

LET GO, LET GOD

Hey, everyone. My name is Rhyan Ramirez, but your students know me as Mr. Rhyan or Bro Rhy. I'm

excited to partner with the Lumen Christi Academy and share these valuable social-emotional learning tools and faith-based solutions.

I come with 11 years of experience working in the adult mental health field and 20+ years of youth and young adult ministry, from parish-level to diocesan-level events. I was born and raised in Vallejo, Ca. and I'm part of the Sacramento

Diocese. My mission is to bring awareness to what social-emotional learning is and to provide tools and faith-based teachings to be a part of the solution. It is my belief that every student deserves to be safe, seen and heard.



We'll send you a newsletter to accompany each workshop so you can follow along with the new SEL language and skills your students are practicing. Your ongoing support reinforces the workshop material and experience. When we all work together, we create deeper connections at home and in the classroom, and positively affect the school's culture.



Bro Rhy

SOCIAL-EMOTIONAL LEARNING

The Clean Up

Step 1: Be honest and admit what you did.

Step 2: Give a genuine apology. No need for explanations (you can write those down in the I-Message form later).

Step 3: Ask how you can make it right. Listen patiently for an answer. Avoid making suggestions. Their voice needs to be heard.

Step 4: Honor your commitment. If you repeat the same behavior after making a commitment to change, others will lose trust in us and our relationships will weaken.

Step 5: Ask for forgiveness. Remember, it's OK if the other person is not ready to forgive in that moment. You already did your part by cleaning it up.



Some of the tools included here were inspired by Soul Shoppe.

We all make mistakes from time to time. The Clean Up tool, while tough to use, is one of the most powerful tools we have at our disposal. It builds self-esteem and self-awareness as students use the restorative justice process to take action and focus on making positive changes.



FAITH-BASED TEACHINGS

LET GO, LET GOD

Let Go: Let go of all things getting in the way of you doing a Clean Up. Let go of vices like anger, pride and envy,

Let God: Let God fill your mind and your heart. Let God be your hands, feet and voice.

Scriptures & Church Teachings

In the Lord's Prayer: "...Forgive us our trespasses AS we forgive those who trespass against us..." the word **as** means at the same time. We can't ask God to forgive us and not be willing to forgive others.

The Sacrament of Reconciliation allows for a spiritual fresh start or renewal.

Vices & Virtues

Pride

Having super confidence & believing you are the source of your own greatness.

Envy

Resenting others for their possessions or talents

Lust

Considering others as mere objects of sexual desires

Anger

Outburst of negative emotion or desire for revenge

Gluttony

Consuming to unhealthy excess

Greed

Unnecessary desire for earthly possessions

Sloth

Laziness, avoiding spiritual or physical work

Humility

Understanding that your gifts are from god

Kindness

Wishing the best for others

Chastity

Valuing the dignity of others and maintaining pure thoughts

Meekness

Having patience and charity when resolving issues

Temperance

Taking all things in moderation

Generosity

Freely giving of self or possessions

Diligence

Following gods will despite discomfort

CONNECTION SECTION

Clean Up together at home

Check In: Discuss the importance of virtues. Share a time or brainstorm a situation where virtues might come in handy (For example: Practicing fortitude during a disagreement allows you to stay present in the conversation and not walk away when it starts to get tough).

Discuss how virtues are the opposite of vices and also the solution to vices.

Attend confession together and share how you felt after receiving the sacrament.

Ask your child to list the five parts of the Clean Up :

Virtues matching game

Draw a line to the virtue that matches the description

Prudence

Courage.

Staying in the battle

Temperance

Being fair and not choosing sides

Fortitude

Wisdom or right judgement

Justice

Self-restraint or moderation

WHEN I MAKE A _____,
THAT'S _____, JUST _____
RIGHT _____.