



Ripple

Journal

Learn & Grow



Get ready to RIPPLE! Foster personal learning and leadership growth in your middle school students through writing, drawing, doodling, surveying, reflecting, discussing, and setting goals.

What is a Ripple Journal?

✦ A Ripple Journal is a place where young people can build personal skills for community leadership. It's a wellness workbook, leadership log, and connection curriculum all in one! Young people who open these pages find encouragement for honest self-reflection and discovery, learn skills for solving problems and building healthy relationships, and gain inspiration and ideas for taking action and making community-wide impact.

✦ The four-part Ripple Journal LEAD series (Learn & Grow, Explore & Share, Assess & Apply, Discover & Act), aimed at 10- to 15-year-olds, is an important part of the comprehensive, research-based One Trusted Adult Program. This program is dedicated to ensuring that every young person has at least one accessible, boundaried, and caring adult in their corner.

✦ The content of the Ripple Journals supports the Common Core ELA standards, as students read, ask and answer questions, and are challenged to problem solve, communicate, and think deeply and critically.

✦ The themes, activities, and lessons in the journals address the universal needs of youth in a unique, fun, and activity-based way that encourages discussion and connection between trusted adults and the young people in their care.

✦ Ripple Journals were created with flexibility and individuality in mind! Students can work through the journals at their own pace or as a group. No prep or tech is needed, and teachers are encouraged to engage in the journal alongside students.

✦ To support implementation, when these journals are purchased in bulk, teachers receive a facilitation guide. The facilitation guide outlines pacing of the journal for a 25-lesson, year-long curriculum and provides suggestions for experiential extension activities. We also offer Ripple Journal facilitation training.

✦ Each 7" x 10" soft-cover journal is 120 full-color pages, designed to be written, drawn, and doodled in.

Keep reading to learn more about the framework and contents, and for sample pages from Ripple Journal: Learn & Grow.

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The Ripple Mentality

To be our best selves and become outstanding community members, we must invest in, care for, and challenge ourselves in each of the circles that define our social world:

Solo Circle:

In our Solo Circle, we pay attention to ourselves—to our personal care and our physical, mental, emotional, and spiritual wellness. It is where we discover who we are and what we offer the world.

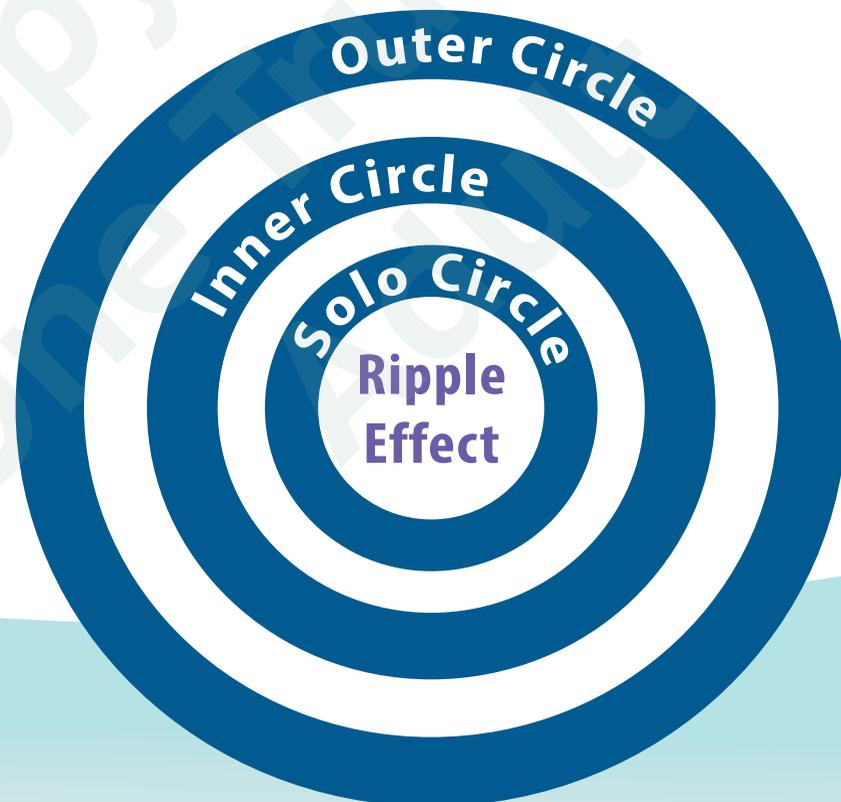
Inner Circle:

Our Inner Circle includes the people closest to us. When we work on our Inner Circle, we learn to communicate with, collaborate with, challenge, stand up for, work with, and live with our family, friends, classmates, and neighbors.

