



## Activity 5

### Let's HEAL

#### Objective:

- Practice the HEAL (**H**ave a positive experience, **E**nrich it, **A**bsorb it, **L**ink positive and negative material) Technique.

#### Steps:

1. Explain that the brain reacts stronger to negative experiences. The purpose of the HEAL Technique is to create a brain that is responsive to positive experiences.
2. **H** - Invite the participants to “take in the good” by thinking of a positive experience in their lives (i.e. a place, an event, etc.)
  - Share your own positive experience as an example.
3. **E** - Next, apply intention to that thought and sustain it.
4. **A** - Next, heighten it by prolonging and intensifying the feeling.
5. **L** - Finally, practice keeping the positive experience more prominently in your thoughts.
6. Discuss:
  - This technique is used to change our brains from reactive (negative) to responsive (positive).
  - This is a technique you and your students can practice and, with repetition, it can become second nature through the process of neuroplasticity.