

Finding Feelings Script

Choose a partner, a friend or a grown-up that you trust.

I invite you to Sit together in a comfortable position. Take three soft, slow, mindful breaths.

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One person is the speaker. The other is the listener.

So for the Speaker, notice how you feel and tell the listener for example, you might share something like “I am feeling happy” or “I am feeling angry.”

Next the speaker is invited to share what your feelings are like inside.

Do you notice a sensation in your head, tummy or chest?

Is it tight, hot, cold, jittery, or achy?

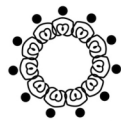
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The listener listens with attention, but does not talk.

The speaker takes three more soft, slow, mindful breaths, and checks to see if the feelings change after telling someone about them. Does your body feel different?

Now switch roles.

At the end, thank each other for listening.



MOOD Kit