Outer Circle:

Our Outer Circle extends to our wider communities. When we pay attention to our Outer Circle, we identify the larger groups and teams we are part of and work to find ways to serve, lead, and make a positive impact.

A ripple effect happens when the results of one action spread outward, creating wider impact.



Ripple Rituals

Throughout the Ripple Journal you will find pages labeled “Ripple Reflections,” “Let It Ripple,” and “Start a Wave.” Here’s what to do with them.

Ripple Reflections: These pages are all about YOU and YOUR feelings. Use them to freewrite or draw: What have the activities and prompts made you think about? What have you learned about yourself so far? What’s in your head? What’s in your heart? Reflect inwardly and express outwardly—let these pages catch all your responses and reactions!

Let It Ripple!: These pages are for note-taking, doodling, drawing, playing tic-tac-toe, or signing your name 100 times—whatever you want! Think of these sections as a blank canvas where you can express yourself any way you choose.

Start a Wave: These pages are all about action and application. How is what you are learning going to show up in your day-to-day life? What difference will this work make? When you make a positive change or commitment, you encourage others to do the same. When you smile, others want to smile too. When you express gratitude, you remind others to do so. Little ripples can start big waves. These pages are full of ideas to help you start leading and making a difference right away.

Mastery and Meaning

You will find definitions and prompts throughout the Ripple Journal to help you master the content and make the most meaning of your work.

Tell Me More

These prompts include interview questions you can ask a friend or trusted adult about their growth journey. The prompts also remind you that the best follow-up question is, "Can you tell me more?" We can learn so much from each other if we ask good questions.

What's the Good Word?

Here you'll find the definitions of important words. At the end of the journal is a "What's the Good CROSSword?" puzzle that quizzes you on the definitions of some of these words.

Tell Me More

Ask a friend or trusted adult if they like to journal. If yes, why? If no, why not?

What's the Good Word?

MASTERY = A high level of knowledge or skill in a subject.

The Ripple Code of Conduct

Whether you are diving into this journal alone, with a buddy, or with a group, you need to be on the same page about HOW you are diving in.

If you choose to hang with us, you commit to the following code of conduct to ensure everyone has a safe and fulfilling experience.

As a member of the Ripple Community, I will

...choose collaboration over competition
(this means we will seek to work as a team).

...treat others—and myself—with dignity
(this means we respect, honor, and value ourselves and others).

...seek to be mentored and to be a mentor
(this means we ask for, and offer, support).

Living by the Ripple Code of Conduct allows me to:

- ◆ fully invest in my personal development;
- ◆ support—and be supported by—those around me;
- ◆ strive to lead my communities in a positive way.

Think about matters and motivators. Let's rewrite what gets to influence our inner compass. You can tell your inner compass what to listen to and what to block out! You do this by asking yourself what you WANT to matter to you and what you want to **motivate** you.

Think about a time when something really mattered to you or you were super motivated to do something. What were you doing? Who were you with?

Circle, star, or highlight the eight matters and motivators that are most important to you.

