

GOOD THINGS COME TO THOSE WHO WAIT

**Or how delayed gratification
can help you become your best self**



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Introduction

Dear Friends,

We are excited to share this content with you – a practical guide designed to help you build the skills that matter most in today’s fast-moving world: focus, patience, emotional awareness, and smart decision-making under pressure.

This set of materials will not teach you to be perfect, nor will keep you with trends. But it will help you learn how to pause, reflect, and take control of your time, energy, and choices. Through five carefully designed modules, you’ll explore how to manage deadlines without last-minute panic, stay calm in stressful situations, recognise and handle emotions, deal with peer pressure, and train your focus in a world full of distractions.

Inside, you’ll find easy exercises that help you:

- stay organised and focused even when things feel overwhelming,
- break big problems into manageable steps,
- understand how social media and peer influence affect your choices,
- manage strong emotions instead of being controlled by them,
- and strengthen your ability to wait for long-term goals instead of giving in to quick fixes.

These are a life tools that will support you in your studies, relationships, future career, and everyday well-being.

We encourage you to move through the materials at your own pace. Use them honestly, creatively, and in a way that feels real for you. Whether you're working alone, in a group, or with a mentor, everything here is designed to help you grow by making thoughtful, powerful choices one step at a time.

How to Use?

This booklet is made for you. It's here to help you learn more about how you think, make decisions, deal with pressure, and manage things like time, focus, or emotions — especially in a world full of distractions and instant choices.

The content is split into five modules, each focusing on a different part of everyday life where delaying gratification (waiting a little, thinking first, making better choices) really matters. You can go through them in order — or pick the ones that feel most useful for you right now.

Each module includes:

- A short intro that explains what the topic is about and why we should pay attention to it.
- Activities where you reflect, draw, write, map things out, or just think about your own experience.
- Questions (reflections) that help you notice your own habits, thoughts, and reactions — there are no right or wrong answers.
- Tools and ideas you can try out in your real life, at school, at home, or with friends or just to think about.

How to use it:

- You can do it alone, in your own time, at your own pace.
- You can use it with others — in a group, workshop, or with someone you trust (like a youth worker, teacher, or friend).
- You don't need to finish everything — just start where it makes sense for you and take breaks when you need to.
- Keep something nearby to write or draw — a notebook, a phone, or a sheet of paper. This helps you get the most out of the experience.

Module 1

Time-management

Introduction

Between school, hobbies, and social life, your time can slip away fast - sometimes leaving you stressed and overwhelmed. But what if you could take control? This module is your secret weapon to smarter time management.

You can learn how to focus on what is truly important, stay on top of deadlines without last-minute panic, and dodge the sneaky distractions that steal your productivity.

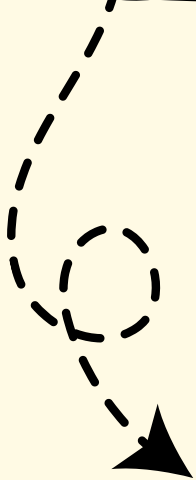
Get ready to discover easy-to-follow strategies that successful people use every day. You will learn to identify what really matters, stay focused under pressure, and beat procrastination for good. These are life skills that will help you succeed long after graduation.



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As a teen, you are **juggling homework, social life, hobbies**, and maybe even a job - all while distractions (hey, TikTok!) fight for your attention. But here is the secret: productivity doesn't mean doing more; it means **doing what actually matters first**.

Urgency tricks us into **stressing over small things**. This exercise reveals how your brain reacts under pressure so you can stay calm and prioritise wisely.



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Activity 1

Start by listing 5 tasks you need to **do this week** (like "study for math test," "clean your room," or "reply to a friend's message").

Now notice how a last-minute deadline or an urgent text can completely take over your to-do list. This activity will show you how "fake urgency" tricks your brain into scrambling after immediate demands while pushing aside what truly matters - like your goals or well-being.

Let's test this with 3 scenarios:

Scenario 1: "Your teacher just moved the math test to tomorrow!" Which task becomes urgent?



Scenario 2: "Your friend is upset and needs to talk NOW." What gets prioritised?

Scenario 3: "You have a free hour with no deadlines." What important but non-urgent task could you tackle?



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Activity 1

Let's think about it now!



Did any important tasks (like some important personal goals) keep getting ignored?

How did "fake urgency" change your priorities?

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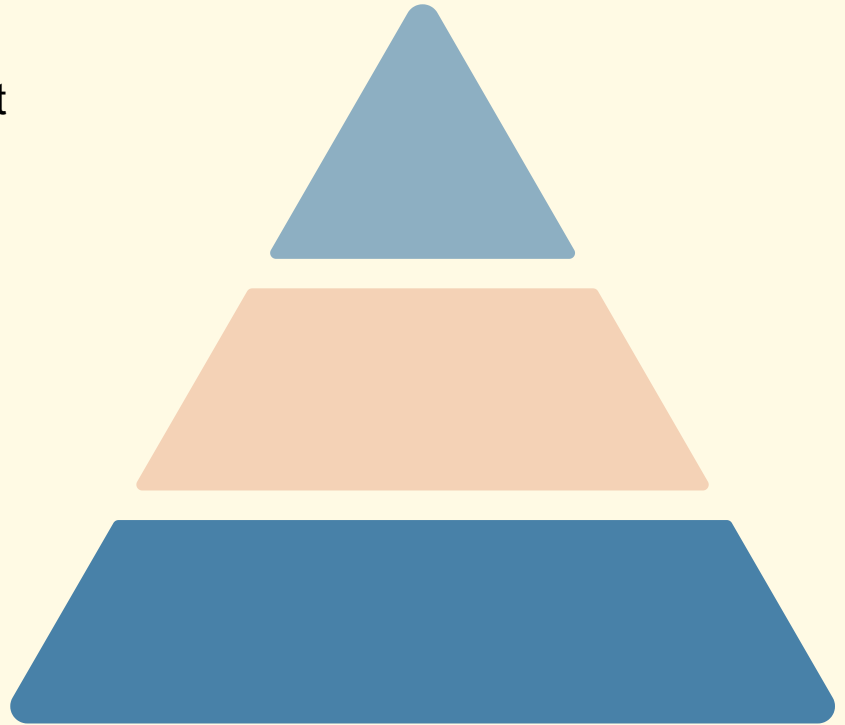
Activity 2

Draw a 3-layer pyramid:

Top (1 task): Most important
(like "Finish my college application").

Middle (3 tasks): Important
but flexible (like "Exercise 3
times this week").

Bottom (5+ tasks): Low
priority (like "Reorganize my
playlist").



For each task, ask yourselves:

"Will this matter in a month?"

"Is this someone else's priority or mine?"

At Home Activity

Think you're in control of your time? Let's find out. For one day, track every time you get sidetracked from what you planned to do.

Track interruptions for one day.

Example: "3:30 PM - Stopped homework to watch TikTok for 20 mins."

Label each interruption:

U = Urgent (such as "Mom called")

NU = Not Urgent (such as "lost in YouTube for a long time")

Calculate: What percentage or how many of the interruptions were truly urgent?

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Effective **deadline planning** is crucial for managing schoolwork and responsibilities without unnecessary stress. This unit provides practical strategies to help you **stay organised and in control of your time**. By understanding how to approach deadlines systematically, you can reduce last-minute pressure and improve your productivity.

Activity 1

Deadlines creeping up? Before you continue, let's dissect your upcoming assignments to spot trouble before it starts. This 5-minute prep will save you hours of stress!

