



ALL THE FEELINGS UNDER THE SUN JOURNAL

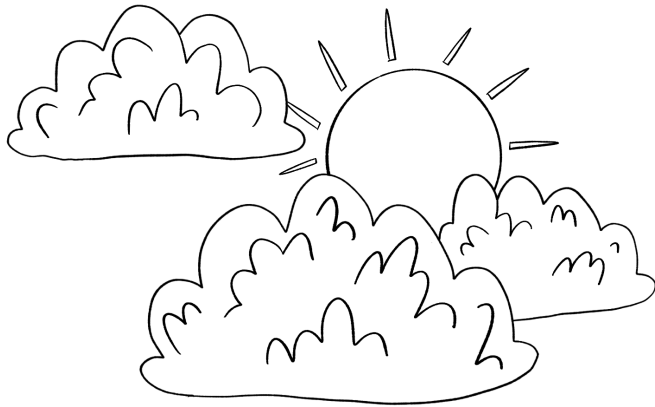


HOW TO DEAL WITH
CLIMATE CHANGE

by Leslie Davenport
illustrated by Jessica Smith

A PAUSE FOR FEELINGS

Take five minutes and write about some times you felt anger, fear, and sadness. As you remember those feelings, write about how they made sense with what was happening at the time.



From page 4 of *All the Feelings Under the Sun*

[illegible]

YOUR INTERNAL WEATHER REPORT

On following chart, describe your feelings in this moment like you're giving a weather report. You can use some of the terms from the list below or come up with your own:

Sunny with a few clouds

Chance of rain

Hazy

Stormy

Chance of snow

Blustery wind

Clear skies

Unpredictable weather

Warm and breezy

Describe your internal weather three times a day for one week to see if there's a weather pattern. You can use the chart as a model or create your own design.

From page 5 of *All the Feelings Under the Sun*

= YOUR INTERNAL - WEATHER REPORT -

MORNING:

AFTERNOON:

EVENING:



BUTTERFLY HUG

What are you feeling after reading about some of the ways our world is changing? There may be more than one feeling. On the following pages, write down the feelings that are the strongest. Assign how strong each feeling is using a number 0–10, where 0 is not upset at all, 5 is kind of upset, and 10 is very upset.

The “butterfly hug” is a simple activity you can do to help calm yourself when you’re feeling upset. You can sit or stand, whichever you choose.

1. Cross your arms over your chest with the tips of your fingers pointing up toward the sky, letting them rest where you can feel your collarbones, those firm, bony bridges across the top of your chest just below your shoulders.



2. Now hook your thumbs together to form the body of the butterfly, and your hands and fingers will be its wings. Your eyes can be closed, or partly closed looking down toward the ground.



3. Begin to lift each wing one at a time while the butterfly body rests on your chest. Feel the tips of the wings tapping against your collarbones, right, left, right, left. Keep going, letting the wings be relaxed and free.

4. As your wings keep tapping, breathe in slowly and let your belly fill up like a big balloon. When you breathe out, let your belly relax and empty out. Repeat the balloon-belly five or six times.

5. Keep your soft butterfly wings gently tap, tap, tapping, right, left, right, left. Let yourself remember a place where you feel relaxed and safe. Maybe it’s outdoors, maybe it’s your own room or you can imagine a place you’d like to go that has all your favorite things. As you imagine yourself in your own special, safe place, look around. Are there flowers and blue skies, or is it a cozy spot to curl up with your pet? It can have other people, or it can be just for you. You can run and play and make lots of noise, or quietly rest.

6. Keep your butterfly wings tapping while you explore and enjoy this place for about five minutes. Then let your butterfly rest, letting your arms come down by your sides, and open your eyes.

7. Now rate your feelings again, on the same 0–10 scale. Have they changed?

8. On the next page, draw your safe and special place.

You can do this activity any time you feel worried or upset, or just want to relax.

BUTTERFLY HUG FEELINGS

Rate each feeling from 0 to 5 with 0 meaning not strongly upsetting
to 5 meaning very strongly upsetting.

MY SAFE AND SPECIAL PLACE

I AM NATURE

Take a moment to really consider and feel that you *are* nature, sharing your personal history with the trees and stars, and sharing **DNA**—life’s genetic code—with pets, wild animals, and all people. Some kids say it feels like there is a warmth in their chest that spreads through their body. Others begin to notice a stronger feeling of the earth under their feet. If this is a new idea, it might feel odd. It might even make your head hurt as your mind expands to think about things in a new way. What does it feel like in your body right now as you view yourself as a part of nature?

