



The Way of the Donkey

Donkeys are wonderful animals. Donkeys are very friendly and exceptionally smart. Donkeys are very laid back, but also very self-protective. They have a mind of their own. Donkeys have an excellent sense of how others are feeling. Donkeys do a lot of things that powerfully positive kids do. You can follow The Way of the Donkey.

Connect With Friends Donkeys love their best “buddy.” To be a good friend think about how the other person feels. Treat other people the way you would like to be treated.

- Who did you connect with today?

Reach Out To Be Kind Donkeys scratch each other’s back. When you reach out to be kind to others this makes them feel great — and you also!

- How did you reach out to be kind to someone today?

Build Your Strengths Donkeys like to learn new things. When you use your personal strengths to do new things, this makes you feel happy and empowered.

- What did you do today that you are proud of?

Be Thankful Donkeys are thankful when they receive treats, especially carrots, scratches, or hugs. Being thankful for the good things makes you feel happy.

- What happened today that you are thankful for?

If things get tough... If donkeys become unsure or afraid, they stop and stay calm, stand tall, and think things through.

Stop and Stay Calm Donkeys don’t usually get really upset. They stop and stay calm and focused.

- Spend a few minutes each day becoming very calm and focused. Close your eyes, take deep breaths, and feel your body relax. Ask yourself the above happiness questions.
- If something happens that upsets you, take a deep breath to calm yourself. Then, stand tall and think things through

Stand Tall Donkeys stand tall and look powerful. Standing tall will help you feel more confident and powerful.

- Practice “feeling small” and then “standing tall.” Feel the difference. Remind yourself to stand tall when you leave your house.
- Always remember to stand tall and walk with pride — especially if you are in a new situation, are facing a challenge, or are upset.

Think Things Through Donkeys think things through to figure out what is best to do.

- If you need to figure out what to do, ask yourself these questions: What has actually happened? What is my goal? What several powerful positive actions I could take that use my strengths? For each action, what might happen? What is my best first choice? If this does not work, what else could I do?