



AYC Virtual Personal Development Packet

This packet offers different activities that you can do in place of community work service hours during the COVID-19 Pandemic. You will select one or more activities, complete them, and then attend a virtual discussion. This is where you will share your activity with an AYC Staff Facilitator and a couple of AYC youth members. After you share your activity, as a group, you will all engage in a discussion about the topic at hand. You will need to coordinate with Andrew Cho, the AYC Case Coordinator, to decide on a day and time to attend a discussion. You should also email the Case Coordinator at coordinator@anchorageyouthcourt.org when you first decide which activity you are doing. Keep in mind, you can do as many of these activities as it takes to reach your desired number of community work service hours, however, you cannot repeat an activity. This packet will explain each activity and how many hours each one is worth.

To be credited the hours, you need to attend the Virtual Discussion and share your activity. Email your completed activity materials to coordinator@anchorageyouthcourt.org

If you have any questions, please contact:

Andrew Cho – AYC Case Coordinator

Email: acho@anchorageyouthcourt.org

AYC Main Line: 907-274-5986

Case Coordinator Cell Phone (Call or Text): 907-521-7083

Community Work Service Hours

Movie Activity: 4 Hours

\$1 Million Dollar Charity Activity: 2 Hours

Resilience Activity: 3 Hours

Best Possible Self Activity: 3 Hours

Man's Search for Meaning Activity: 2 Hours

Vision Board: 3 Hours

Journal Writing: 1 Hour

Improving Positive Thinking: 2 Hours

Movie Activity

Please pick a movie from the list below. Once you have chosen a movie, please watch it and give us your interpretation of it. You will write a one-page summary of the movie giving your opinion of it and what you took away from the movie.

- Groundhog Day
- Forrest Gump
- The King's Speech
- RBG
- Saving Mr. Banks
- Dolphin Tale 2

\$1 Million Charity Activity

On a separate piece of paper, please answer the following questions:

1. If you had \$1 million to create the charity organization of your choice, what cause would you choose and why is that important to you?
2. Would you simply donate money, or would you create a foundation with volunteers? (for example: building houses or providing job training for homeless individuals)
3. What would you hope to accomplish with your \$1 million charity organization? How would it help people?



Resilience Activity

Complete the following worksheet:

1. What is resilience? (you can refer to <https://positivepsychology.com/resilience-activities-worksheets>.)
2. What obstacles have you had to overcome and how did you overcome them?
3. What characteristics do you have that make you resilient to challenges?
4. How can you learn from past mistakes?

Complete one of the resilient activities (Choose: 1. Mandala Session; 2. My Gifts and Qualities; or 4. Hope) listed under the “4 Resilience Worksheets for Youth and Students” on the positive psychology website.

Best Possible Self Activity

What would your life look like in a perfect future? How would you spend your time? Who would be by your side? In this exercise, you will imagine your best possible self in a future where things have gone as well as possible, and you have accomplished all your goals.

Instructions: You will have one week to complete this activity. Pick one domain each day to work on, you can change what you have down for each domain throughout the week.

1. **Visualize.** Take a minute to imagine your best possible self in the listed domains below. When you are done, continue to the next step.
2. **Write.** On a piece of paper and take 5 minutes to describe and explain your best self for each domain. To do this, you must picture your best possible self in as much detail as possible. Think of a scene that your best possible self might find themselves in, and imagine the sights, sounds, and feelings you would experience.

Personal Domain: skills, hobbies, personality, health, accomplishments, etc.

Professional Domain: job, sense of purpose, education, skills, retirement, income, etc.

Social Domain: romantic relationship, friends, family, social activities, etc.

Man's Search for Meaning Activity

Watch the YouTube video based on a book called *Man's Search for Meaning* by Victor Frankl. <https://www.youtube.com/watch?v=SVhuCpgLCTE>. Answer the following questions on a separate sheet of paper:

1. What was the Niche quote mentioned early in the video?
2. What type of prisoner was more likely to survive?
3. In your opinion, what does this video try to communicate?
4. Do you feel as though the messages in this film could be helpful to you, or someone you know? Why or why not?

Vision Board Activity

Please create a poster with cut outs from magazines, artwork, words, etc. Explaining where you have been, where you are right now, and where you see yourself in the future. Please write a one-page summary explaining your vision board.

Websites that will help:

- <https://www.teensmartgoals.com/teens-vision-board>
- <http://www.simplify101.com/organizing-blog/create-vision-board/>
- <https://www.jackcanfield.com/blog/how-to-create-an-empowering-vision-book/>



Journal Writing Activity

Pick 5 journal prompts from the list below and write your response on a separate sheet of paper.

1. what is something that you did that you are proud of?
2. What calms you down when you get mad or upset?
3. If you could travel anywhere in the world, where would you go and why?
4. What is something you feel nervous about right now?
5. What does success look like to you?
6. Write about three of your best talents.
7. What is something that you have overcome?
8. Who do you trust the most and why?
9. If you could travel back in time to three years ago and visit your younger self, what advice would you give yourself?
10. Write about 10 things you are grateful for and why.

Improve Positive Thinking

Watch the YouTube video TedTalk about improving positive thinking:

https://www.ted.com/talks/alison_ledgerwood_a_simple_trick_to_improve_positive_thinking. Answer the following questions on a separate sheet of paper:

1. What is the difference between the “gain frame” and the “loss frame”?
2. What were the conclusions from the experiment about the “600 lives are at stake”?
(Which group took longer to calculate? What does this suggest?)
3. Describe a time when you were thinking negative and how that made you feel.
4. What can someone do to boost positive thinking and how does that help?