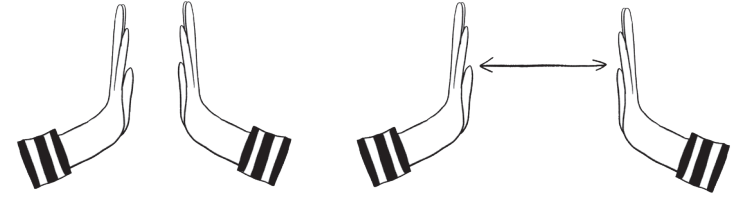
In Chapter 3, you read about what we can learn from **Indigenous** traditions about seeing all parts of nature as our “relatives.” For now, draw a picture that illustrates this new way of thinking: include yourself in the picture along with your connection to the sun, moon, and oceans, and your rooted, furry, or finned family.

From page 22 of *All the Feelings Under the Sun*

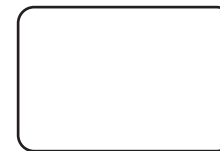
BALLOON BREATHING

One of the very best tools for calming yourself down when you feel upset or overwhelmed is available to you anytime, anywhere, free of charge: mindful breathing. There are many techniques for breathing in specific ways that help calm your body, mind, and emotions. In this exercise you can give “balloon breathing” a try following the steps below.

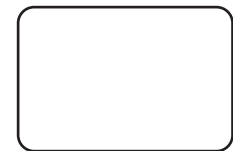
1. Write down a number on a scale from 0-10 that describes how you're feeling right now, with 0 being no distress and 10 being very upset.
2. Sit or stand in a comfortable position: Your eyes can be open or closed, whichever is more relaxing for you.
3. Place your hands about six inches in front of your face, palms facing each other, like you're holding a small balloon between them.
4. Breathe in slowly and fully through your nose for four counts, hands staying where they are. Pick a breathing speed that's comfortable for you.
5. Breathe out through your mouth for six counts while slowly spreading your hands farther apart, like you're slowly blowing up the balloon with your breath.



6. Then, slowly move your hands together as you breath in for a count of four, as if you're sucking all the air back out of the balloon. Repeat this out and in cycle three times.
7. After doing the balloon breathing three times, pause and let your breath find its own natural rhythm and pace without controlling it. You can rest your arms at your sides.
8. Notice how you feel, and write another number between 0-10 that indicates how calm or stressed you feel right now. You can write any other things you notice or feel after doing the balloon breath, too.



Before



After

MIXED FEELINGS

We can have more than one feeling about a situation, and that can feel like a tug-of-war, with one idea or feeling pulling us in one direction and a different one pulling us the opposite way. For example, you might want to go to soccer practice because you really enjoy soccer, but you might also want to lay on the couch and watch TV. Both of these desires can exist in us at the same time. Recognizing and moving through our mixed feelings is one of the keys to understanding climate change and making greener choices.



1. On the next page, fill in the blanks with the things you're considering changing to reduce your carbon footprint. Here's an example: I want to get to school and soccer practice on time, but I also want to avoid driving because I know that cars add too much carbon to the atmosphere.

2. After you've filled in all five sentences, go back to each one and write in possible solutions.

Example: When the weather's good, I can walk with friends to school or plan to ride our bikes together.

3. Write about how you feel when you know that you're taking action to shrink your carbon footprint.

1. I need/want to _____, but I also need/
want to _____.

Possible solutions _____

2. I need/want to _____, but I also need/
want to _____.

Possible solutions _____

3. I need/want to _____, but I also need/
want to _____.

Possible solutions _____

4. I need/want to _____, but I also need/
want to _____.

Possible solutions _____

5. I need/want to _____, but I also need/
want to _____.

Possible solutions _____

ECO-GRIEF NOTES

As you read chapter 2 and about the impacts of climate change, write down your thoughts and feelings that match the descriptions of grief you've just read about. There might be others, too. You've learned that like the weather, your feelings change. They come and they go. And one of the best ways to keep them flowing is to recognize them, let them have their say, and express them.

There's no right or wrong way to grieve, and there's no set timeline. You might notice that you experience several kinds of grief, or that your feelings bounce from one to another, or that you experience more than one at a time. For example, you might have accepted that climate change is happening, and maybe you're involved in efforts to improve our situation, but you still feel sad. You might not be grieving right now, but if those feelings come up later, you can come back to this activity.

From page 39 of *All the Feelings Under the Sun*

This image shows a single page from a notebook or ledger. It features approximately 20 evenly spaced horizontal blue lines across its entire width. The margins are uniform on all sides, providing ample space for writing or drawing. There is no handwriting or other markings on the page.

COLOR YOUR FEELINGS

If reading about the heartbreaking news of our damaged relationship with the natural world makes you are sad, scared, or angry, you're not alone. These are natural, healthy reactions to grief and loss, and it's healthy to express them.

For this exercise you'll need some crayons, markers, colored pencils, or paint. You can also choose to cut pictures out of magazines and glue together a collage instead of drawing. Whatever materials you want to work with, make sure there are lots of choices of colors.