List three assignments or projects with upcoming due dates. For example:

- English essay (due Friday)
- Science lab report (next Tuesday)
- Math problem set (due Wednesday)



For each item, consider:

- Which part seems easiest? (You may start with this)
- What might take more time than expected?
- What distractions typically interfere with this type of work?

Take a minute to think about: Which task are you most likely to procrastinate on, and why?

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Planning for Deadlines

Activity 2

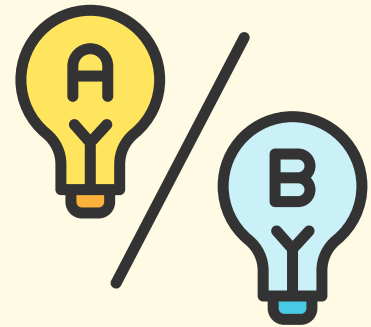
Unit 2

Experiment with different scheduling approaches to discover what works best for you.

Try both methods for one typical day:

Method A: Block Scheduling

- Divide your day into one-hour segments
- Assign specific tasks to each time block
- Include breaks and personal time



Comparison questions:

- Which method helped you accomplish more?
- Which approach felt less stressful?
- Did one method work better for certain types of tasks?

Method B: Priority Stacking

- List all tasks in order of importance
- Work through them sequentially
- Allow flexibility in timing



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Planning for Deadlines At Home

Unit 2

This technique helps overcome procrastination by breaking tasks into **small, manageable steps**.

Select one task you've been avoiding.

For example:

- Starting a history research paper
- Organising study notes
- Beginning a challenging math assignment

SMALL STEPS
are **OKAY**

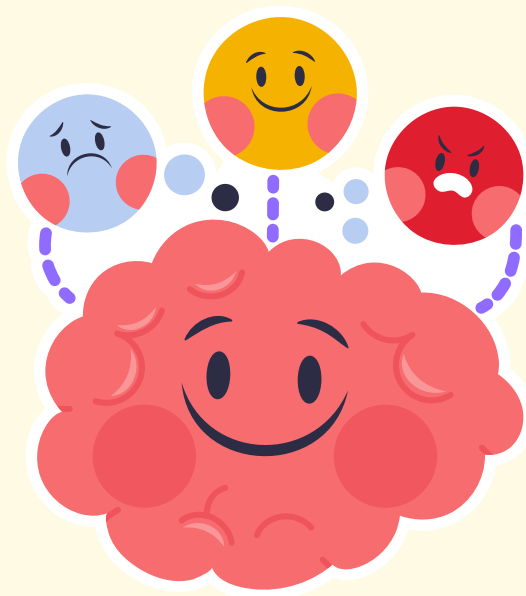
Set a timer for five minutes and:

- Complete just the first small step (find one source, write the first sentence, solve the first problem)

When the timer ends:

- You may continue if you're motivated
- Or stop without guilt, having made progress

Consider: How did this approach change your perception of starting the task?



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Ever feel like you've been working all day but barely made a dent in your to-do list? **Time traps** - those sneaky distractions and poor planning habits - are probably stealing your productivity without you even realizing it.

Activity 1

Get into small groups (3-4 people).

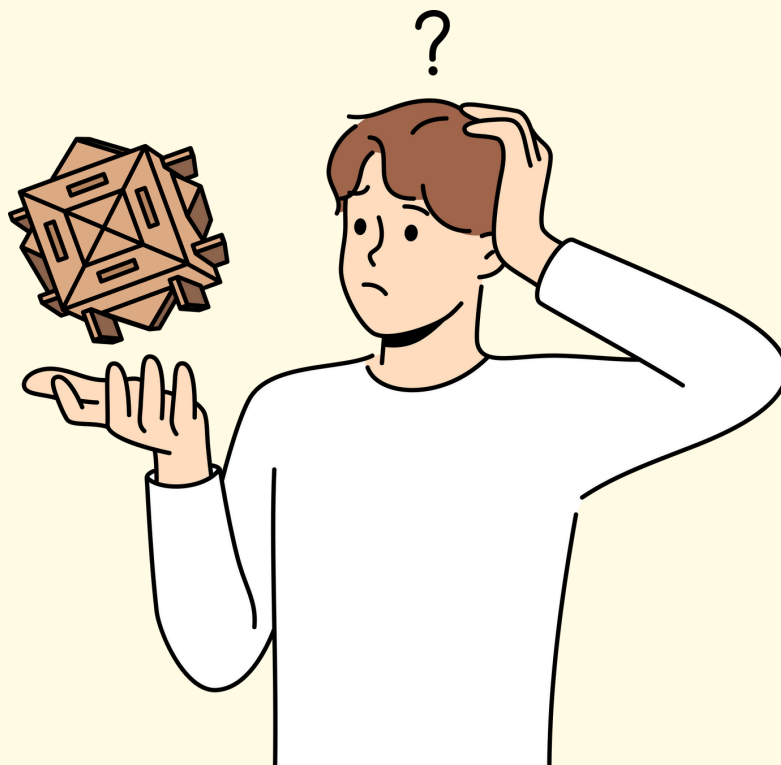
Your group will silently act out a common time-waster (like scrolling on your phone or watching too much TV).

The class will guess what you're acting out.

After guessing, let's talk:

Why do these activities distract us?

What's one way we could avoid or limit this time-waster?



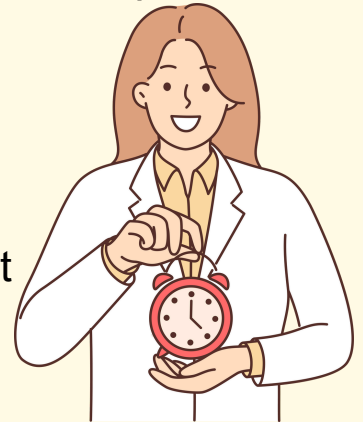
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Activity 2

Sort 10 task cards into four categories based on urgency and importance. (like "Study for a test" or "Watch YouTube").

Sort them into four piles:

1. Do Now: Urgent and important
2. Schedule Later: Not urgent but important
3. Delegate or Do Quickly: Urgent but not important
4. Skip or Limit: Not urgent and not important"



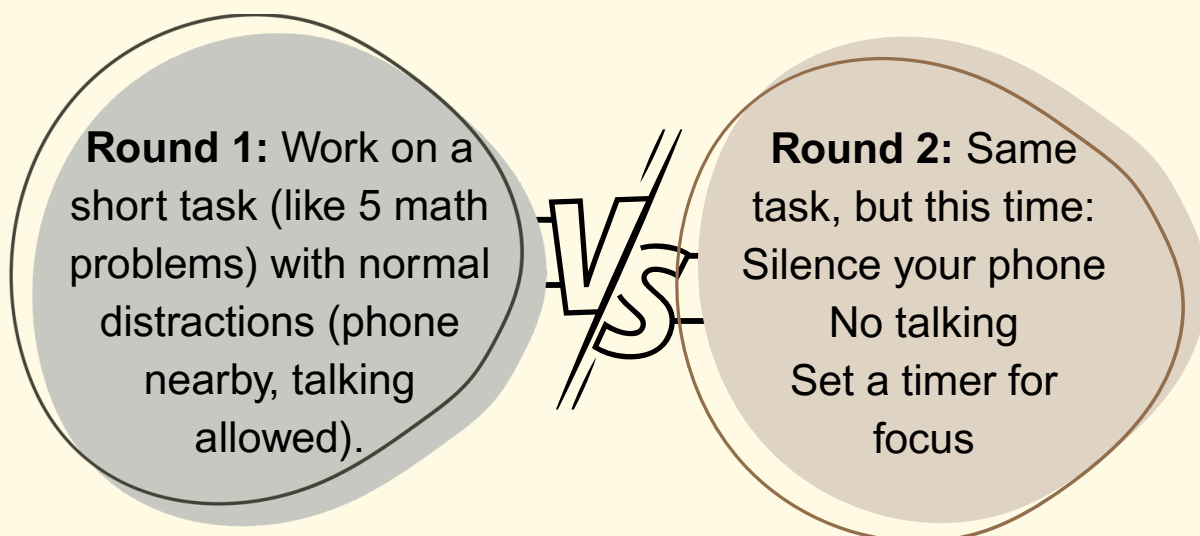
Consider why you categorized tasks the way you did.

