

# BACK TO SCHOOL



WITH WISDOM FROM

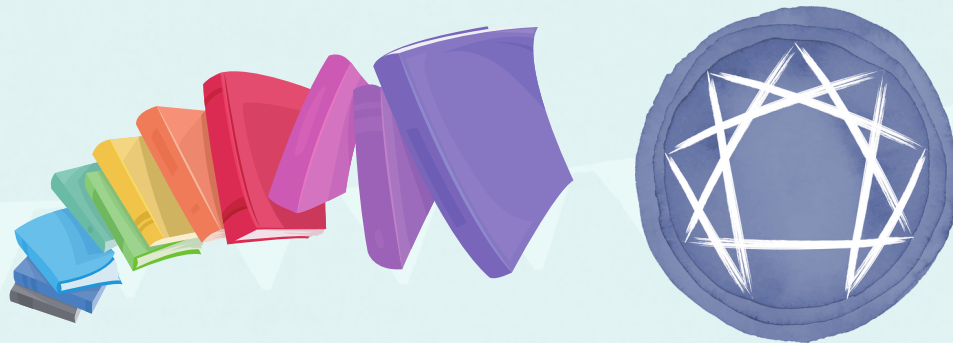
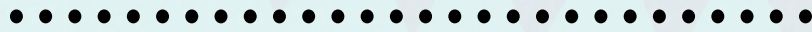
# THE ENNEAGRAM

.....

*Do not be afraid of  
what is new.  
It will challenge you  
but it will also  
prepare you  
for the depths  
you have been called to.*

*-morgan harper nichols*

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# BASICS: THE ENNEAGRAM

1. Is nine ways of seeing and being in the world.
2. Brings awareness: a mirror, a lens, and a map.
3. Considers motivations, not just behavior.
4. Acknowledges our dark sides...
5. Takes a wholistic, lifelong approach.
6. Accounts for complexity of humanity.
7. Gives language to unspoken patterns/ruts.
8. Doesn't put you in a box, shows ways out of one.
9. Is specific: Only YOU can decide your own type.
10. Brings incredible potential for compassion, but should never be used as a weapon!

## \* CENTERS OF INTELLIGENCE \*



**BODY**



**HEART**



**HEAD**

DRIVING FORCE • Action  
SEEKING • Control  
CENTRAL EMOTION • Anger

• Feelings  
• Significance  
• Shame

• Thinking  
• Security  
• Fear

**8~9~1**

**2~3~4**

**5~6~7**

# THE 9 TYPES OF THE ENNEAGRAM



BODY



SEEKING CONTROL

8 – PROTECTING  
9 – RECONCILING  
1 – CORRECTING

HEART



SEEKING SIGNIFICANCE

2 – HELPING  
3 – ACHIEVING  
3 – DIFFERENTIATING

HEAD



SEEKING SECURITY

5 – OBSERVING  
6 – QUESTIONING  
7 – STIMULATING

OBVI BUT NOT ALWAYS EASY

EAT WELL • HYDRATE  
EXERCISE • SLEEP WELL

# \* RESET BUTTONS \*



BODY CENTERED RHYTHMS

.....  
Empowering Autonomy/Control

## MOVE IT

- Play catch
- Dance
- Yoga
- Trampoline
- Walks
- Biking
- Obstacle courses
- Sports...

What kinds of movement motivate me/my students?  
What times of the day can we maximize this movement?

Create/add to your 2020 Back to School playlist -

## CHOOSE IT

- Order of activity
- Where to study
- What/when to eat
- Free time choices
- Creative project outlets

What daily choices CAN I/my students make? Consider how to best incorporate those choice-making opportunities into your daily/weekly routine.

## LET IT GO!

- Paint/Draw
- Play with clay/sand
- Compose a poem, song, story, video
- Create a tutorial
- Scream(ing) Pillow
- Scribble & crush paper  
play trashketball

What are some simple, safe ways my students/kids can express their anger? Sadness? Worry? Consider time to process 1:1 as needed.

\* WHAT SELF CARE PRACTICES HELP YOU FEEL MOST PHYSICALLY HEALTHY?

