy person

PS:A1.2 Identify values, attitudes and beliefs

PS:A1.3 Learn the goal-setting process

PS:A1.4 Understand change is a part of growth

ASCA Standard B: Students will make decisions, set goals and take necessary action to achieve goals.

PS:B1.2 Understand consequences of decisions and choices

PS:B1.3 Identify alternative solutions to a problem

PS:B1.4 Develop effective coping skills for dealing with problems

PS:B1.5 Demonstrate when, where and how to seek help for solving problems and making decisions

PS:B1.9 Identify long- and short-term goals

PS:B1.10 Identify alternative ways of achieving goals

PS:B1.11 Use persistence and perseverance in acquiring knowledge and skills

PS:B1.12 Develop an action plan to set and achieve realistic goals

PA Physical Education and Health Standard - 10.1.12.B

Evaluate factors that impact the body systems and apply protective/ preventive strategies.

- fitness level
- environment (e.g., pollutants, available health care)
- health status (e.g., physical, mental, social)
- nutrition

Objective: The students will be able to list the five aspects of the acronym “TEAMS,” as well as describe what can happen when one becomes “stuck” in one of these components.

The students will use their journals and knowledge of mental health to devise strategies to avoid restricted patterns of behavior.

Materials: Journals, writing instrument, Mind Over Matter video - TEAMS

1. Ask students to make two columns - one labeled “positive” and the other “negative.” Then ask students to list behaviors they engage in under each category - for example, “exercise” would go under positive, and “smoking” would go under negative.
2. Explain that the positive and negative values are not whether the behavior makes them feel good but whether it enhances their lives.
3. Ask them to draw a star next to one of the behaviors under “negative” they would like to change.
4. Then play the Mind Over Matter - TEAMS video.
5. Ask them to record in their journals their answers to Dr. Faulkner’s questions:

- a. What thoughts pop up that lead to this behavior?
 - b. What emotions do I experience before, during, and after this behavior?
 - c. What experiences or thoughts show up when I behave this way?
 - d. Where do I feel these emotions in my body?
6. Then ask them if there is another strategy they can use (refer to other Mind Over Matter lessons - mindfulness, TIPP, etc.) to avoid the negative behavior.
7. Ask them to use this strategy the next time they feel the need to engage in restrictive or negative patterns of behavior and record their thoughts and feelings in their journals.