Compare your choices with others- did you agree or disagree?
(optional)

Activity 3

Ever notice how some study sessions feel productive while others drag on forever? This quick experiment will show you exactly how much your environment affects your focus.

Here's the challenge: You'll complete the same task twice- first with normal distractions, then with focused conditions.



After both rounds, let's think: Which round helped you work faster/better? What distractions almost got you?

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Module 1

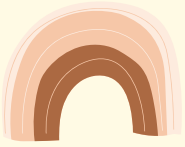
Time-management

Conclusion

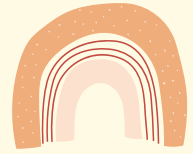
You've journeyed through the art of time mastery - discovering how to focus on what moves you forward, plan with purpose, and dodge the traps that steal your productivity. Each lesson has armed you with working strategies to take charge of your schedule, not the other way around. Remember, great time management is about doing what matters. As you move forward, keep refining your approach, stay flexible, and watch how small, consistent changes lead to big results. You are able to design a life with space for success, growth, and joy. The clock's yours now - make every tick count!



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Self-Reflection



What surprised you the most about how you manage your time?

Which tool or activity from this module was the most useful to you, and why?

How would your daily routine change if you started using some of the strategies regularly?

What time-wasting habit or distraction do you want to cut out starting now?

Module 2

Problem-Solving Under Pressure

We all face pressure. Maybe it's a tight deadline, a conflict with someone you care about, or a big decision that makes your stomach twist. In those moments, it's easy to feel stuck, panicked, or overwhelmed — and hard to think clearly.

Problem-solving under pressure is a skill, and like any skill, it gets easier with practice. This module provides you with tools to stay calm when your brain feels overwhelmed, break down problems into manageable steps when they seem too big, and find effective solutions even when time is tight or emotions are high.

You'll learn how pressure affects your body and thinking, discover ways to shift out of “panic mode,” and build a simple problem-solving routine you can use anytime. You don't need to be perfect — you need to be aware, curious, and willing to take one small step forward.



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Understanding Pressure & Response

Unit 1

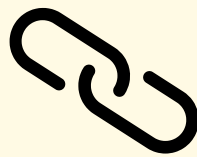
Everyone feels pressure sometimes—before a test, during a fight with a friend, or when too many things pile up at once.



When this happens, your brain can go into “survival mode,” making it harder to think clearly or act calmly. Some people freeze, others get angry or want to escape the situation.



Exploring how pressure manifests in your thoughts, emotions, and body, and how recognising these signs is the first step toward managing them.



You can't avoid pressure, but you can learn to respond to it in a way that helps instead of hurts.

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Understanding Pressure & Response

Unit 1

Activity 1: Pressure Check-In

How does **Your body** feel under **Pressure**?

- Task: Tick symptoms you feel under pressure (racing heart, mind blanks, frustration, etc.). Or add yours.

Racing Heart	☐

Mind Blanks	☐

Tens Muscles	☐

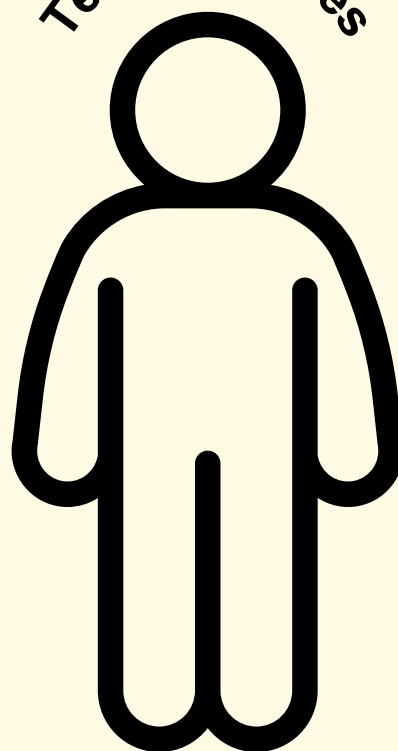
Butterflies in Stomach	☐

Wanting to Escape . . .	☐

. . .	☐



Tension Zones



Draw where you feel
Tension in your Body



When do you usually
feel those pressure
signs?

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Understanding Pressure & Response

Unit 1

Activity 2: Freeze / Flight / Fight

- Task: Read the mini-scenarios. Sort them into three categories.



- A classmate teases you in front of others.
- You get called on in class and forget what to say.
- You pretend to be sick to avoid a difficult presentation.
- You walk into a room, and everyone turns to look at you.
- Your sibling takes your stuff without asking.
- You see a wasp flying toward you.
- Someone pushes past you in the hallway on purpose.
- You're asked to perform in front of others with no warning.
- A classmate you argued with walks into the room.

Think for a minute: “Which one is your go-to?” “What might be a calmer alternative?”



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Understanding Pressure & Response

Unit 1

Activity 3: Personal Pressure Radar

Stress doesn't come from one place, it can show up at school, at home, in friendships, or even from yourself.

Step 1: Fill in the Radar

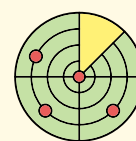
Draw or label a large circle split into 4 sections:

- 🏫 School
- 🤝 Friends
- 🏠 Home
- 💭 Self

In each section, write or draw:

- What causes you pressure there?
- A recent example that made you feel tense.

📌 (Tip: Use colours, emojis, or symbols to show which ones feel bigger or heavier.)



My **STRESS** radar



Step 2: Take a time to think about

- Which area is currently creating the most pressure? Why?
- What's one thing you can do to reduce that pressure or get support?

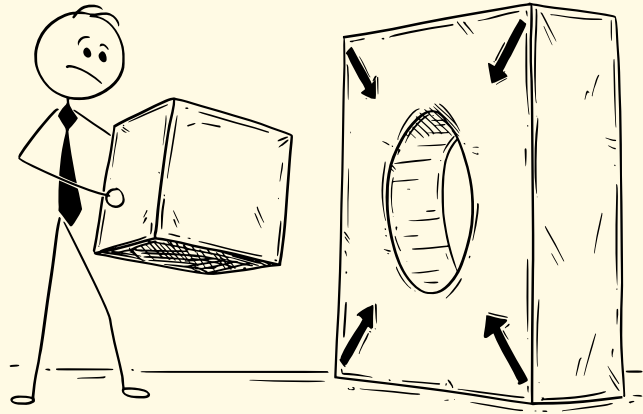


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Breaking the Problem Down

Unit 2

When you're under pressure, even minor problems can feel huge. Taking a second look will help you break a big problem into several small solutions.



That's because your brain is trying to protect you by zooming in on the stress instead of seeing the big picture. But here's the good news: problem-solving is a skill you can learn and practice.

