

We have a challenge for you!

Independence Challenge



Make a plan to go on a trip, research the logistics, cost, and time to travel to your destination. Think about how many people will be with you and if they have any scheduling conflicts. Discover transportation avenues to help someone who cannot drive to get to where they need to be, create your independence (I)-statement, learn about healthy friendships, and what to do in the case of an emergency. Share with us at gsnj.

Supplies:

- Paper
- Pencil or pen
- Computer or internet capable device
- Ruler

Show off your independence!

1. Get transportation smart
2. Learn how to do laundry
3. Break a bad habit
4. Help around the house
5. Share @gsnj



What is your favorite way to get around? Car, bus, plane, boat, jet pack? While you can't drive yet, how would you get around if an adult wasn't there to take you somewhere? What would you do in the case of an emergency? Who would you call for help? Do you know their phone number?

This independence badge is a journey into yourself. Learn about healthy friendships, write your I-Statement and calendar to overcome bad habits and try your best to stick to it. Learn how to do laundry. How else can you help around the house?



Independence Challenge Examples

Write up your I-Statement and stick to it.

“I-Statement”

- I feel... [Say your feeling]
- When you... [Describe your action]
- Because...[Say why the action connects to your feeling]

Part of being independent is practicing good habits.
Work on changing one bad habit.

1. Think about your habit. Why do you do it? When do you do it? How do you feel before and after you do it? How does it make you feel? How does it make others feel?
2. Make a 30-day calendar, starting with today. So if it's the middle of the month, your calendar will go to the middle of next month. You'll track your bad habit for the next 30 days. On the top, write what your habit is and one positive thing to replace it.
3. After a week of not doing your bad habit, reward yourself by doing something nice. What do you plan on doing? Do you think anyone will notice your improvement? Is there anyone you can rely on as support to cheer you on? Did you break your habit after you reach your 30-day challenge?

In Case of Emergency

My name is _____ I am _____ yrs. old.

Please contact:

My _____ at this # ____/____/____

My _____ at this # ____/____/____

My _____ at this # ____/____/____

I have the following medical condition _____

I have allergies to: _____

I am currently taking the following medications: _____

My Doctor is _____

his # is ____/____/____



Having healthy friendships is one good way to show your independence.

The best friends are the ones who share your values and like you for who you are. What things do you look for in a friend? Every friendship will get tested from time to time. Sometimes we need to ask other for help in solving problems, but it's also important to learn how to resolve friendship problems on our own. One way is by talking about the problem with your friend. Try using I-statements to fix your problem.