



Activity 3

Let's SIFT!

Objective:

- Practice the SIFT (Sensations, Images, Feelings, Thoughts) Technique.

Steps:

1. Explain that the purpose of this activity is to take a moment to calm the brain.
2. Invite participants to close their eyes if they choose to do so.
3. Guide the participants:
 - Register your sensations. Is your heart racing?
 - Identify the images that are running through your head in this moment. Do they relate to past experiences? Are they valid?
 - Name your feelings related to your thoughts and images.
 - Observe and identify your thoughts.
4. Discuss:
 - This technique was originally created for parents and other adults to calm their brains before speaking to their children.
 - With time and practice, brains can be rewired through repetition. This rewiring of the brain is called neuroplasticity.
 - How can this practice be helpful when working with students?