You don't need to have all the answers, you need to learn how to make your next move with clarity and confidence. This will help you conquer problems and stress with a new perspective.

Remember:
“You don't have to figure it all out at once — just take the next right step.”



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When we feel overwhelmed, our minds can spin stories that make everything feel worse — even problems that seem small at first can suddenly feel massive. But here's the thing: our brains like clarity. Writing things down helps us slow down, step back, and regain control over how we think and feel.

Activity 1: The 4-Question Journal

Turn confusion into clarity – one question at a time.

Journal Task

1. What's going on?

- Write about a situation that's been bothering you lately.
- Let it out - you don't need to fix it yet.

2. What's the worst that could happen?

- Be honest - what's the fear or worry behind the stress?
- What story is your brain telling you?

3. How likely is that really?

- Take a breath and think: Is that outcome realistic?
- What are the chances it will actually happen?

4. What could you do about it?

- List anything - even small steps you could try.
- Who could help? What's in your control?



Think about:

- What did you learn about how you handle pressure?
- What's one thing you want to remember next time you feel overwhelmed?

Activity 2 - Decision Tree Time

What paths could you take — and where might they lead?

When pressure hits, we often feel like there's only one way to act. But that's rarely true. A decision tree helps you step back, see your options, and think through where each path might go.

Visualising your choices gives you clarity and helps you make better decisions, rather than rushed ones.

Step 1: What's your current challenge?

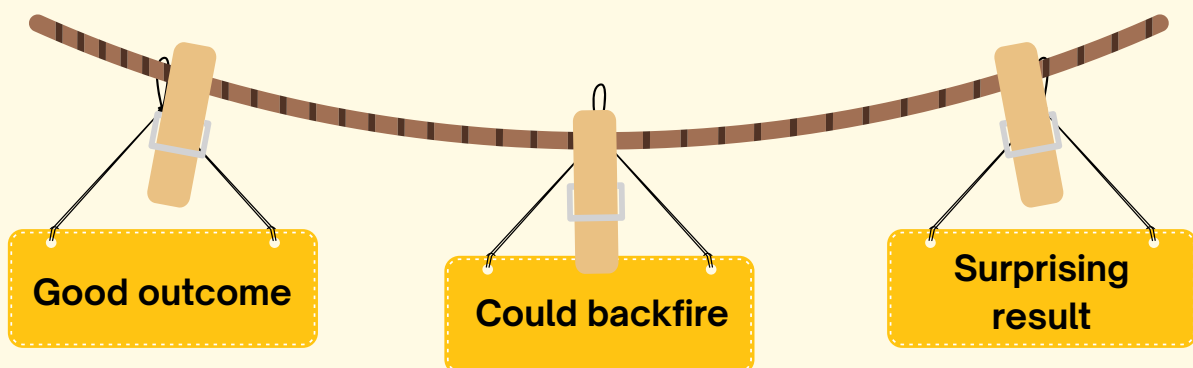
Write it here:

● _____

● _____

Step 2: Map it out.

- Use the tree template to draw at least 2–3 possible choices you could make.
- Then, for each choice, draw 1–2 possible outcomes — good, bad, or surprising.
- **You can label them:**

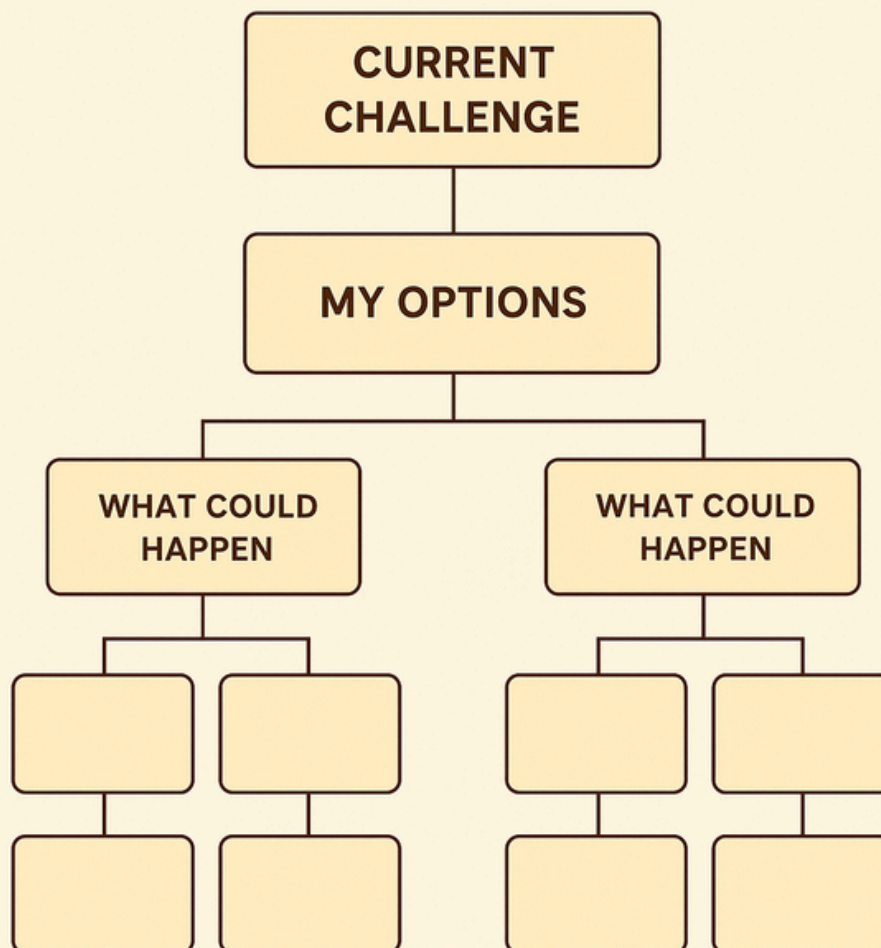


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Activity 2 - Decision Tree Time / Worksheet

Decision Tree Time

What paths could you take –
and where might they lead?



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Activity 3 - Control Map

“What's in your hands - and what's not?”

The Circle Sort

Step 1: Draw or use the two circles:

Inner Circle: Things I can control.

Outer Circle: Things I can't control.

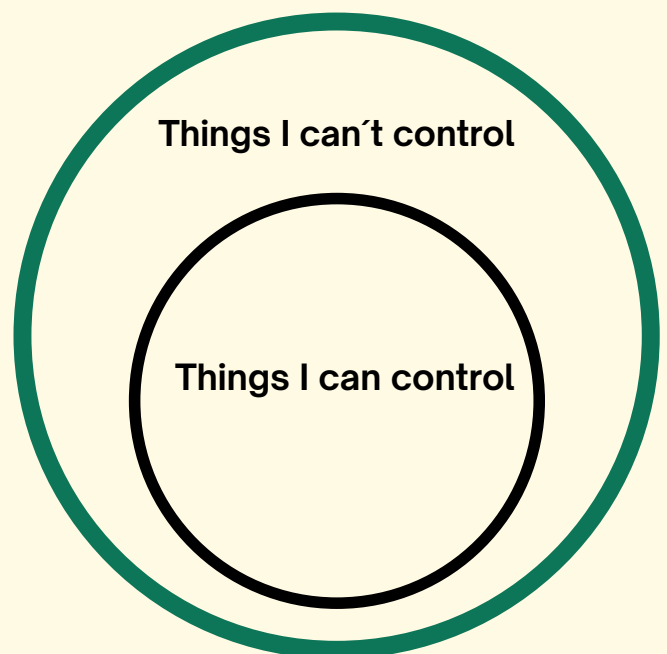
Step 2:

Use words, icons, or short examples to fill in both.