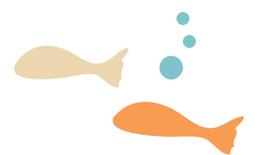
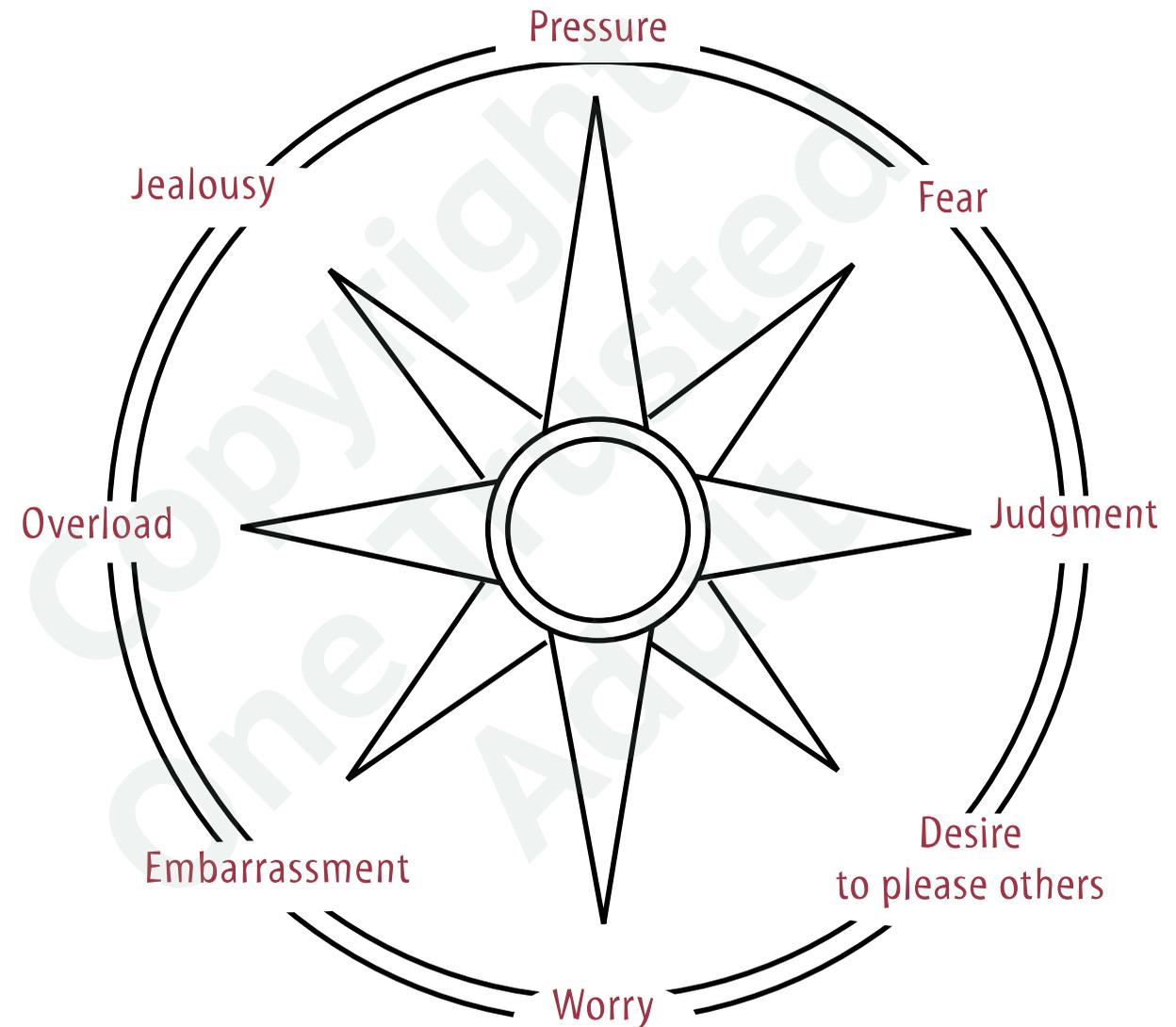
Personal goals	Strong friendships
Pride	Accomplishments
Hobbies and interests	Positive impact
Curiosity	Joy
New skills	Happiness
Passion projects	Sense of achievement
Healthy habits	Service to others

What's the Good Word?

MOTIVATE = To spark interest or enthusiasm to do something.

Make it your own! Cross out the influences below and replace them with the eight matters and motivators you circled, starred, or highlighted on page 30. Crossing out the influences you don't want and replacing them with ones you do symbolizes YOU taking control of what matters most to YOU, and reminds you to seek positive influences.

