

Summary of Lesson Three

In this lesson, students learn about letting go of strong emotions. A balloon is used to show how strong emotions can build up—and how good it feels to let them go. As the balloon inflates, students imagine big feelings inside, then release the air to practice letting those feelings go. The story illustrates the importance of letting go and finding ways to release worries. Students participate in the "Eagle Flying" activity, mimicking the movements of eagles and promoting a sense of joy.

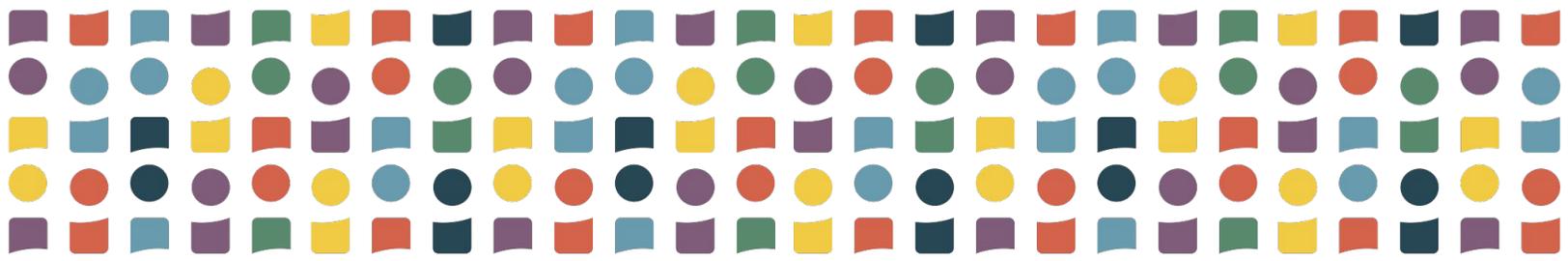
At Home Practice: Bubble Fun

Materials Needed:

- Dish soap
- Water
- Glycerin or corn syrup (optional, but helps make stronger bubbles)
- A small bowl or container
- Bubble wands (if you don't have wands use a slotted spoon, wire whisk, or make wands with pipe cleaners)

Preparation:

- In a small bowl, mix together 1/4 cup of dish soap, 3/4 cup of water, and 1-2 teaspoons of glycerin or corn syrup. Stir gently to combine.
- Set up a space where your child can freely blow bubbles, preferably outdoors or in an area that can get a bit wet.



At Home Practice: Bubble Fun cont.

Making Bubbles:

- Give your child a bubble wand and let them dip it into the bubble solution.
- Encourage them to blow gently to create bubbles.

Mindful Bubble Blowing:

- Explain to your child that just like the bubbles they are creating, their emotions can be big or small, and it's okay to let them float away.
- Invite them to think about a color for each emotion they are feeling. For example, blue for sadness, red for anger, yellow for happiness, etc.
- As they blow bubbles, encourage them to imagine their emotions filling the bubbles and floating away.

Discussion:

- Ask your child how it felt to imagine their emotions floating away with the bubbles.
- Discuss how, like the bubbles that pop and disappear, strong emotions can be released and let go.

Reflection:

- After the bubble activity, sit together and talk about different ways to manage and release emotions. Encourage them to share how they feel after the activity and if they noticed any changes in their mood.

Safety Note: Make sure to supervise your child during the activity to ensure they are safe and not slipping on any spilled bubble solution.