On the next five pages complete the statements with pictures instead of words. You don't have to draw people or animals realistically if you don't want to: Sometimes just colors and shapes can express feelings. Are you attracted to bright colors like red and orange and bold jagged lines when you're mad? Do drops of darker colors like blue or grey match your feelings of sadness? You'll be expressing your own unique feelings and your own ways of communicating them, and however you choose to do that is the right way. Let yourself experiment with how to express yourself.

From page 48 of *All the Feelings Under the Sun*

SOME OF THE THINGS I LOVE
MOST ABOUT NATURE ARE . . .

I FEEL THE SADDEST WHEN I
HEAR ABOUT . . .

I SOMETIMES GET ANGRY WHEN
I THINK ABOUT . . .

I GET SCARED WHEN I READ
THAT . . .

THE THING I'M MOST EXCITED ABOUT
GETTING INVOLVED IN HELPING IS . . .

A PAUSE FOR EMPATHY

Empathy is the ability to “put yourself in someone else’s shoes” so that you can know how others might be feeling and understand their point of view. Practicing empathy helps you know how your actions affect others and what actions you may want to take to be a teammate or a friend. It helps you understand more about the people and the world around you, which is especially important as we join with all kinds of people to correct climate change.

Imagine what it would be like if you and your family and neighbors were forced to move away from a place you love and enjoy because it's threatened by water or fire. What would you be feeling? Can you relate to any of the types of grief you've read about in this chapter? Take a moment to write about it here.

From page 50 of *All the Feelings Under the Sun*

[illegible]

EMPATHY IN ACTION

If these kinds of disasters and recovery efforts were happening in your neighborhood, how would you want to help? Would you want to donate food or clothing, or take time to talk? Take five minutes to write or draw your answer below.

From page 52 of *All the Feelings Under the Sun*

[illegible]

A PAUSE FOR GRATITUDE

Look around you. Can you name ten things in your life right now that make you happy or that you appreciate? What's going well? Take a moment to write about it here. It can be a helpful exercise to end each day thinking and writing about wonderful moments you've experienced. Maybe a friend shared a lunch snack, a teacher helped you understand something confusing, or it was fun to read a book with one of your parents. Notice and write about how you feel when you remember these kinds of happy moments.

From page 53 of *All the Feelings Under the Sun*

[illegible]

TWO CINQUAINS

A cinquain is a non-rhyming five-line poem that's arranged in a special way. Writing your observations in poetry is a fun way to help you develop a flexible mind for problem-solving and express your ideas, feelings, and solutions in new and creative ways. You'll be writing two poems. Give the first one the title "Eco-Anxiety," and write about the fears that come up for you about climate change. The second one you'll call "Web," and describe your personal experience of how all life is connected and how this awareness can help us work together to create a healthier world.

Write your poems using the steps below. You can check out the examples below to get some ideas, too.

1. Title (use the ones given)
2. Two words that describe the title
3. Three interesting action words that fit the topic, ending in -ing
4. A four-word phrase the captures your feelings about the topic
5. One word, related to the title

Eco-Anxiety
scared, questions
trying, hoping, wondering
I hold my breath
worried

Web
relationships, threads
touching, connecting, holding
bringing us all together
whole

Eco - ANXIETY

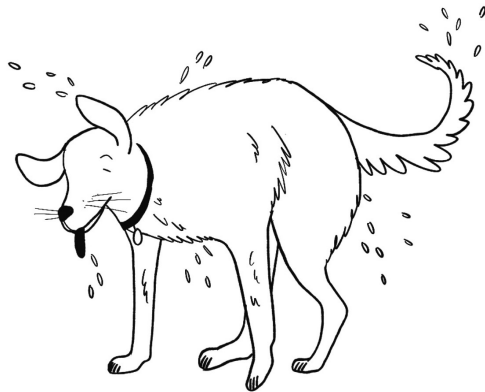
WEB

DOING THE DOGGIE SHAKE

Hearing about how climate change is harming bees can be upsetting and scary. But we can learn ways of coping from our animal and insect friends! Animals in the wild have often been observed releasing stress from a frightening experience by literally “shaking it off.” After a big scare, animals shake for a brief period, followed by a deep, slow exhalation, and then they go about their day. Researchers believe that the shaking provides a healthy re-boot to their nervous system. As members of the animal kingdom, “shaking it off” is helpful to us, too!

Have you seen the way a wet dog dries itself off with a shimmy-shake that starts with its head and travels to its tail, with drops spraying everywhere in a flying halo of water? We’re going to imitate this doggie action to “shake off” some of our own stress.