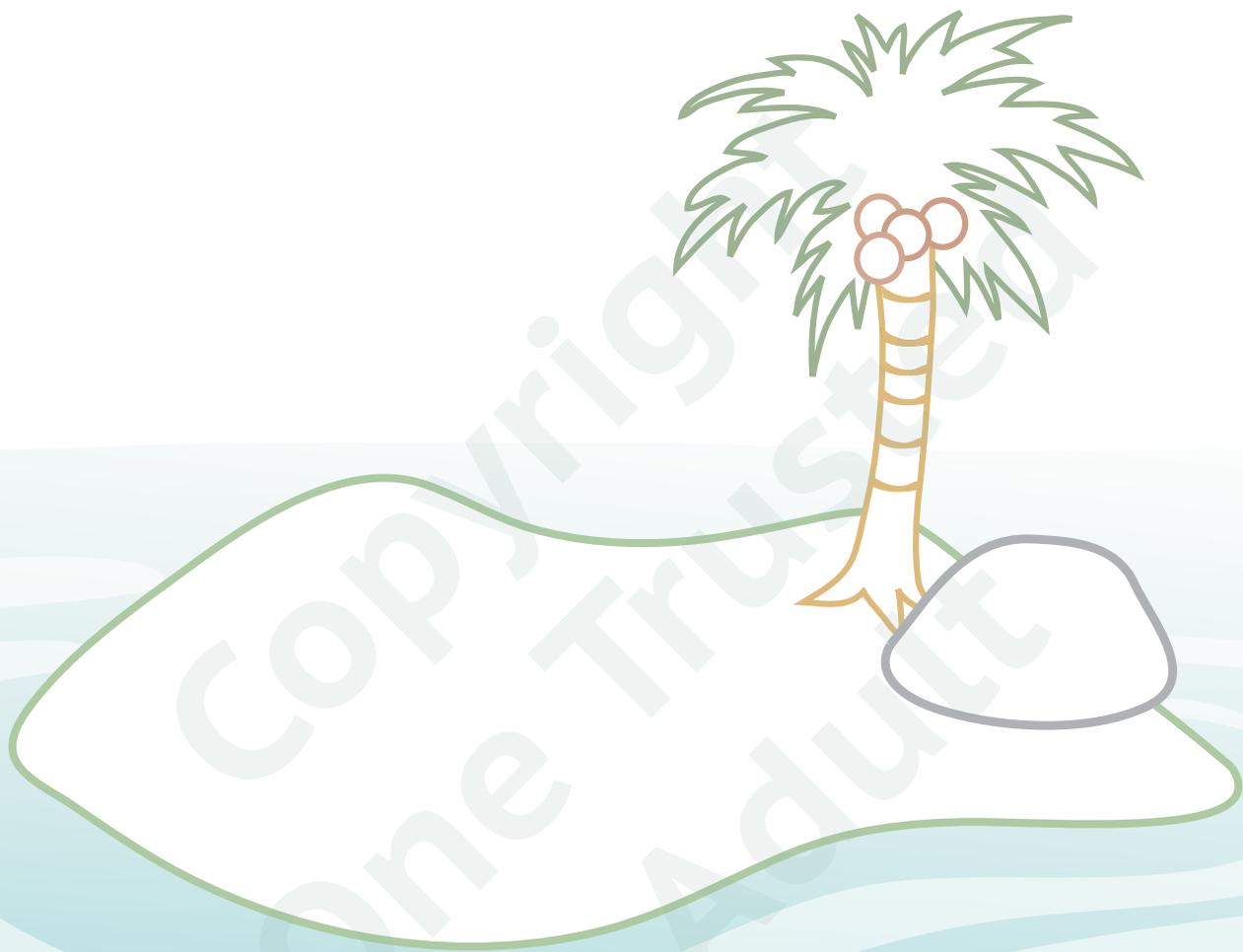
Color your compass!



What are your basic needs for survival?

Food? Water? Shelter? What else, as a human, do you need to survive and thrive?

Draw yourself on the desert island below. Include all the things you would need to survive.



Feeling Known and Noticed

Did you know that, just beyond your basic safety and survival needs, you have needs that must be met if you are to be your healthiest and happiest?

One of those needs is—**BELONGING**.

A sense of belonging comes from others knowing and noticing us.

Where do you feel the most known and the most noticed?

A series of ten horizontal dashed lines for writing.

Tell Me More

Ask a friend or trusted adult how they define belonging and where they feel the most known and noticed.

Start a Wave!

Little ripples start **BIG WAVES!** Commit to three or more of the suggestions below to put your Outer Circle work into practice, and start leading and making a difference today!

- * Ask trusted adults and friends from different communities about the style of leader they think you are. Decide what you accept or object to.
- * Make a list of your gifts, talents, and strengths—what do you offer a group? Ask yourself, “Am I using 100% of my gifts for good?” Encourage others to do the same.
- * Reach out to the leader you admire from page 90; tell them why you admire them, and ask if they would be interested in mentoring you. If you don’t hear back, find another leadership mentor you can check in with and learn from.

- * Keep a journal of observations the next time you’re working in a group or team. What works? What doesn’t?
- * Challenge a group to a “no I” competition. See how long your conversation can go before someone uses the word “I”—the last one standing wins!
- * Teach younger kids the Ripple Plan for Goal Setting, and check in with them on their goals.
- * Make and share posters using your image on page 102 representing your leadership definition.
- * Continue setting goals in all areas of your life, and track your progress.
- * Add your own ideas!



Little Ripples Start Big Waves!

The Ripple Journals are part of the One Trusted Adult program, whose mission is to ensure that every young person has at least one trusted adult in their life. The One Trusted Adult Team pursues this mission by providing professional development for educators and youth-serving professionals, student and youth development workshops, school-wide campaign toolkits, and parenting and community partnership programming.

Brooklyn Raney is the curriculum designer for the Ripple Journals and the founder of this mission. Author of *One Trusted Adult: How to Build Strong Connections & Healthy Boundaries with Young People*, she is an experienced teacher, coach, camp director, and school administrator. Brooklyn received a BA from Colgate University and an MA from New York University, and is currently working toward her EdD from the University of Pennsylvania.

To order Ripple Journals, and to learn more about our programs, please visit our website: www.onetrustedadult.com, or email us: info@onetrustedadult.com

