

Summary of Lesson Seven

In this lesson, students learn about friendship and how to recognize their emotions and physical feelings by practicing mindful breathing with the help of a small stuffed "buddy." Through a simple breathing exercise, students explore how slowing down and noticing their body can help them feel calmer and more in control when emotions get strong. They also practice friendship by using kind, encouraging words during the breathing activity.

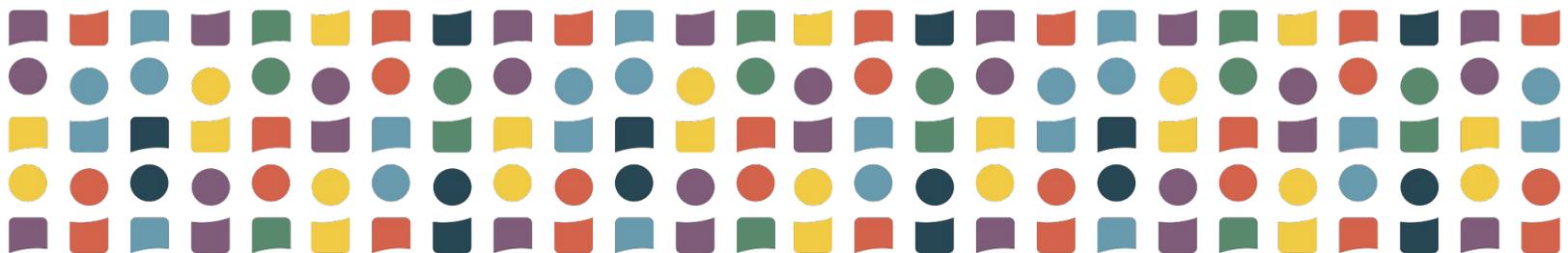
At Home Practice: Mindful Activities for When You Feel Sad

Preparation:

- Ensure you have access to the materials needed for each activity (e.g., paper, crayons, books, music, blankets, etc.).
- Find a comfortable and quiet space where you and your child can do these activities together.

Introducing the Activity:

Explain to your child that everyone feels sad sometimes, and it's okay to feel this way. Share that you will explore some fun and comforting activities together to help them feel better.



At home practice mindful activities when you feel sad cont.

Activity Options:

Draw Your Feelings:

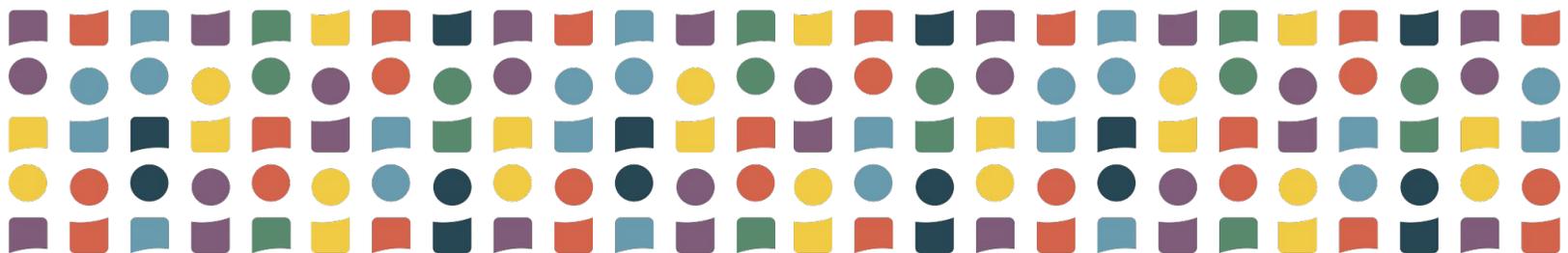
- Grab some paper and colorful crayons.
- Sit with your child and draw how you're both feeling. Encourage them to use colors and shapes to express their emotions.
- Discuss the drawings together. Ask questions like, "What did you draw?" and "How does this picture make you feel?"

Read a Happy Book:

- Pick out a favorite book or a new one with a happy story.
- Sit together and read the book aloud. Discuss the story and the characters.
- Ask questions like, "What do you like about this story?" and "How does it make you feel?"

Talk to a Stuffed Animal or Pet:

- Encourage your child to share their feelings with a stuffed animal or pet.
- Sit with them and listen as they talk to their fuzzy friend.
- Validate their feelings by saying things like, "It's great that you're sharing your feelings."



At home practice mindful activities when you feel sad cont.

Take Deep Breaths:

- Practice taking slow, deep breaths together.
- Inhale through your nose, and exhale through your mouth.
- Count to four on the inhale and to six on the exhale. Repeat several times.

Build a Fort:

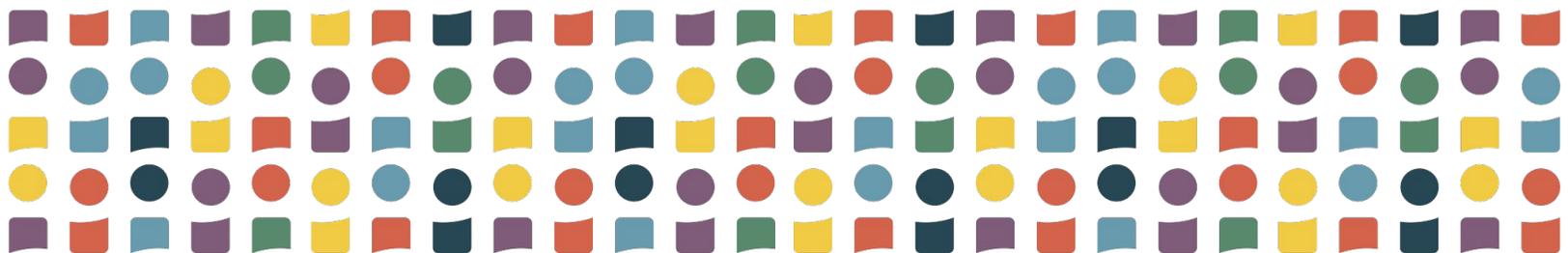
- Use blankets and pillows to build a cozy fort together.
- Once the fort is built, spend some time inside reading, talking, or just relaxing.
- Make it a special hideaway where your child can feel safe and happy.

Listen to Your Favorite Music:

- Put on some favorite tunes and have a little dance party.
- Dance together and enjoy the music. Encourage your child to sing along if they like.
- Discuss how the music makes you both feel.

Write a Happy List:

- Sit down with your child and make a list of things that make you both happy.
- Include favorite activities, toys, jokes, and anything else that brings joy.
- Read the list together and talk about each item.



At home practice mindful activities when you feel sad cont.

Take a Nature Walk:

- Spend some time outdoors exploring your backyard or a nearby park and encourage your child to notice the sights, sounds, and smells of nature.
- Talk about what you see and how being outside makes you feel.

Hug a Loved One:

- Give each other a big, warm hug.
- Talk about how hugging makes you feel and why physical touch can be comforting.
- Encourage your child to hug other family members or friends if they feel comfortable.

Plan a Fun Activity:

- Think about something fun you both enjoy doing.
- Plan to do that activity together, whether it's playing a game, doing a puzzle, or going for a bike ride.
- Discuss why the activity makes you happy

Reflection:

- After trying some of the activities, sit down and reflect on the experience.
- Ask your child questions like, "Which activity did you enjoy the most?" and "How do you feel now compared to before we started?"
- Share your own thoughts and feelings as well.