

# Summer Wellness Challenge



## Sensations & Emotions (Mind-Body Connection)

### Directions & Script for Middle School Students

We can physically feel emotions in our body, called sensations, which demonstrate how powerful the mind-body connection truly is. Take some time today as a family to map out your emotions with a quick video, family discussion and journaling exercise.

### STEP 1

#### Watch Video

Watch "Mapping Emotions" video (2:23 minutes)

Video link: <http://www.openculture.com/2019/05/mapping-emotions-in-the-body.html>

### STEP 2

#### Video Discussion

- What was something new you learned from watching the video?
- What surprised or stood out to you from the information in the video?
- What do you think about certain emotions being associated with certain parts of the body (e.g. anger associated with the upper body)?
- Did you relate to any, why or why not?

### 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](http://www.bchd.org/summerchallenge).

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

# Summer Wellness Challenge



## Living a Mindful Life



Mindfulness can help you in all parts of your life. Sometimes it will help you at school, other times it may help you at home or while doing another activity you love. If you keep an open mind and continue to practice, you'll begin to see the ways it can transform your thinking and outlook on life.



### Journal

How has mindfulness helped you at school, home and another activity you love?

School

Home

Other

**Discussion Question:** How would you describe mindfulness to someone who has never heard of it?

How did it feel to practice mindfulness meditation today?

good weird peaceful calming challenging