



Calm+Kind+Focused Classrooms: Mindfulness At Home Lesson Guide

Lesson 5 - Feelings

- **Mindful Instruction:**
<https://drive.google.com/file/d/1srqZjvfMhRUuncJFJtHChRmuKPzuaAKp/view?usp=sharing> Today's lesson is all about feelings! We'll learn what Name It to Tame It means, and notice where we feel our feelings.
- **Mindful Movement:**
<https://drive.google.com/file/d/1MoQkHT-UHpDDXS5Clkv-9I7jypuLBXUR/view?usp=sharing> Do Washing Machine Pose with Miss Melanie!
- **Mindful Activity:** Grab a friend or two, or some family members and play Feelings Charades! Cards are included below (see Supplemental Materials) -- you can even make up your own feelings faces!
- **Mindful Home Practice:** Notice your feelings and where you feel them inside; continue to practice breathing and/or listening - try a mindful minute on your own!
- **Journal:** Write down or draw each feeling that you had today (we have lots of feelings throughout each day!). What were these feelings telling you? Where did you feel them inside?
- **Supplemental Materials:** [Feelings Picture Cards](#) with instructions, [How to make a balloon + flour stress ball](#)