



## 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://youtu.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.

[illegible]