Some prompts:

- Can you control what someone else says?
- Can you control how you respond to it?
- Can you control when a test is?
- Can you control how you prepare for it?

Example:



What's one thing from the inner circle you can act on today?

How does it feel to let go of something from the outer circle?

Thinking Clearly Under Pressure



Stressful situations can arise quickly - a sudden argument, a surprise test, or a difficult message. In those moments, your brain might panic, but if you've prepared a calm plan, you'll know exactly what to do.

A **Calm plan** is a collection of simple things that help you stay grounded - no overthinking, just action. Everyone's plan looks different, but having one ready means you're one step ahead when things get tough.

Activity 1: Build Your Calm Plan

Check or write your favourite calm-down strategies below:

- ☐ Take 5 deep breaths
- ☐ Go outside for fresh air
- ☐ Listen to a calming song
- ☐ Talk to someone you trust
- ☐ Write it out in a notebook
- ☐ Drink water slowly
- ☐ Do 10 jumping jacks
- ☐ Look at something beautiful
- ☐ _____
- ☐ _____

Take a time to think

- When would you use this calm plan in real life?
- Which strategy do you think will help you the most time?

Step 1: Brainstorm

Draw or write your top 3 - 5 strategies into your "Calm Plan Kit."



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Thinking Clearly Under Pressure

Unit 3

Activity 2: Track a Real Moment of Pressure

Learn from real moments - and build better ones.

Distractions love to show up when we're under pressure, and they usually pull us away from what matters. But every time you notice one, you've got a chance to learn. This activity helps you reflect on one real moment of distraction and how you might handle it better next time.

Step 1: Look Back

Please take a look at a recent instance when you were supposed to focus but got distracted.

Write about it:

- What were you trying to do?
- What distracted you?
- How did you feel after it happened?



Step 2: Rethink It

Now imagine that moment again - but with one small change.

- What could you have done differently?
- What strategy from your Calm Plan could have helped?

Bonus Task (Optional)

Could you draw the distraction as a creature or character?

💬 What does it say to tempt you?

💪 What power can you use to block it?



Reflection Questions:

- What's one way you can protect your focus better next time?
- How did it feel to look at the moment without judgment?

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Module 2

Problem-Solving Under Pressure

You've just worked through one of the most powerful life skills there is: solving problems under pressure. Along the way, you've learned how your brain and body react to stress, how to break down overwhelming situations into manageable steps, and how to stay calm and think clearly even when things feel intense.

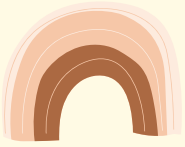
Remember, pressure is part of life - but panic doesn't have to be. You now have tools like the 3-Question Method, decision trees, calming strategies, and reflection exercises to help you pause, plan, and move forward with confidence.

You don't need to have all the answers. You just need to know how to take the next step - and trust yourself to keep going.

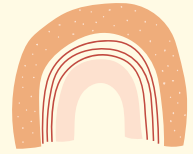
Keep using what you've learned here. The more you practice, the easier it will be to stay grounded, make smart choices, and handle whatever comes your way.



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Self-Reflection



How do you better understand your reactions to pressure now?

Which tool (e.g., decision tree, stress radar, control map) felt the most helpful or eye-opening for you?

Do you feel more confident handling tough moments after this module? What's changed?

What will you do differently the next time you feel stressed or overwhelmed?

Module 3

Social Influence on Behaviour

From viral trends to influencers, social media algorithms to subtle peer pressure — young people today are surrounded by constant messages about how to act, look, and think. It's easy to go along without noticing how much of your behavior is being shaped from the outside.

This module is your space to pause and take back control. Through creative activities and real-life scenarios, you'll explore how social influence works, how to recognize pressure, and how to respond in a way that reflects your true values. Whether it's learning to say “no,” thinking twice about a trend, or questioning what's real online — each activity will help you build stronger awareness and self-confidence.

Let's see what influences you - and how to choose your own path forward.



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People often copy others - it helps us feel safe and accepted.



Social proof is when we believe something is right because others are doing it.



It shows up in likes, trends, ratings, and viral posts - even when we don't realize it.

Activity 1

You'll explore how much your choices are influenced by others.

Step 1: Rate your choices

For each item below, rate from 1–5:

1 = I chose it totally by myself

5 = I chose it mostly because others did

The clothes you wear ☐

A song you recently added to a playlist ☐

A challenge or trend you tried ☐

A brand/product you like ☐

A place you wanted to visit ☐



Step 2: Social Proof Tracker

Choose one item you rated “4” or “5”.

Answer these questions:

Where did you first see it? (e.g., TikTok, friend, ad)

Why did it seem cool or popular?

Would you still like it if nobody else did?

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Peer Pressure & Personal Choices

Unit 2



Peer pressure is when others influence you to act a certain way to fit in.



It can be direct (someone tells you what to do) or subtle (just wanting to belong).



Knowing your values helps you make better choices - even under pressure.

Activity 1

Read each situation below. Rate how much pressure you'd feel using this scale:



0 = No pressure
1 = A little pressure
2 = A lot of pressure



Then answer: **What would you actually do? Be honest** - this has to be your real response, not the “right” one.

Situation

Pressure (0-2)

- Your friends skip class to hang out and want you to come too.
- Everyone in your group is teasing someone and you feel uncomfortable.
- Your best friend wants you to lie to cover for them.
- Your teammates want to skip practice but ask you to tell the coach you were all sick.

☐☐☐☐

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Peer Pressure & Personal Choices

Unit 2

Activity 2: Draw Your Own Fork in the Road

You're going to draw a forked path — like two roads splitting.

Step 1: Read this situation:

You're invited to a party. A friend says, "Just come - don't be boring."

You know there might be drinking, and you're not comfortable with that. You're torn: go to fit in, or skip it and stay true to your feelings.



Under each path, draw or write:

What would happen short term?

What would you feel?

What could the long-term result be?

Step 2: Now draw two paths (like a fork in the road):

- Path A = Go to the party to fit in
- Path B = Say no and do something else



Ask yourself:

Which path feels better for you - not your friends?
Would you regret one of them more?

You can color in the path you would choose.



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Influencers, Algorithms & Identity

Unit 3



Social media doesn't show you everything - it shows what algorithms think you'll like.



Influencers are paid to shape opinions - that includes yours.



If you're not aware, someone else is shaping your thoughts.



Activity 1

Let's explore how algorithms and influencers affect your feed. Fill in the chart below based on your personal experience.

Question

- Which 3 influencers or creators appear in your feed most?
- What topics or trends do they promote?
- Do they promote products or lifestyles? Which ones?
- How do you feel after watching their content?
- Are they paid to say what they say? Do you know for sure?

Your Answers



Influencer Filter

Draw a simple filter icon (like an Instagram filter or sunglasses) and inside it, write words or phrases that describe how influencers might be filtering reality, such as:

"Only showing success" or "Edited images"



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Activity 2

Take a moment to think about the last 5-10 posts or videos you saw today on social media. They could be from any platform.

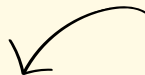


Use the sections below to break down what your feed is telling you - and what you want to change (if anything).

What I See a Lot?

List the top 3 types of content (e.g. funny videos, fashion, fitness, influencers, rants, challenges).

	_____	☐
	_____	☐
	_____	☐



Why It's There?

