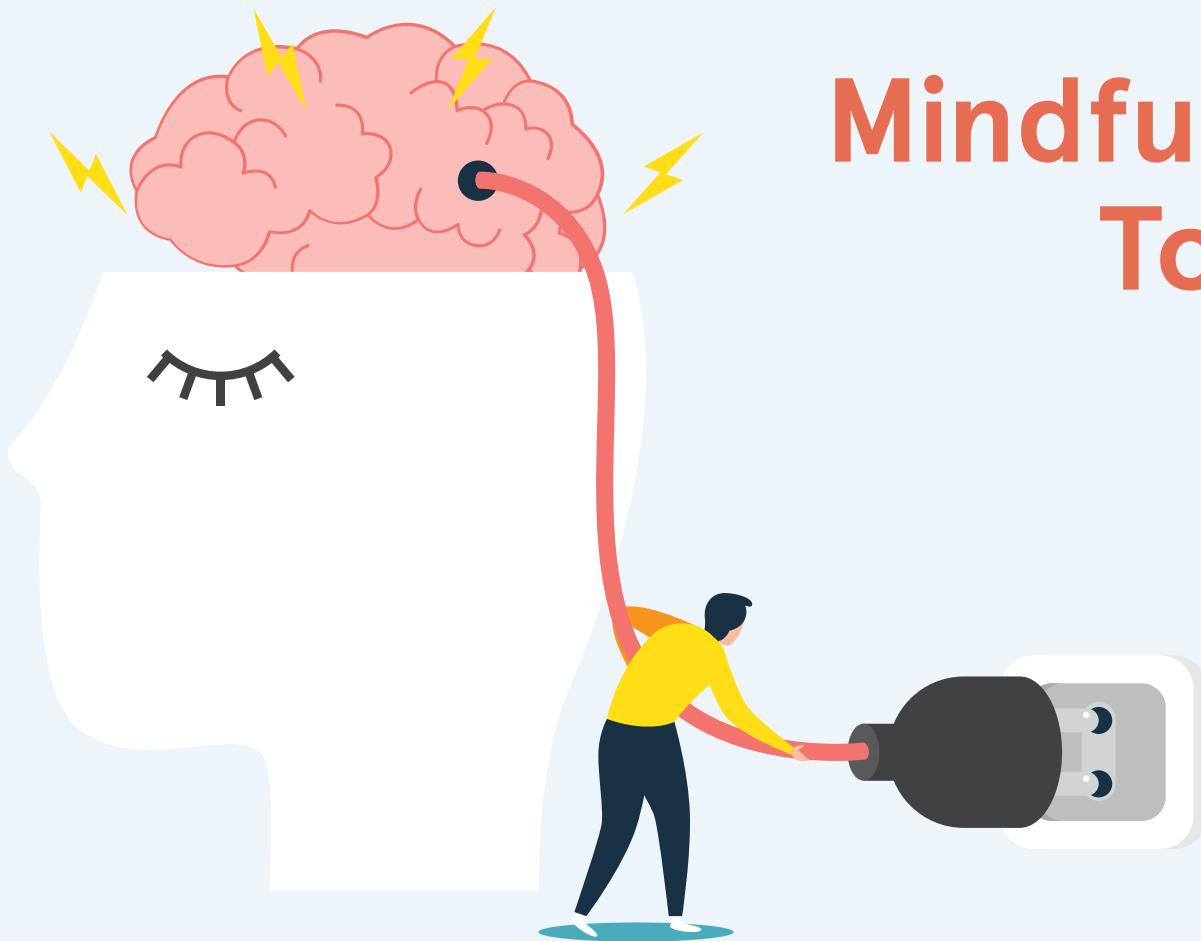
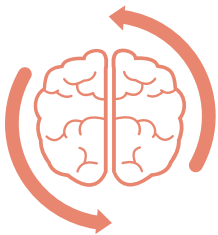


Mindfulness Toolkit



Zone Check-In



Our mind and body work differently depending on which “zone” we are in. In our “okay zone”, we feel relaxed or happy, and make better decisions. When we move out of our “okay zone”, we might feel frustrated, sad, tired, or afraid. We all experience different zones throughout the day.

1. Think about experiences that help you be in the “okay zone”.
2. How do you feel when you think about these experiences? What sensations do you notice happening inside your body?
3. Think about experiences that move you out of the “okay zone”.
4. How do you feel when you think about these experiences? What sensations do you notice happening inside your body?

Notice your feelings and sensations throughout the day, and try to identify which zone you are in. When you notice you are leaving your “okay zone”, think about experiences that help you feel relaxed or happy, and what you can do to return back to your “okay zone”.

