

Forgiveness & Healing

Objective: To introduce in-custody students to the process of forgiveness and healing.

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| Session 1 | What is forgiveness? Why forgive? How do people forgive? |
| Session 2 | Sharing Stories of Pain; The Power of Humility; Accepting Blame; Second Chances |
| Session 3 | The Power of Love; Forgiveness v. Condoning |
| Session 4 | Strategies for Anger & Stress Management (writing essay for homework) |
| Session 5 | Writing as Therapy (discuss homework essay in class); Overcoming Challenges |

Creative Expression

Objective: To teach in-custody students the dynamics of Self-Expression, Creativity, and the Fundamentals of Artistic Practice.

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| Session 1 | Self-Confidence, Self-Expression, Creativity, and the Fundamentals of Artistic Practice |
| Session 2 | Expressing Impulsive Thoughts and Overwhelming Feelings Through Art |
| Session 3 | Brainstorming, Ideas, Imagination; Giving Shape to Ideas; Introspection, Reflection, Metaphors; Telling Your Own Story |
| Session 4 | Performance Art, Graphic Art, Graffiti, Tattoos; Create the Cover of Your Music Album |
| Session 5 | Poetry, Musical Lyrics, Songwriting, Rap, Spoken Word Student Presentations |

Introduction to Soft Skills

Objective: To introduce in-custody students to the importance of soft skills.

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| Session 1 | Communication Skills: Face-to-Face Interaction, Humor, Small Talk, Body Language, Nonverbal Communication, Being Sensitive to Offensive Language |
| Session 2 | Conflict Resolution, Conflict Styles; Escalation v. De-Escalation of Conflicts; Diplomacy |
| Session 3 | Teamwork, Emotional Intelligence, Understanding Different Personalities |
| Session 4 | Adaptability, Transitions, Mundane Tasks and Motivation, Goal-Setting, Problem-Solving, Understanding Underlying Causes of Problems, Critical Observation |
| Session 5 | Innovative thinking, Free Thinking, Grey Thinking, Leadership Skills, Employee Skills, Taking Initiative, Punctuality |

Introduction to Mindfulness

Objective: To introduce in-custody students to the fundamentals of Mindfulness.

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| Session 1 | Introduction to Mindfulness; Benefits of Mindfulness; Neuroscience of Mindfulness |
| Session 2 | Engaging in Compassionate Listening; Being Present; Awareness Through the Senses; Exploring Resistance to Pain; Mindful Eating, Exploring Stress |

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| Session 3 | Examining Negative Self-Talk vs. Positive Self-Talk; Reassurances; The Conditioned Mind; Neuroplasticity; Reflective Listening |
| Session 4 | Mindful Walking; Survival Strategies; Coping Mechanisms; Uncovering Unmet Needs |
| Session 5 | The Practice of Kindness; Developing Intentions; Practicing Gratitude |
| Building Healthy Relationships | |
| Objective: To introduce in-custody students to the dynamics of building healthy relationships. | |
| Session 1 | The Building Process; Communication; Working on One's Self; Patience with Others |
| Session 2 | The Power of Love, Empathy, and Forgiveness; The Power of Humility; Accepting Blame; Second Chances |
| Session 3 | Conflict Resolution & Accepting Differences and Different Perspectives |
| Session 4 | The Importance of Safety, Honesty, Trust, and Respect |
| Session 5 | The Importance of Sacrifice, Loyalty, Compromise, and Happiness; Overcoming Challenges of the Past and Working Toward the Future |