

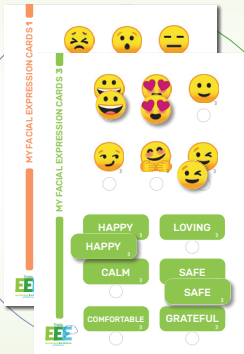
TRIPLE E PROGRAM

Triple



encourage & enhance emotions

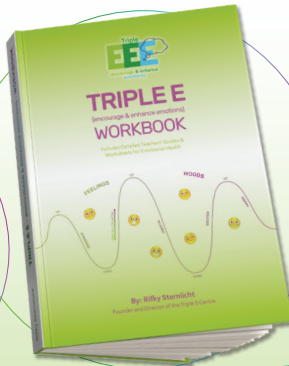
MY FACIAL EXPRESSION CARDS



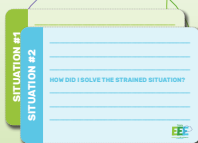
TRAINING
USB STICK



TRIPLE E WORKBOOK
TEACHERS GUIDES & WORKSHEETS
FOR EACH SESSION



SITUATION CARDS



Things will fall
into place b'ezras
Hashem

Hashem loves me and
keeps giving me new
thoughts and serenity
in my life

THOUGHT
BUBBLES

MY FEELING CARDS



BLANK
THOUGHT
BUBBLES &
MARKERS



DIGITAL TIMER

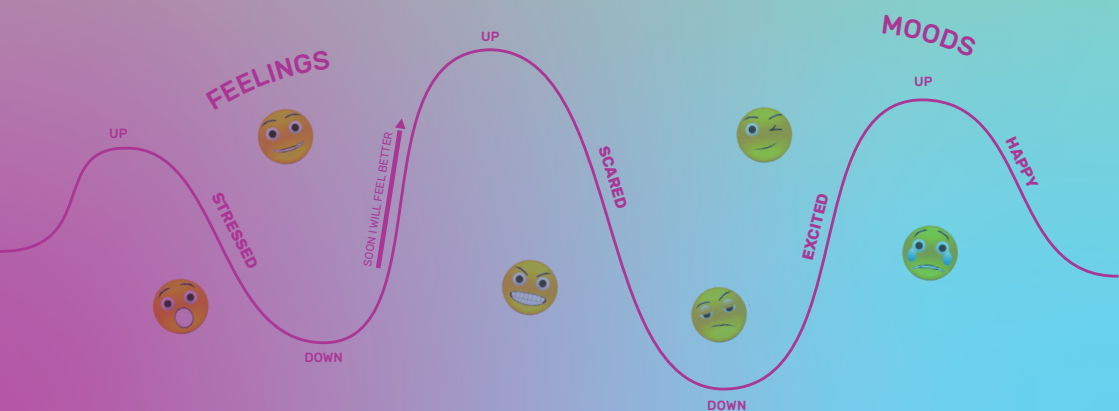
POSTERS



LIVE A LIFE WITH PEACE AND SERENITY

The **Triple E Program** is a structured curriculum that teaches how to live with peace of mind and happiness regardless of their current circumstances. This program is premised on 'we think - therefore we feel', as well as the teachings of Rabbi David Ashear (Living *Emunah* Series).

What seems to be a simple idea, is in reality, life-changing. Join the myriads of people worldwide who live with emotional health, freedom and joy. By learning how much power thought has on our lives, we can achieve emotional stability no matter what is happening around us.



WORKSHEET SAMPLE 1



We can choose which thought to take seriously and which ones to let go. Just like the taxi cars in the queue.

Some thoughts will circle through my mind again and again. No need to worry about them. I can choose to focus on calm, happy, positive *Emunah* thoughts (most of the time).

Don't be afraid if the anxious, negative thoughts return, because **they very likely will**. But you can just ignore them and let them be because you are a *tzelem Elokim* and are therefore strong and resilient- much, much stronger than your thoughts!

If you feel stuck with a worried thought, who says you have to continue

Just let go!
It's only

WORKSHEET SAMPLE 2

Can I run away from my feelings and do I even have to?

Will I ever be able to remain calm despite other people bothering me?

Where do my feelings come from?

WORKSHEET SAMPLE 3

שלמה המלך

had inscribed in his ring

"גם זה יעבור"

THIS TOO SHALL PASS



THOUGHTS - FEELINGS - MOODS - SITUATIONS

TRIPLE E PROGRAM

Triple E Program (encourage and enhance emotions) is a structured curriculum for private teachers and therapists working with children aged 9+ to adults, to help them overcome low self esteem, anxiety, stress and/or fears.

By Rifky Sternlicht, founder and director of the **Triple S Centre**. With her hands-on experience as a teacher/mother, as well as a foster mother to a few children – plus extensive studying of OT, ABA, CBT, Innate Health, Mrs Sternlicht has created her own unique methods and curriculums to help parents and teachers overcome their child's struggles at home or in class.

Triple S will equip you with the tools for lasting change BS"D.

Find out about the author's additional programs:

The Triple S (strive for social success) is a social, behaviour and communication curriculum for private teachers and *melamdim* working with children aged 7-14, helping them integrate with their peers and enjoy an improved social, emotional and behavioural experience.

- Yiddish and English format
- suitable for boys and girls
- adaptable to be used with adults



TEACHERS TRAINING - TRIPLE B (boosting best behaviour)

This course is beneficial to current heads, teachers and sem leavers. Many options available.



PARENTING - TRIPLE B (boosting best behaviour)

Reclaim the calm in your home by understanding and helping your angry/annoying/anxious child through tools you'll learn in our Triple B parenting program. Many options available.



SUPPORT SESSIONS

From children to adults, support sessions are offered in person or over the phone.

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