

## Activity

Practicing these skills helps you to increase awareness of thoughts, feelings, and behaviors to improve your mental health and wellness.

# Directions

Use this activity to help practice labeling feelings, rating their intensity, and identifying which body sensations you may feel with these emotions. First circle the ratings below to indicate how much you've experienced each feeling within the past week, with 0 being not at all and 10 being the most intense.

joyful	0	1	2	3	4	5	6	7	8	9	10
anxious	0	1	2	3	4	5	6	7	8	9	10
frustrated	0	1	2	3	4	5	6	7	8	9	10
fearful	0	1	2	3	4	5	6	7	8	9	10
depressed	0	1	2	3	4	5	6	7	8	9	10
calm	0	1	2	3	4	5	6	7	8	9	10
disgusted	0	1	2	3	4	5	6	7	8	9	10
content	0	1	2	3	4	5	6	7	8	9	10
hopeful	0	1	2	3	4	5	6	7	8	9	10



faster heart rate	sweaty palms	clenched teeth	nausea
tension in neck and shoulders	slower heart rate	steady breath	more energy
stomachache	furrowed brows	clenched fists	shaky
tightness in chest	headache	pursed lips	urge to run
weakened or shaky legs	reddened or hot cheeks	shallow or quickened breathing	heaviness

## Follow-Up

When you rate your feelings, you're gathering data about your experiences over the past week. If there are emotions that you're hoping to feel more or less, the skills reviewed in the additional videos and worksheets of this curriculum will help. You can use worksheets like this one each week to track your progress and figure out how the skills might be affecting your feelings.

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# Paced Belly Breathing

Breathing deeply into your belly helps to tell your body that you are safe and calm. Follow the instructions below and practice paced belly breathing when you are feeling calm and when you are feeling stressed or anxious.



- 1 Sit comfortably in your chair or on the floor either cross-legged or on your shins.



- 2 Place one hand on your belly and one hand on your chest.



- 3 Breathe in slowly through your nose for 4 seconds and feel your belly expand.



- 4 Slowly breathe out for 5 seconds through your mouth, letting the air gently leave your body.



- 5 Repeat 3-5 times, or for as long as you want.

Use the space below to think about times to practice paced belly breathing:

Before going to bed

Before taking a big test

Before sports practice

In the morning at school

After getting into an argument with a friend

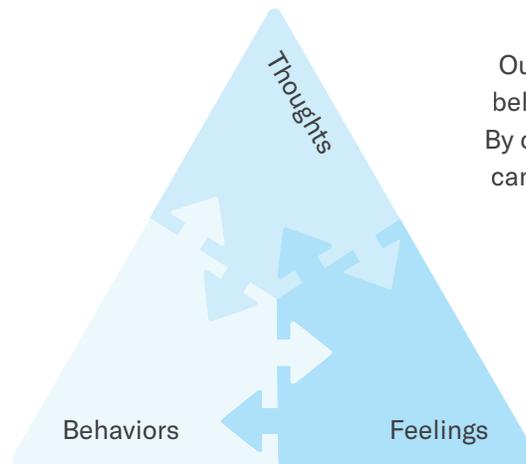
Outside, sitting down, and enjoying nature

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## Understanding Thoughts

Remember thoughts are not facts, and sometimes thoughts are unhelpful to us. One way of practicing understanding your thoughts is by keeping track of them when you notice uncomfortable feelings. Below is a thought log. Practice identifying what was happening at the time, what your thought was, how you felt, and what you did. If you notice that the thought was unhelpful, try to change it to a more realistic or helpful thought, and then see if that would change your feelings and behaviors.



Our thoughts, feelings, and behaviors are all connected. By changing our thoughts, we can change how we feel and how we behave.

Event	Unhelpful Thought	Feeling	Alternative/Helpful Thought

Here are some things you can ask yourself when trying to change your thoughts:

- What is the likelihood that this will happen?
- Is this realistic?
- What is the evidence that this is true?
- Is there another way I can think about this?

### Follow Up

When you notice how your thoughts are connected to how you feel, you're gathering data about yourself. If you notice that certain ways of thinking are not all that helpful or lead to uncomfortable feelings, remember that you have the power to slow down and consider when there might be other ways of thinking about the situation. The skills reviewed in the additional videos and worksheets of this curriculum can also help!

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# Self-Soothe Kit

You can use your five senses to self-soothe and help tolerate intense emotions. Use the guide below to create your own self-soothe kit.

You can carry this self-soothe kit with you so you always have what you need to tolerate intense feelings.

5 Senses	One thing that makes me calm and relaxed is:	Stumped on what to pick? Here are some suggestions:
See		<ul style="list-style-type: none"><li>• Calming colors</li><li>• A relaxing scene</li><li>• Small picture of my favorite person, family member, athlete; or place to visit</li></ul>
Hear		<ul style="list-style-type: none"><li>• Listen to rainstorm or ocean sounds</li><li>• Recordings of funny jokes or comedians</li><li>• Happy or soothing music</li></ul>
Smell		<ul style="list-style-type: none"><li>• Good-smelling hand lotion</li><li>• Small perfume bottle</li><li>• A scented candle</li></ul>
Taste		<ul style="list-style-type: none"><li>• Pieces of your favorite candy or other treat like gum or a mint</li><li>• Tea</li></ul>
Touch		<ul style="list-style-type: none"><li>• Satin ribbon or soft fabric</li><li>• A small pompom or pouf</li><li>• A small feather</li><li>• A stress ball</li><li>• Slime</li></ul>

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# Mindfulness Skills & Activities

The more you practice mindfulness the more it will help our mental muscles to have better focus, attention, and awareness. You can choose from many activities below to practice the skills of mindfulness.



**Observe**  
Skill



**Describe**  
Skill



**Participate Fully**  
Skill

**Counting Breaths**

**Paced belly breathing**

**Listening to music and paying attention to one instrument**

**Going for a walk and naming what you see**

**Mindfully eating your favorite food**

**Playing an instrument**

**Journaling**

**Dancing**

### Using recommended apps to guide you:

- Calm
- Headspace
- Shine
- Mindfulness for Children
- Thrive for Alexa: Amazon
- Take a Chill
- OMG | Can Meditate