

# THE TRUTH WILL SET YOU FREE

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 I Message

The I Message is a great tool for resolving conflicts and disagreements. It also gives us another way to "Empty Our Balloons."

After we calm our strong emotions with the "Check In" and "Stop and Breathe" techniques, we are able to share how we FEEL and what we NEED.

When we can let down our guard and be vulnerable, the people receiving our I Messages are more likely to be empathetic. This honest communication creates powerful connection within ourselves and with others.



Let your voice  
be heard  
because you  
matter



When using the I Message:

1. Write down your thoughts and feelings
2. Read/Share them aloud
3. Acknowledge all of the feelings expressed

*Your Truth  
is yours, not  
anyone else's.*

## FAITH-BASED TEACHINGS

### Scriptures & Church Teachings



In John 8:32, Jesus said,  
"You will know the truth  
and the truth will set you  
free."

### Get your daily dose of fruit



Did you know that when you're giving an I Message and speaking your truth, you are using fruits of the Holy Spirit?  
\*Charity,  
\*Kindness,  
\*Gentleness or Humility

## CONNECTION SECTION

### KEEP IT REAL AT HOME:

- Practice using the "I Message"
- Ask children to teach you the hand signals.
- Begin by writing or drawing out your feelings and needs together. Then practice saying them out loud.
- Remember to give children the time and space to think about what they really feel and need. Avoid using leading questions or offering answers. Be patient in waiting for their response.
- Check In: Share a time from your childhood when you had to tell the truth and it was difficult. Share what was in your balloon and how you felt after you did the right thing.

- Discuss John 8:32 and the importance of being free: Free from anxiety, stress, fear and anything else that doesn't allow us to be 100% of who God created us to be. Jesus knows how important it is to be honest.
- Pray as a family for all the different feelings and needs that are shared with each other.

