

2

Student, follow the first step and then have fun doing the activity!

First Step

1. Read through and have a conversation with a family member about the feeling words below. Can you think of different places where you've felt...

| | |
|-----------------|---------------|
| a. Calm? | g. Accepted? |
| b. Patient? | h. Forgiving? |
| c. Relaxed? | i. Peaceful? |
| d. Safe? | j. Grateful? |
| e. Comfortable? | k. Respected? |
| f. Included? | l. Supported? |

The Activity



1. Together, on Activity Sheet 1, draw places where you've had, or could imagine having, some of these feelings. Write what feeling(s) you have under each location.
2. Then, experiment with it. Pick one place to visualize, and really let yourself get into it! Take 5 minutes of quiet time to do this.
3. Does it help you feel more "in the green"?
4. Hang your drawing someplace everyone will see. If you can visit some of the places on your list, try to do so. If not, use your imagination!

3

Mood Meter Places

ACTIVITY SHEET 1



GREEN