





 **STRATEGIES: WHY?** Big emotions happen naturally. Instead of reacting inappropriately, we can remember to use a strategy. This helps us to recognize and feel the emotion while also choosing the best response for that moment.






When we practice strategies, little and often, our *memory maker (hippocampus)* remembers them better. This helps us to connect our *scribble spot / guard dog (amygdala)* with our *wise owl (prefrontal cortex)* so we can choose an appropriate response & use I-Messages to say what we feel and need.


(e.g. We can choose to get support from a loved one / trusted adult and explain what we feel and need respectfully. (I feel worried, so I really need you to listen. I feel sad and would really appreciate a hug. I feel angry, so I need some alone time to cool off. I feel nervous, and a brain break would really help me right now.)]

 **5 SENSES: WHAT?** See, touch, hear, taste, smell

     **HOW?** Take a moment, to describe something in detail in order to help you feel more present and ok (peaceful / relaxed / calm / tranquil / quiet / mellow / serene) (e.g. WATER BOTTLE: SEE: colours, lid, transparent TOUCH: cool, smooth plastic HEAR: quiet TASTE: sweet SMELL: clean, fresh)

 **INNER RESOURCE / UNCHANGING SOURCE: WHAT?** The deep inner feeling that is always ok (peaceful / relaxed / calm / tranquil / quiet / mellow / serene) and can be felt at any moment.

     **HOW?** Take a moment, to use your 5 senses to visualize in detail something or someone special to you (place / person / object / activity / memory) which helps you to feel ok. (e.g. NATURE: SEE: green trees and vines TOUCH: smooth leaves HEAR: wind TASTE: salty air SMELL: pine and soil)
(e.g. BEDROOM: SEE: colourful toys TOUCH: softness of stuffies HEAR: quiet or family voices in the background TASTE: sweetness of treats SMELL: clean laundry detergent)

 **SELF-SOOTHING: WHAT?** As some body parts have more complex movement and feelings, their controls take up more space in the brain. Soothing these parts (e.g. hands and face) at any moment, helps us to feel ok (peaceful / relaxed / calm / tranquil / quiet / mellow / serene).

HOW? Slowly move hands repeatedly:

-  1) **HAND TO HAND:** from wrist to finger pads
2) **HANDS TO SHOULDERS AND ARMS:** from shoulders down to forearms
3) **HANDS TO FOREHEAD AND TEMPLES:** from forehead to temples



REFLECTION: Practice, little and often, strategies, that help you to feel ok.

<p> Draw / write who you asked for help:</p>	<p> Draw / write what you felt and needed to feel ok:</p>	<p>✓ Check off strategies you practiced to feel ok:</p>
<p>i.e. loved one / trusted adult e.g. Grandmom</p>	<p>I feel sad and would really appreciate a hug.</p>	<p>Date _____ Time _____ <input type="checkbox"/> 5 SENSES <input checked="" type="checkbox"/> INNER RESOURCE / UNCHANGING SOURCE SELF-SOOTHING: <input type="checkbox"/> 1)HAND TO HAND <input type="checkbox"/> 2)HANDS TO SHOULDERS AND ARMS <input type="checkbox"/> 3)HANDS TO FOREHEAD AND TEMPLES</p>
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REFLECTION: Practice, little and often, strategies, that help you to feel ok.

✎ Draw / write who you asked for help:	✎ Draw / write what you felt and needed to feel ok:	✓ Check off strategies you practiced to feel ok:
		Date _____ Time _____ <input type="checkbox"/> 5 SENSES ✓ INNER RESOURCE / UNCHANGING SOURCE SELF-SOOTHING: <input type="checkbox"/> 1)HAND TO HAND <input type="checkbox"/> 2)HANDS TO SHOULDERS AND ARMS <input type="checkbox"/> 3)HANDS TO FOREHEAD AND TEMPLES
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RESOURCES: JEN B YOGI:
<https://www.jenbyogi.com/> jenbyogi@gmail.com
JEN B YOGI YOUTUBE:
<https://www.youtube.com/channel/UCy84oa7ttKyR5BIbSErITBw>

