

HOW TO BE YOUR OWN HERO

Customize an Online SEL Course for Your Students

Teach students how to be mentally strong: build self-confidence, stand up to peer pressure, overcome adversity, make good decisions, and be their own hero.

Choose Your Lessons: (see page 2 for age & bundle recommendations)

1. **Refresh Your Perspective** - learn how Peter overcomes the challenges in his life (15-minute video)
2. **Invest in Yourself** - Are you willing to do the hard work it takes to be the hero in your own story?
3. **Appreciate What You Have (Tool #1 = Gratitude)** - The next five days introduce you to "The Hero's Toolbox". The first tool is gratitude. Today you'll learn that practicing gratitude sets you up to stay positive throughout your day.
4. **Know Your Boundaries (Tool #2 = Values)** - Tool #2 in "The Hero's Toolbox" is values. Today we'll show you how to identify your personal values and how to use them when making difficult decisions.
5. **Take Charge of Your Emotions (Tool #3 = Self-Regulation)** - Tool #3 in "The Hero's Toolbox" is self-regulation. Today you'll learn ways to stop your mind and feelings from spinning out of control.
6. **Be Courageous (Tool #4 = Fortitude)** - Tool #4 in "The Hero's Toolbox" is fortitude. Do you know what that means? Fortitude is mental courage and determination. Today you'll learn how to make choices that are in your best interest, even when you're afraid.
7. **Find Your Tribe (Tool #5 = Support)** - Tool #5 in "The Hero's Toolbox" is support. Today you'll learn how to identify good friendships and find social groups that align with your interests and values.
8. **Own Your Past & Present** - Hero's don't allow someone else to write their story. They have the courage to pick up the pen and write it themselves. Now that you have the tools to be your own hero, we'll show you how to write your story with purpose and intention. Today you'll decide how you want to think about the biggest moments in your life.
9. **Envision Your Future** - Hero's know they don't get to choose all the content in their story, but they do write their own title and decide how many pages certain chapters consume. Today you will identify and prioritize your future life goals.
10. **Write Your Story** - Congrats on becoming the hero of your own story! Today you'll finish your book by writing the title, dedication, and table of contents. This is your one-page reminder that you choose to live a hero mindset, value yourself, and live with intention and purpose.

"Throughout the presentation, I started thinking about all the things I take for granted. I'm happy you made it through the rocky times. This makes me believe that you should never stop trying and always stay positive"

Payton, 6th Grader, Ladera Ranch Middle School

Email Dede@PeteDiary.com for inquiries or visit our website at PetesDiary.com

BUNDLE RECOMMENDATIONS

Quick Fix

- Lesson 1 only, appropriate for grades 3-12, best for grades 3-12 struggling with anxiety & social distancing
- Time commitment – 20 minutes total, no supplies needed

Hero's Toolbox

- Lessons 1-7, best for middle school students who are struggling with social distancing, friendships, standing up to peer pressure, self-regulation, making good decisions
- Time commitment – 7 lessons, 20-30 minutes/lesson
- Supplies needed – notebook or journal, pen or pencil, internet access, and printer (recommended for printing worksheets)

Write Your Story

- Lessons 1-2 and 8-10, appropriate for grades 5+, best for high school and college students who feel like they have no control over their life right now
- Time commitment – 5 lessons, 20-30 minutes/day
- Supplies needed – notebook or journal, pen or pencil, internet access, and printer (recommended for printing worksheets)

Be Your Own Hero

- Lessons 1-10 (the entire course), best for grades 6-12 struggling with social distancing, self-confidence, and needing to regain some control over their life
- Time commitment – 10 lessons, 20-30 minutes/day
- Supplies needed – notebook or journal, pen or pencil, internet access, and printer (recommended for printing worksheets)

ADD-ONS, PRICING & SCHEDULE

- Every bundle includes an optional live Zoom video call with us where we will answer student questions and enjoy some guitar playing
- Every bundle includes a custom link for your classroom or school, so students can privately and safely engage with us and one another
- You choose the start date and when the lessons are released (all at once, consecutive days or one/week)
- Two pricing options:
 1. **Classroom Enrollment** - \$100 up to 60 students
 2. **School Enrollment** - \$500 for up to 500 students (Zoom call max is 95 students/call)

"Your message about writing your own story was so poignant and relevant to our kids. Your determination to be a victor of your circumstances instead of a victim is so inspiring."

Amee Lihme, Director of Curriculum and Instruction, Mission Viejo Christian School

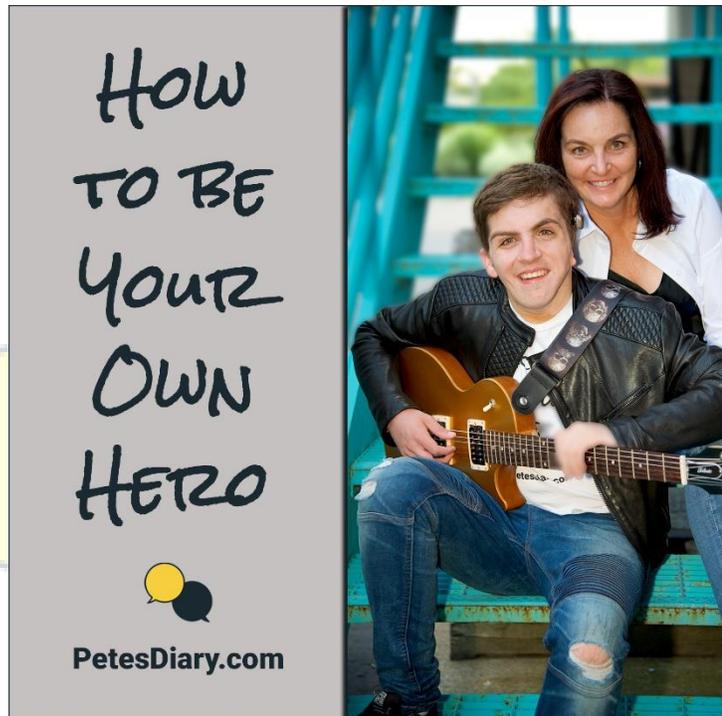
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INSTRUCTORS

Dede & Peter Dankelson are a Mom & 19-year old Son who share Peter's life with a guitar and Goldenhar Syndrome. They've been motivational speakers for over ten years all while navigating 35 surgeries and countless social situations as a result of Peter's facial difference.

Peter is a 2019 School of Rock All Star, a Rare Storyteller & Music Ambassador for Harmony 4 Hope, and a certified #ChooseKind speaker for Children's Craniofacial Association.

Dede serves on the Board of Directors for both charities and has extensive experience writing and speaking about raising a medically-complex child, marriage & parenting, special education, grief & loss, and living your life with intention and purpose.



Pete's Diary

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COMMUNICATE WITH COMPASSION

"Thank you for coming to Fremont today and sharing your beautiful story of strength and courage. My 9-year old daughter hasn't stopped talking about it since she got home. You are such an inspiration to all."

Courtney Lane, Parent, Fremont Intermediate School

"The thing I liked most is that you took things most people would consider bad and you turned them into something good and positive and made it fun. It is crazy how you have had 35 surgeries! Thank you for sharing with us about your life."

Britlyn, 6th Grader, Shorecliffs Middle School

"Peter and Dede deliver one of the best social-emotional learning programs I have ever experienced. I highly recommend this practical and impactful program."

Vanessa Griffin, PTO, Lake Zurich Middle School North

YOU HAVE MORE CONTROL OVER YOUR DESTINY THAN YOU REALIZE