

R.I.S.E. Educator Workbook

Restore & Rebirth | Intention | Self-Love & Self-Care | Evolution

Educator Name: _____

Class/Grade: _____

Date: _____

Introduction

Welcome to the **R.I.S.E. Educator Workbook**! This workbook is designed to help educators guide students in **self-awareness, emotional resilience, goal-setting, and personal growth** using the R.I.S.E. framework.

How to Use This Workbook:

- Can be used in classrooms, small groups, or individual sessions.
- Each section corresponds to a pillar of R.I.S.E.:
 - **Restore & Rebirth:** Heal past experiences, reset mindset, and foster emotional resilience.
 - **Intention:** Set purposeful goals and align actions with values.
 - **Self-Love & Self-Care:** Build confidence, affirm worth, and practice self-nurturing habits.
 - **Evolution:** Reflect, learn, and take actionable steps toward personal growth.

Section 1: Restore & Rebirth

Goal: Help students process emotions, let go of past challenges, and embrace a fresh start.

Student Activities:

1. **Emotional Check-In:** Circle your current feeling:

😊 Happy

😐 Neutral

😞 Sad

😡 Frustrated

😬 Anxious

Other: _____

2. Journaling Prompts:

- What is one thing I want to release from the past?

- How can I start fresh this week?

3. Reflection Exercise:

- Draw or write about a moment you want to **rebirth or reset**:

Educator Notes:

- Student emotional patterns:

- Follow-up needs or support strategies:

Section 2: Intention

Goal: Guide students to create meaningful goals and align actions with their values.

Student Activities:

1. Daily Goal-Setting:

- Today, my intention is:

- Action steps to achieve this:

- Support I need:

2. Weekly Goal Tracker:

Goal

Steps

Progress

Notes

3. Reflection Prompts:

- What steps will bring me closer to my goal?

- Who can support me in this journey?

Educator Notes:

- Track student intentions and progress:

Section 3: Self-Love & Self-Care

Goal: Encourage students to affirm their worth, practice gratitude, and care for themselves emotionally and physically.

Student Activities:

1. Self-Affirmation Exercise:

- "I am..." (Write 3 affirmations about yourself)

1. _____
2. _____
3. _____

2. Gratitude List:

- 3 things I appreciate about myself today:

1. _____
2. _____
3. _____

3. Self-Care Tracker:

Day

Activity

How it made me feel

4. Journaling Prompts:

- One thing I love about myself today:

- One way I will practice self-care this week:

Educator Notes:

- Document student growth in confidence, self-love, and self-care:

Section 4: Evolution

Goal: Help students reflect on growth and plan actionable next steps.

Student Activities:**1. Weekly Reflection:**

- What did I learn this week?

- What challenge taught me the most?

2. Action Planning:

- One thing I will improve or try next week:

- Steps I will take:

3. Growth Tracker:

Week

Goal Achieved

Reflection

Next Steps

Educator Notes:

Record reflections, improvements, and areas for further support:

Additional Features for Educators

Discussion Prompts:

- What does it mean to restore and rebirth?
- How does intention affect your daily choices?
- What self-care practices help you feel stronger?
- How can you turn challenges into growth opportunities?

Peer Reflection Activities:

- Share one thing you learned about yourself this week.
- Pair up and discuss one goal for the next week.

Notes & Observations Pages:

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- ---
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Classroom R.I.S.E. Wall Ideas:

- Celebrate student achievements in each pillar.
- Include student quotes, drawings, and goal milestones.