



Teach Through Love

Just Breathe

WAVECRESTFILMS



Start conversations that create calm.

teach-through-love.com/mindful-shorts

"JUST BREATHE"

SOCIAL EMOTIONAL PRACTICE ACTIVITY

OBSERVATIONS

1. What are some situations or things that make you mad?

FEELINGS

2. What happens to your body when you get mad? Can you describe your feelings as a color, shape, or texture? Use the back of this paper to draw a picture of your feelings.

NEEDS

3. Where do you like to go to feel better when you get angry? Who or what helps you feel calm?

ACTION STEPS

4. Practice mindful breathing with your kids this week. Make your own "Calm Down Jar." Write down any differences you notice in their behavior, sleep, attention, or any area where you might be having challenges.

WHAT HELPS ME FEEL CALM?

SENSORY DIET INVESTIGATION

What sensory tools or activities (stress balls, painting, music, running, etc.) that help you regulate your emotions, soothe your nervous system, and bring feelings of peace and calm to your mind and body? Create a list for yourself and one for your children. Talk about what tools or activities help you move from a stressed to non-stressed state of mind.

This image shows a full page of white paper with horizontal grey ruling lines. The lines are evenly spaced and run across the width of the page, providing a template for writing or drawing. There are no margins, text, or other markings on the page.



Step 1: Watch the Films

You've taken the first step. Don't be afraid to reach out for help and support to keep going.

Watch the Mindful Short Film Series



Step 2: Practice Mindfulness

Practice mindful breathing exercises with your kids. Find out what makes you angry and what you can do to increase your stress tolerance.

Complete the Activity Worksheet



Step 3. Lend a Hand

Help us make the next film in the Mindful Shorts Series to spread the word about mindfulness education! Take the next step!

Every Small Donation Makes a BIG Difference!

<https://mindfulshorts.wedid.it/>