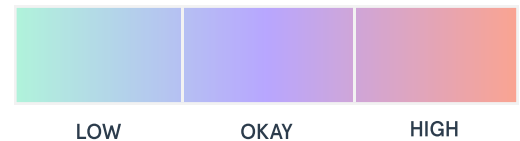
Reset Now!



When we leave our “okay zone”, we may enter a “high zone” or “low zone”. In our “high zone”, we may feel angry or frustrated. In our “low zone”, we may not feel like doing anything, and just want to sleep. When we are in these zones, we can do things to help us return back to our “okay zone”, such as:

- Drink water or juice
- Name colors in the room
- Count backwards from 10
- Listen to the sounds in the room
- Push our hands against a wall
- Go on a mindful walk

Zones:



Try out these different strategies, and notice the feelings and sensations that they cause. Which ones do you think can help you when you are in your “high zone” or “low zone”, and want to return to your “okay zone”?

Developing Calming Resources



Each of us has personal resources that can help us come back into our “okay zone” when we get bumped out, like a special person or place, our favorite music or animal, a meaningful memory, or anything else that helps us feel calmer, peaceful, or joyful in our body.

1. Think about a resource that helps you feel calm, peaceful, or joyful.
2. On a piece of paper, draw your resource or a symbol that represents it.
3. As you think about your resource and draw it, notice how thinking about it changes the sensations inside your body. What expression do you have on your face? What emotions do you feel?

When you feel yourself moving out of your “okay zone”, it can be helpful to look back at your resource drawings, and think about the emotions and sensations that they bring up.

Learning About Sensations



Just like how we notice when we are feeling too cold or too hot, we can also notice our sensations and emotions and how those make us feel. You can learn more about different types of sensations through the following:

- **Walk around your space, and find different objects and surfaces to touch. How do they feel? Are they soft, hard, or squishy? What do they smell like?**
- **Rub your hands together with your palms facing each other. Slowly increase the speed. What do you notice? What is the temperature of your hands? Stop rubbing your hands – are they still warm? What else do you notice?**
- **Collect different items to put in a bag or box. As you add them, describe them using sensory words.**
- **Think about your calming resources – how do they make you feel? What sensations do they cause inside your body?**

What did you learn about different sensations? Which ones were pleasant? Which ones were unpleasant? Were there any sensations that were neutral (neither pleasant or unpleasant)? When we notice sensations or emotions that are unpleasant, we can take action!

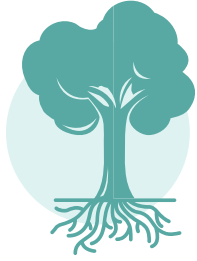
Grounding



Grounding is when we pay attention to our body, and focus on what we hear, smell, see, and feel. When we do a grounding exercise, it can help us feel calmer on the inside and pay greater attention to our surroundings.

1. **Find a comfortable position where you are sitting, lying down, or standing.**
2. **Notice different sensations in your body, like the feeling of your leg against a chair, your breathing and heart-rate, or how your muscles are tensed or relaxed. Observe the different sounds and smells around you, and what your eyes can see.**
3. **If you become aware of uncomfortable sensations, try to bring your attention to one that feels neutral or more comfortable. What changes do you notice as you think about more neutral or comfortable sensations?**

Grounding Like a Tree



You can also ground yourself like a tree through the following steps:

1. **Imagine you are a tree, and sit and stand like a tree in a position that feels comfortable.**
2. **Imagine the trunk of your body is like the trunk of a tree, strong and solid.**
3. **Pay attention to your feet, and imagine them as roots growing into the earth.**
4. **Pay attention to your arms, and imagine them as the branches of a tree as you gently move them.**
5. **Think about the feelings and sensations in your body as you imagine yourself as a tree. What do you see? What do you hear? What does it feel like? Were these feelings and sensations pleasant, unpleasant, or neutral? Try to pay attention to the pleasant or neutral ones, and notice what happens next.**

Mindful Walk



When we are feeling anxious or nervous about something, it can be helpful to go on a “mindful walk”, and pay careful attention to the feelings and sensations in our body.

1. **Find a peaceful place where you can walk slowly back and forth. Try to find a place with different surfaces, like grass, concrete, and dirt.**
2. **Pick a surface, and walk slowly back and forth on it. As you walk, try to notice how your breath is coming in and out of your body, how your feet and legs are moving, the sounds nearby or the sounds of your body moving, how the surface under your feet feels, or whatever your eyes are seeing.**
3. **Next, pick a different surface to walk on. What feels different about this surface? Has your breath changed? Do your feet and legs move differently? Do you hear different sounds nearby or from your body?**

Pay attention to the feelings and sensations in your body as you walk, and take actions that can help you feel calmer, like relaxing your muscles if they feel tight or taking deep breaths.