Match each to a reason:

- 1 - I like / engage with it
- 2 - It's trending
- 3 - I followed someone who shares it
- 4- I'm not sure - it just keeps showing up

What I Want More Of?

What do you wish you saw more in your feed?

	_____
	_____

Create your own "algorithm filter" - what would it block? What would it boost?

Draw or use labels like:

- ✓ Boost: Inspiring stories, real talk, creativity
- ✗ Block: Fake perfection, stress scrolls, negativity



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Module 3

Social Influence on Behavior

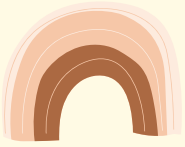
You've taken a dive into the hidden forces that shape your everyday decisions — from peer pressure and group behaviour to influencers and digital algorithms. Most importantly, you've learned how to stop, reflect, and ask: “Is this really me?”

This module gave you the tools to think critically and the space to define your own voice. You've learned how to handle pressure with confidence, choose what aligns with your values, and stay aware of the messages shaping your feed and your identity.

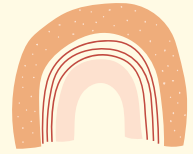
The more you use these skills, the easier it becomes to make conscious, empowered choices — online, offline, and everywhere in between. Keep thinking for yourself. Keep showing up as the real you.



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Self-Reflection



When did you notice that you were making a decision more for others than for yourself?

What kind of social media content influences you the most – and do you want to change that?

After this module, what does “being yourself” mean to you when there’s peer pressure?

How can you make choices that match your values – even when others think differently?

Module 4

Emotional Awareness and Regulation

Introduction

In today's fast-paced world, emotions can be overwhelming and unpredictable. Learning to **understand and manage your feelings** helps you stay in control, when you're faced with the urge for instant rewards or quick fixes. In this module, you'll learn to recognize your emotions, see how they affect your choices, and practice simple ways to calm yourself when feelings run high.

Building emotional awareness and regulation helps you pause, think, and choose what's best for your long-term goals instead of acting on impulse. These skills support you through difficult moments, but also in friendships, school, hobbies, and your future.

Throughout this module, you'll explore three key areas: recognising your emotions, understanding how they influence your decisions, and learning practical techniques to manage them. Get ready to take charge of your feelings, build your emotional strength, and develop the patience that helps you succeed - one step, one breath, one choice at a time.



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Unit 1

- **Brain signals (feelings, thoughts, body changes)**
- **Help you make better choices and release tension**
- **Releases chemicals that cause physical reactions (heart race, muscle tense)**



Below you see an emotion wheel with basic feelings in the center and related emotions around it. Identify and color emotions you've felt recently.

Write or draw about a moment when you felt one of these emotions in the space below.

[illegible]

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What Makes Me Feel This Way?



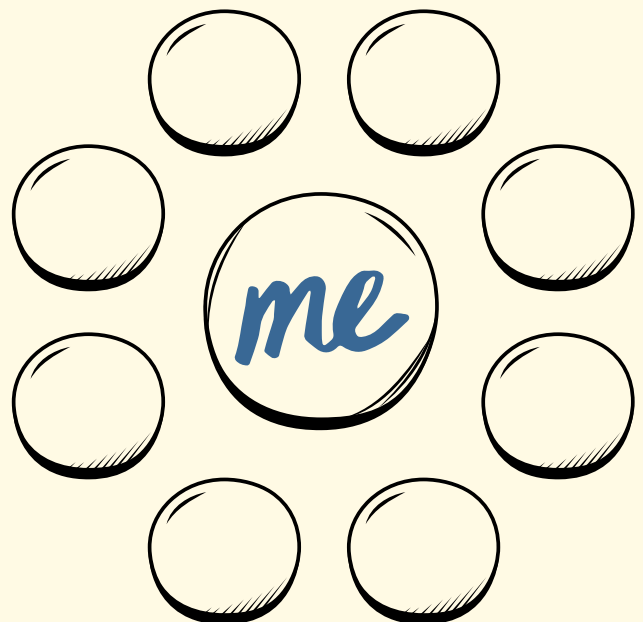
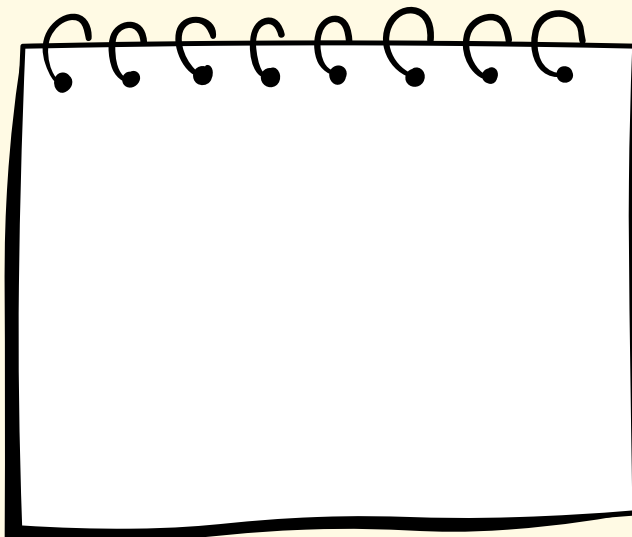
A trigger is something that makes you feel strong emotions, like a touch in your brain making you feel a certain way. It can be a person, a place or a situation that triggers something in your mind and make you feel a certain way.

Activity 3

In the circles connected to “Me” below draw symbols that represent things or situations that trigger your emotions.

Take a minute to think about:

How these triggers make you feel and what you usually do when they happen?



Example icons you can draw but feel free to draw your own



Back

Understanding Emotional Responses

Unit 2



Emotions



Waiting for better outcomes



Acting without thinking



Pausing

Activity 1

Read the following story and pick what you would do in this situation. After choosing,

- Write on the cloud emotions you feel when reading this story.
- Write down 2 alternative ways you could respond to the situation besides your first choice.

Jamie is scrolling through social media and sees that a popular influencer just posted about a new gadget everyone is talking about. Jamie feels a strong urge to buy it immediately to fit in and feel cool. But Jamie's phone is old and still works fine, and money you have is not much at the moment.

Choices:

- A) Buy the gadget right away to keep up with friends.
- B) Wait and save money for something more important later.
- C)
- D).....

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Activity 2

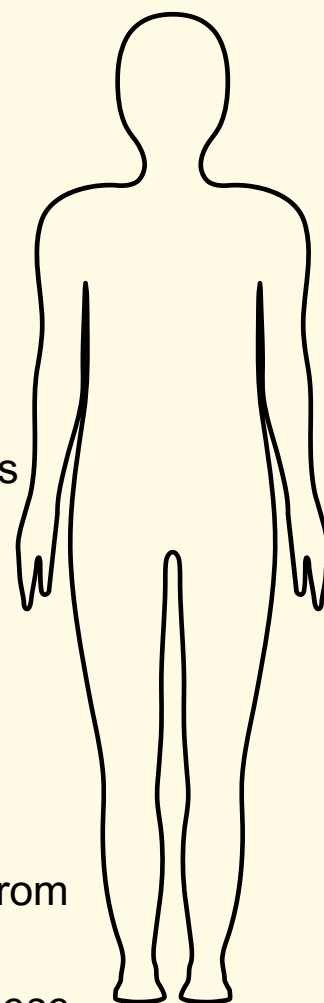
Think of a moment where you had a similar dilemma like the story above. Try to reflect: “What happened?”, “How did you feel?”, “What did you do?”, “What could you do next time?”