FEELING CHARTS AND ACTIVITIES:
<https://www.happierhuman.com/feelings-charts-kids/>
<https://hope4hurtingkids.com/emotions/understanding-emotions/emotions-chart/>
<https://grammar.yourdictionary.com/word-lists/list-of-feeling-words-for-kids.html>

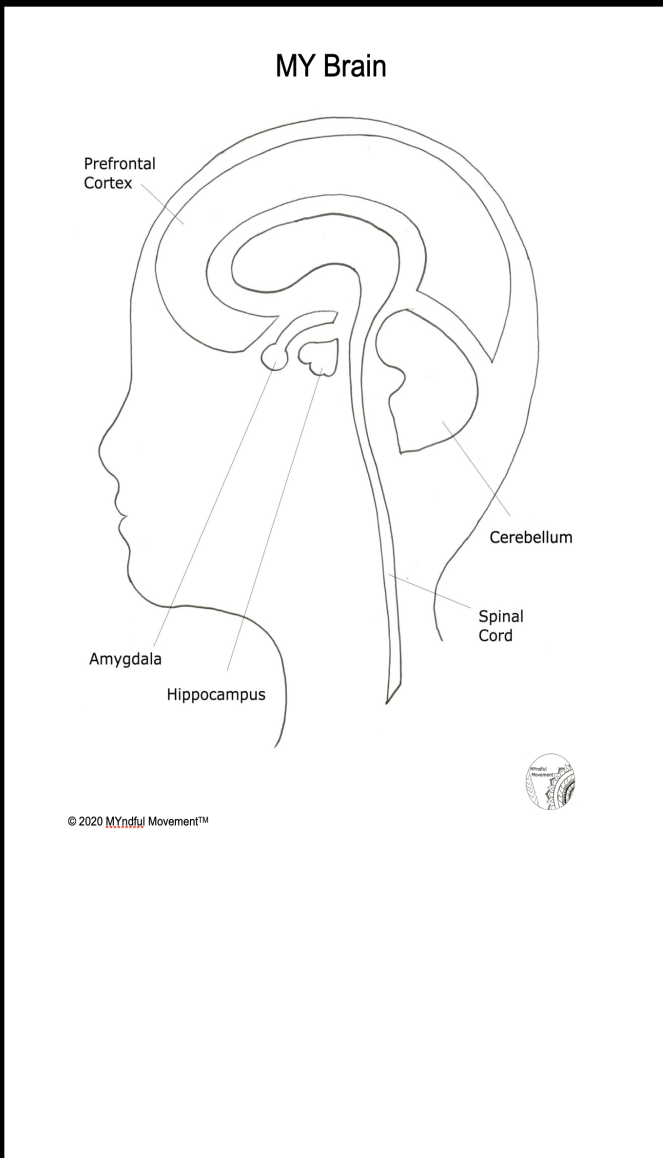
A LITTLE SCRIBBLE SPOT BY DIANE ALBER:
https://www.youtube.com/results?sp=mAEB&search_query=a+little+scribble+spot+of+emotions

BRAIN AND EMOTIONS:
<https://www.youtube.com/c/KidsWanttoKnow>
https://www.youtube.com/watch?v=H_dxnYhdyuY&t=217s

BRAIN SCAN
<https://www.youtube.com/watch?v=YB9rs4tEAaE>

HOMUNCULUS BRAIN
<https://www.npr.org/2009/03/18/101960403/a-what-lives-inside-my-brain>

STEPS TO BUILDING A LASTING MEDITATION PRACTICE:
<https://www.yogajournal.com/meditation/build-meditation-practice-richard-miller/>



Thank you for attending the CANAAF COME TOGETHER CONFERENCE 2022 session entitled:
Jen Baradi, 🧘 Mindfulness for Families

We hope you enjoyed the session and were able to learn some valuable information to help cultivate health, wellness, and joy for your family .

If you have any questions for Jen, please feel free to reach out to her. You can find her with the following links:



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