

Work Sheet and Meditation

Watch the video of Cookie Monster and complete the activity sheet provided.

Practice meditation to help you regulate your emotions, make better choices and help improve your wellbeing!

The more you practice, the calmer you will be, this will create space in your brain so you can think before you act, rather than just impulsively doing it.

Think of a time you could meditate. Attach it to something you do every day to create a habit, like, brushing your teeth.



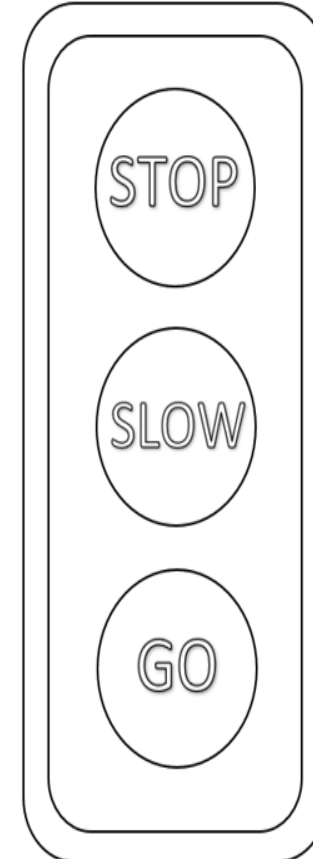
Suggested
activity...

Watch the video and complete the worksheet...



LO - To be able to use the traffic light model for impulse control.

Watch the video and use the traffic light model to show how Cookie Monster shows self-control.



Why should you stop?

What could happen if you react now?

Think of different strategies to handle the situation.

Go with the best decision.

What is the most considerate or responsible choice?

Meditation 1

- Breath in for 3 seconds
- Hold for 3 seconds
- Breath out for 3 seconds





Meditation 2

- Tense each muscle group and notice how that muscle feels when it is tensed.
- Hold this tension for five seconds while breathing in.
- Then, release and relax that muscle.
- Pay close attention to the feeling of relaxation when releasing the contracted muscle.

Meditation 3

Stretch your hand out like a star.

Get your pointer finger ready to trace your hand up and down.

As you slide up each finger, breathe in through your nose. As you slide down each finger, breathe out.

Keep going until you have finished tracing your hand.

5 Finger Breathing

