



## Activity 1

### Check In: How Are You Feeling? Where Are You Right Now In Your Body?

#### Objectives:

- Develop an ability to readily and accurately be in tune with one's body and emotions and articulate those feelings clearly.
- Develop an ability to identify how one's body reacts to one's state of emotions.
- Consider ways to identify the possible emotions of others based upon their body language and ways to help them identify those indications for themselves.

#### Steps:

1. Use the *Feelings Chart* to identify your current emotional state with specific words and descriptions.
2. Use the *Body Chart* to identify how your body is currently reacting to your state of emotions.
  - a. Body Scan Meditation:
    - i. Sit comfortably with back straight and feet flat on the floor.
    - ii. Focus attention slowly and deliberately on each part of the body, starting at top of head. Bring attention to surface of skin one inch at a time. Try to feel scalp, ears, eyelids, and nose. Continue, moving across the face, down the neck and shoulders, and all the way down to the toes.
    - iii. Note feelings – these may be nothing at all, discomfort, or a pleasant warmth and comfort.
    - iv. Move only to relieve pain but try to note each feeling with simple acknowledgement.
3. Discuss:
  - a. Why is it important to check in with our feelings daily/frequently?
  - b. Why is this important to be shared with the students?



# MINDFULNESS ACTIVITIES

HANDOUT for Activity 1

## Check In: How Are You Feeling? Where Are You Right Now In Your Body?

### FEELINGS CHART

					
<u>JOY</u>	<u>SADNESS</u>	<u>SURPRISED</u>	<u>ANGER</u>	<u>DISGUST</u>	<u>FEAR</u>
JOYFUL INTERESTED PLAYFUL CONFIDENT LOVING SENSITIVE COURAGEOUS HOPEFUL	SAD BORED SLEEPY UNHAPPY IGNORED GUILTY LONELY ALONE	STARTLED CONFUSED AMAZED EXCITED SHOCKED ASTONISHED EAGER DISMAYED	MAD JEALOUS EMBARRASSED FURIOUS IRRITATED WITHDRAWN FRUSTRATED SKEPTICAL	AWFUL DISAPPOINTED HESITANT REVOLTED LOATHING JUDGEMENTAL	HUMILIATED REJECTED WORTHLESS INSECURE ANXIOUS SCARED

### BODY CHART