Understanding Emotional Responses

Unit 2



Knowing the signs of your body helps you spot emotions early and decide how to respond better



Activity 3

Look at the body outline on the page and mark the spots where you feel changes when you're

- angry, 😡
- nervous, 😟
- and excited. 😄

Activity 4 & Reflection

Underline 3 physical signs that are common for you from the list below.

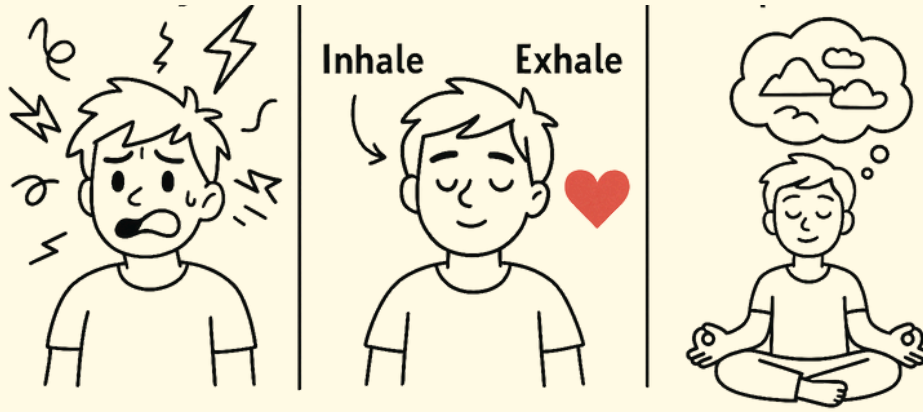
- Reflect on: *When do you most commonly feel these signs? & What can you do the next time you feel these physical signs?*

Heart beating faster
Muscle tension (e.g., neck, shoulders)
Butterflies or 'fluttering' in the stomach
Sweaty palms
Shallow or rapid breathing
Clenched jaw or grinding teeth
Flushed face or feeling hot
Dry mouth
Feeling dizzy or lightheaded
Trembling or shaking hands

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Strategies to Regulate Emotions

Unit 3



Activity 1

Create an emotion playlist with songs that reflect different emotions you feel.

🎵 _____

🎵 _____

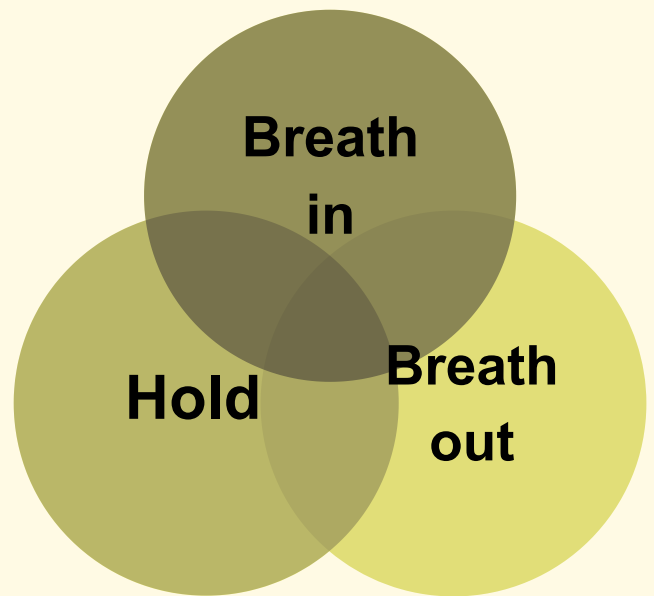
🎵 _____

Activity 2: Guided Breathing Exercise

Sit in a comfortable position, close your eyes, and focus on your breathing. Breathe in slowly for 4 counts, hold for 4 counts, and exhale for 4 counts.

What did you feel before you start?

What do you feel after?



When you could use breathing exercises in your daily life?

Back

Activity 3: Challenge Yourself!

Try short and fun challenges like 'Take 5 deep breaths,' 'Write down 3 positive thoughts,' or 'Dance to your favorite song for 2 minutes.'

Fill the board with ideas you would be up doing and check off each activity as you complete it to relieve stress and boost your mood.

Bonus:

Work as a team to check off every activity, then celebrate your collective success together!

CHALLENGE BOARD		
☐	☐	☐
☐	☐	☐
☐	☐	☐
☐	☐	☐

Activity 4: Body Scan Relaxation

Find a comfortable spot and take a deep breath. Close your eyes and focus on each part of your body, starting from your toes and moving up to your head. Notice any tension and gently release it.

Rate your relaxation level:

Before the activity ★ ★ ★ ★ ★

After the activity ★ ★ ★ ★ ★

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Strategies to Regulate Emotions

Unit 3

Reflection: Write a Letter to Your Younger Self

Imagine you're an adult who's great at handling emotions. Write a letter to your younger self about:

- How you stay calm during stress or frustration.
- Tips for making smarter choices.

Module 4

Emotional Awareness & Regulation

Conclusion

You've learned powerful techniques to manage your emotions, like breathing exercises and mindfulness. Each unit has helped you build awareness of your feelings and how they show up in your body.

By practicing these tools, you've taken important steps toward better emotional control and decision-making. Remember, emotional regulation means recognising your feelings, pausing, and choosing how to respond.

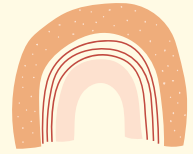
Keep using what you've learned, and soon it will become easier to stay calm and focused, no matter what life throws your way. This is just the start of your journey to emotional strength and balance!



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Self-Reflection



What emotions most often shape your decisions – and are you more aware of them now?

Which calming strategies (like breathing, body scan, playlists) felt the most useful to you?

How has your view of “difficult” emotions like anger, fear, or sadness changed?

In what situation would you like to test what you’ve learned from this module?

Module 5

Focus

Introduction

In a world full of vibrating phones, endless notifications, and tempting distractions, staying focused can feel almost impossible. But **focus is a skill** - something you can build, master, and take control of. In this module, you will learn how to recognise when your attention is drifting, how to block out distractions, and how to train your mind to stay in the zone longer. Through simple, practical activities, you will become better at choosing long-term goals over short-term temptations.

These focus - building skills will help you not just when you are studying - they can support you in sports, hobbies, relationships, and future goals.

Get ready to sharpen your attention, practice your self-discipline, and take charge of your focus - one moment at a time!



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We all have different levels of focus throughout the day — like “zones.” Sometimes we are in the zone, totally locked in. Other times, our brains feel foggy or all over the place. The first step to building better focus is **learning to recognise which zone you are in right now.**

“Yellow Zone” -
distracted

“Green Zone” -
full focus

“Red Zone” -
very unfocused



Activity 1

Draw 3 circles: “Green Zone”, “Yellow Zone”, “Red Zone”. Fill in: What time of the day were you in each zone today? What were you doing?

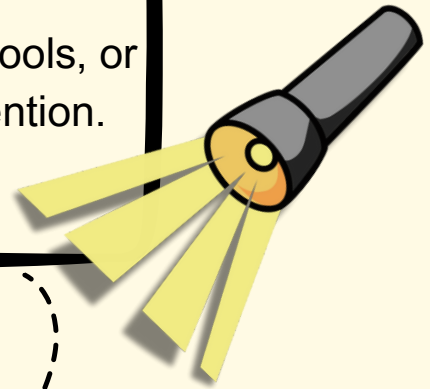


Activity 2

Write a list of 12 activities like “watching YouTube,” “doing homework,” “chatting with a friend”. Sort them into the zones and think “Do any need to be moved?”

