



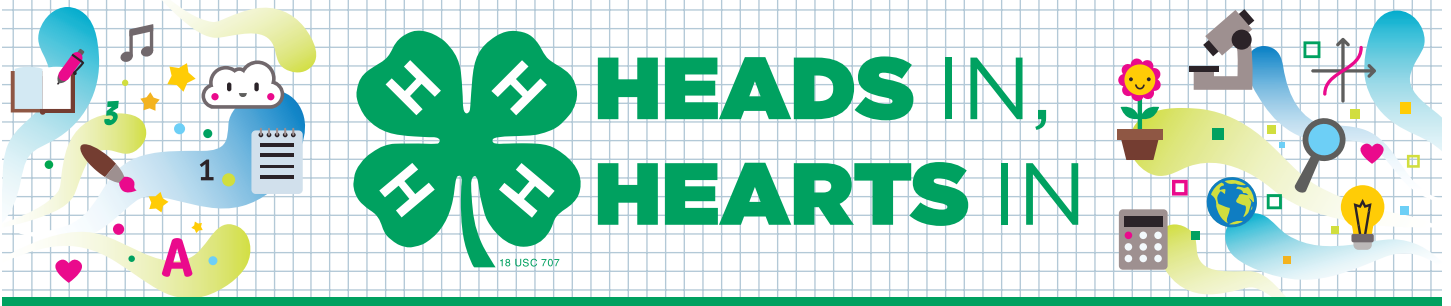
Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Feeling So Good” handout (1 per participant)
- Crayons or markers
- Additional craft supplies such as stickers, magazines, scissors, and glue or tape (optional)
- Display table

Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print one copy of the “Feeling So Good” handout per participant.
- ▶ Set up the display table and arrange needed supplies.





Feeling So Good

Guide for Families

Learning Objectives

What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, “I notice that I am feeling anxious,” rather than, “I notice I am feeling anxious. I am so weak.”

Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

What you will do and learn:

What makes us feel happy, satisfied, content or just good can be difficult to put into words. Oftentimes, we talk about our negative feelings and emotions as a way to express worry, concern or anger. However, we often forget to talk about our positive feelings as a way to express happiness, satisfaction or positive physical energy. This activity encourages you to take a moment and reflect about when you’re feeling good and share what you’re feeling with someone you care about.

Instructions

1. Think about a time you have felt happy, satisfied or content.
2. Consider: Where were you? What were you doing? What was happening around you? Who were you with?
3. As you reflect, consider your emotions and feelings.
4. Also consider how you felt physically. Did you smile, feel full of energy, feel like skipping instead of walking or get motivated to do a physical activity?
5. Share with someone you care about how you felt emotionally and physically.
6. Take one “Feeling So Good” handout.
7. Use words, draw pictures, or apply stickers or glue pictures from magazines (if these are supplied) to decorate the handout. Be creative and show what makes you so happy.
8. Put this handout somewhere you’ll see it often.

Feeling So Good

Feeling So Good Handout

FEELING

SO

GOOD