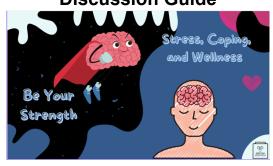






## Lesson 5: Be Your Strength: Stress, Coping, and Wellness Discussion Guide



## Instructions:

This assignment is for you to do with a parent, trusted adult/mentor, or a peer/friend.

In class you learned about two types of meditations. Please select one of the videos and practice this with a parent, trusted adult/mentor, or a peer/friend

https://voutu.be/30VMIEmA114 5-4-3-2-1 Grounding Exercise

https://youtu.be/n6RbW2LtdFs Box Breathing - 1 minute

After you practice the meditation, write a one-page reflection essay on your experience.

## Include the following:

- 1. Date and time of session.
- 2. Location (e.g., your room, living room, outdoors, etc.)
- 3. Environment (e.g., was your space quiet, loud, too warm, etc.)
- 4. Which video did you use?
- 5. Write 3-4 sentences about your feelings and emotions before your meditation and afterwards.
- 6. Write 3-4 sentences about any a-ha! moments or realizations about your meditation.
- 7. Write 3-4 sentences about any additional observations you discovered.
- 8. Write 3-4 sentences on your opinions on the meditation you did.
- 9. Ask your parent, trusted adult/mentor, or a peer/friend what their opinions were on the meditation you did. Write 3-4 sentences on their opinions.

stress?			