☐☐☐☐

Remember, focus is something **you can build**. Think of focus like a flashlight: it works best when the batteries like your energy and environment are charged. “**Focus boosters**” are small habits, tools, or setups that help you stay in control of your attention.



Clear your head
before starting.
Try deep breathing.



Water, movement,
and sleep can
help you stay
focused.



Set up your space -
tidy desk, no
notifications, good
lighting.

Activity 3

You can design your own personal Focus Toolkit - a list of strategies that help you focus when you are feeling distracted, tired, or overwhelmed. Write at least 3 things you want to try this week - putting your phone away, playing low-focus music, using a tidy space or something else you want to try. After testing them write down:

Which boosters worked best?
Was there one that surprised you?
What would you try next time?

Back



Apps are designed to grab your attention. You can take back control by setting boundaries.



Activity 1

List 3 apps that distract you the most. Mark when and why you usually open them.

App Name	When I Use It	Why I Use It	Real benefit or just a habit?



Your brain **switches tasks** every time you check your phone. Each switch makes it harder to concentrate.

Activity 2

Draw a line and match the best defense for each digital distraction.

1. Using Snapchat
2. Texting friends
3. Checking Instagram
4. Scrolling TikTok
5. Notification pops

- Use app limits
- Put your phone away
- Turn on Focus Mode
- Take a stretch break
- Mute your chats

Activity 3

Draw or map out your ideal focus space. Think about:

- Where would you place your phone?
- What items help you concentrate?
- What needs to be removed or turned off?



Activity 4

What was your biggest source of distraction today?

How could you block it next time?

How does it feel when you succeed at staying focused - even just for a while?



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Build concentration over time

Unit 3

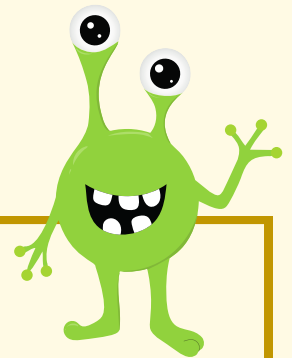
Concentration means focusing your **attention on one thing at a time**. It is like shining a flashlight in a dark room - when the light is steady, you see clearly. But if it shakes or jumps around, it is hard to focus.



Activity 1

Draw and describe the biggest thing that breaks your focus. It could be your phone, TikTok, friends, noise — or even your own thoughts. Imagine it is a creature that keep bothering you. Draw it here:

What does this distraction “say” to you?
Example: “Just check one more video!”



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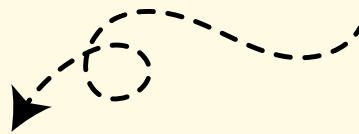
Build concentration over time

Unit 3

Your brain can only focus for a short time - especially if it is not used to doing it. But just like running or lifting weights, **the more you practice, the longer you can go.**



Good concentration helps with learning, working, sports, hobbies - even relationships. But **like muscles, it needs training.**



Activity 2

Choose a task like reading a text or writing something.

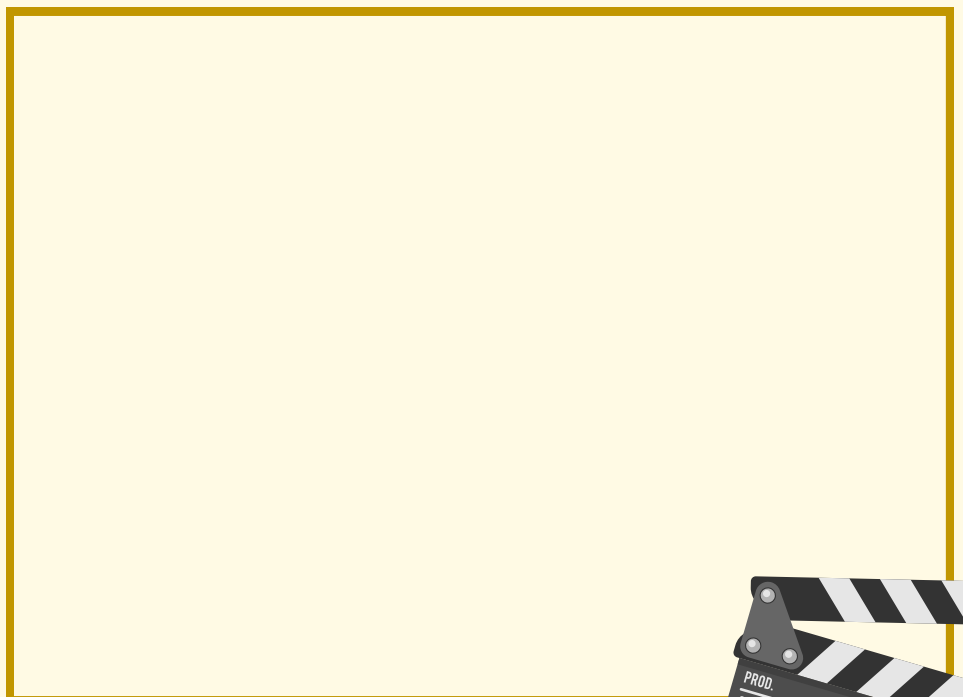
Set a timer for **3 minutes**. Focus on the task without stopping.

When time is up, rate how focused you were (1–10).

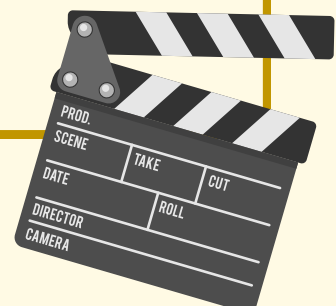
Add 1 minute. Then one more. Do it until you reach 10 minutes of uninterrupted concentration on your task.

Activity 3

Close your eyes for one minute and imagine your thoughts as scenes from a movie. Notice what shows up - memories, worries, to-dos, songs, random stuff. Now choose one scene to stay with. Like pressing "**pause**" on the others. Open your eyes and draw that scene - the one you chose to focus on.



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Module 5

Focus

Conclusion

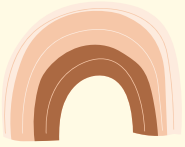
You have explored how your attention works, learned how to block out distractions, and practiced building deeper concentration with the help of each unit.

With every activity you have taken small but powerful steps in your mission of becoming more focused and self-disciplined. Remember, focus means to be aware, to make choices, and show up for what really matters.

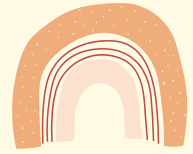
Keep using what you learned, and you will find it easier to stay on track, even when life gets noisy. This is just the beginning of a stronger, sharper you!



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Self-Reflection



What has made it hard for you to stay focused in the past – and how do you see it now?

What changes can you make in your habits or environment to improve your focus starting today?

After this module, what does it mean to truly pay attention to one thing?

What would you like to keep practicing to make your “focus muscle” stronger?

Conclusion

You've now reached the end of the training — but this isn't really “the end.”

What you've explored in these modules is just the beginning of something much more personal: the way you think, the way you respond to challenges, the way you choose what matters to you over what just feels good in the moment.

Delaying instant gratification means noticing what drives your decisions, understanding your emotions, and choosing with more intention - even when it's not easy.

If you've paused to think about, tried something new, or just looked at a situation differently — that's already growth. And that's what this training is for.

There's no need to master everything at once. Come back to the parts that spoke to you. Use the tools when you need them. Share them if they helped. You now have new ways of thinking — and that's something that stays with you, long after this training is over.

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