



## Rebalance Student Report

Student Name: **EXAMPLE**

Date of Attendance: **EXAMPLE**

### TBRI - Trust Based Relational Intervention

Understanding TBRI Techniques introduced this session:

| Technique                   | Defined   |
|-----------------------------|---|
| <b>Playful Engagement</b>   | THE POWER OF FUN<br>PLAY disarms fear.<br>PLAY builds connectedness.<br>PLAY teaches social skills.<br>PLAY teaches competencies.   |
| <b>Connecting Principle</b> | Connecting Principles describes an interaction between child and caregiver that produces warmth and trust. It disarms fear, promotes attachment and builds social competence. Even adolescents who seem resistant and challenging actually love the opportunities for joyful, silly connection. |
| <b>Plank Breathing</b>      | Plank and get as low as you can to the ground. Then belly breathe and touch your belly button to the ground five times.   |

### Character Value

Character Value and definition discussed: **Resilience**, *the process of growing stronger through overcoming the difficulties of life.*

Students initial rating of their use of the Character Value of: **Resilience 6 out of 10**

Last week's Character Value was: **Ethics**

Initial Rating of last week's Character Value and follow up rating of last week's Character Value: **6 out of 10 to 7 out of 10**

Follow Up:

**We highly recommend attendance in the next session for follow up. We would like to see and follow up on how their RESILIENCE was worked on this week. We would like to use PLAYFUL ENGAGEMENT again next week to provide consistency.**

**If student can't continue:**

**We suggest discussing their goal for RESILIENCE this week. We suggest using one or all of the TBRI techniques that we used at home as much as possible.**

### Summary

Notes from facilitator:

**EXAMPLE**