

JNP AWESOME NEWS SPLASH! FRIDAY, SEPTEMBER 11, 2015



Awesome News! Splash

THE JNP PROJECT.COM NURTURING CHARACTER, COURAGE, AND CONFIDENCE.

JNP Website: Growing and Glowing with New Resources to Nurture Kids' Inner Awesome™

The JNP Project is positively glowing and overflowing with **new JNP website resources** to **advocate** kids' healthy self-esteem; **empower** kids to be their "inner awesome"; and **help** caring adults like *you* to nurture kids' character, courage, and confidence.

For example, check out JNP's new [Supportive Research in Kids' Healthy Self-Esteem](#) webpage. Here you'll find a sample of **top-notch, recent research sources** in **bullying/cyberbullying**, **character education**, **self-esteem**, **social and emotional learning (SEL)**, and **values/virtues** that help form the backbone of JNP's mission, vision, and products.

Want to get **the big picture of the entire JNP Project**? Browse the [All About JNP: Overview](#) page, which includes a peek of our **Inner Awesome Factory™** (a.k.a., The National Headquarters of JNP) where you can tour our Annapolis, MD retail store and corporate studio offices—and buy JNP products!

What happens when JNP's inner-awesome, healthy self-esteem empowerment book series, *Jane & Jake's Adventures to Awesome*, travels around the globe? Read the [quest blog posts of Biteena Frazier](#), a JNP Advisory Committee Member and our new "Ambassador to the Middle East," where she is now teaching at The English Modern School, Al Khor, in Qatar. Biteena, a parent coach, counselor, and Virtues Facilitator **will be training all school staff in The Five Strategies® of The Virtues Project® and using JNP's chapter-book adventure series to assist her work.**

Coming soon... Haven't had a chance to read earlier issues (and grab the free resources mentioned) of the JNP *Awesome News Flash*? No problem. The JNP website will soon include a JNP e-News archive (with links to downloadable resources). *Stay tuned...*



AWESOME TIPS, TOOLS, AND TREATS

How to Calm Down



Stop—
use your
signal

Name
your
feeling

Calm
down:
breathe
count
use positive self-talk

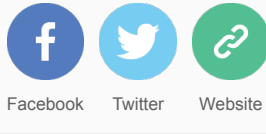
committee
for
children

second

Feeling irritated, frustrated, or upset? Here's a simple, a-ma-a-zingly effective [three-step process to instantly calm emotional turmoil](#) in yourself that you can also teach to kids of all ages (and stressed adults). The Committee for Children's Second Step program recommends: 1.) **Catch yourself** while feeling a negative emotion and **prevent** its **escalation** by using words such as "**Stop!**" or "**Chill-pill time!**"; 2.) **Identify the specific emotion** you are feeling ("**I'm angry**" rather than the vague "**I'm upset**"); and 3.) **Diffuse your emotion** through deep "belly breathing," counting, or positive self-talk ("**I'm doing fine**," "**I can take it easy now**").

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P.S. Welcome to our new collection of **carefully curated resources to befriend emotions**, which complement JNP's *Jane & Jake's Adventures to Awesome* chapter-book adventure series.



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You are receiving this e-mail because of your association with The JNP Project™. Thanks for supporting the movement! The JNP Project™ is a healthy self-esteem movement that promotes the growth of self-confidence in boys and girls – NURTURING CHARACTER, COURAGE, AND CONFIDENCE! – helping them discover and make choices from their inner awesome.

I AM. I CAN. I WILL. EMPOWERED.™

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