

Summer Wellness Challenge



Emotions – “Punching Bag”

Directions & Script for High School Students

Our emotions are the driving force behind many of our behaviors and sometimes our emotions can hijack our brain. We can help manage our emotions with conscious thinking and practicing mindfulness. Taking time to acknowledge our emotions and increase awareness of our thoughts can help us be less critical of ourselves and others. Take time today to reflect on a time you were hit with emotions and how mindfulness can help.

STEP 1

Watch Videos

“Meditation, Accepting the Mind” (1:06) <https://www.youtube.com/watch?v=qUcC71-W9Os>

“Emotions & The Brain”(2:02) <https://www.youtube.com/watch?v=xNY0AAUtH3g>

STEP 2

Video Discussion

- Does the analogy of thoughts as raindrops help you to understand mindfulness?
- Was there anything surprising to you in the videos about how your emotions impact our behaviors?
- Can you think of a time when your brain was hijacked by emotions?
- How does our brain react when we feel threatened or rewarded?
- What is something you can put into practice from the videos?

STEP 3

Reflect & Journal

Take five minutes to reflect and complete the journaling activity on the next page.

For more information, visit www.bchd.org/summerchallenge.

Share your family completing the challenges on social media using #BeachCitiesSummerChallenge.

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Emotions - "Punching Bag"



We can compare our mind to a punching bag because when we get hit with an emotion, we get knocked down and our emotions sway back and forth until we find our center again. The emotional sway can feel long or short, depending on how hard we are "hit".



Journal

Give an example of a time you were "hit" with a strong emotion. How can practicing mindfulness help us cope with strong emotions?

How did it feel to practice mindfulness meditation today?