Stand up and give it a try. It’s meant to feel a little silly, and you might even find yourself laughing:



1. Stand with your feet shoulder-distance apart. Begin gently shaking just your head from side to side and up and down, for about 10 seconds.
2. Now let your head rest, but keep the shaking going in your shoulders.
3. After about 10 seconds, let the shaking travel into your arms and hands, as if you were flicking water off your fingers.
4. Let the shaking move to your torso, moving your ribcage and hips as much as feels good.
5. Now let the shaking travel down each leg one at a time, 10 seconds for each, lifting your foot off the floor as if you’re flicking water from the toes, then shaking the whole leg.
6. Repeat the doggie-shake six times head to toes, each time increasing the speed just a little until the last shaking moves through your body as one quick, shimmering flow.
7. Now pause and take a deep, slow breath in, and then exhale slowly and completely.

How do you feel?

GETTING TO KNOW YOUR MENTAL HABITS

After reading pages 70-72 of *All the Feelings Under the Sun*, write down the name of the four thought habits on the following page. Under each one, write another example of a climate change-related thought that would fit the description of that habit, and a feeling that would go along with that thought. Then write down a “More True” statement that’s more accurate, along with a different feeling. Here’s an example:

1. Overgeneralization: My best friend doesn't recycle: That means people don't really care about climate change.

2. **Feeling:** This makes me sad and angry.

3. More True: I know a lot of other people who recycle. Maybe my friend doesn't know about the benefits of recycling. I'm going to talk to her about it and see what happens.

4. Feeling: More hopeful.

Which of these kinds of thinking seem familiar to you? Like the way we identified feelings of sadness and grief so that you could work with those feelings, it's also very helpful to increase your awareness of the ways your mind can trick you so you can correct them and find a more accurate perspective.

THE LIFE CYCLE OF A CHAIR

Choose a chair you often use in your home and explore what you can learn about its life cycle. If you're not sure, ask a family member where it came from. Are there any tags that might offer information about where it was made? If the chair you have came from Turkey or Vietnam, did you know that it might have been built by children your age or even younger? What materials are in your chair: fabric, wood, plastic, metal? Once the chair is broken, or no longer needed or wanted, where will it go? How likely is it that it would eventually end up in a dump?

Even if you can't find out all the answers about the life cycle of your chair, imagine the likely steps of the production and transportation systems used in getting this chair to you, and where it may be in the future.

How does the story of your chair compare to the life cycle of the wooden chair you read about? What feelings come up when you consider the differences? Take time to write about what you have learned and how you feel about this.

From page 76 of *All the Feelings Under the Sun*

[illegible]

MINDFUL GROUNDING

You can reap the benefits of being outdoors even more if you add a mindfulness practice. Mindfulness is really paying attention to and appreciating the moment you're in. Outdoors, this can mean intentionally focusing on your environment in a way that quiets your mind and helps you connect more deeply with nature. You can do this with your eyes closed or partly open.

Spend about one minute with each of these four steps. If you notice your thoughts start wandering and getting distracted, just recognize that it's happening and let them go, then return to the exercise:

1. Notice the sounds in your environment. Just listen: Maybe you'll hear a breeze in the leaves, the hum of an insect, or a car passing by. Listen to sounds as close to you as your own breath, to the sounds around you, and to sounds that are far away.
2. Now focus on all the places where your body feels the contact with the Earth. If you're

sitting up, it might be parts of your hips, legs, and feet. If you're lying down, it could be all along your back, head, arms, and legs. Focus on feeling the light pressure of your body's contact with the ground, on feeling the warmth or coolness, or the subtle sensations like tingling or numbness. . . . There aren't any specific sensations you should be having; this exercise is just about noticing the sensations you're actually having as you're having them. Whatever you feel is okay.

3. Notice any scents in the air: pleasant, not-so-nice, or neutral. Now become aware of any tastes in your mouth.
4. In the last step, place your attention on how you feel emotionally. Again, this is an awareness exercise, and there's no need to change anything. Just be present with yourself and what you're noticing.

POETIC GROUNDING

Read these song lyrics like a poem and let yourself go on a journey of imagination for a few minutes. If possible, try this outdoors while standing barefoot on the ground:

“Put your roots down, put your feet on the ground, can you hear what She says if you listen? The sound of the river as it moves across the stones is the same sound as it moves in your body as it moves across your bones. Are you listening? Are you listening?”

If the Earth had a voice, what might she be expressing to you right now? Write or draw any image, thought, feeling, or inspiration that comes to you as you listen.

From page 82 of *All the Feelings Under the Sun*

[illegible]

A PAUSE FOR FEELINGS— ECO-JUSTICE

You're learning that feelings tell you something—right now it may be that people or places need to be protected or restored. Our feelings go hand-in-hand with our climate justice actions. Have you experienced discrimination or other kinds of injustice? What other situations of injustice have you seen or heard about? Write about your experiences and the feelings that go with them. You might be tempted to write about possible solutions, but take time with your feelings first.

From page 88 of *All the Feelings Under the Sun*

[illegible]

OPPORTUNITIES EXPERIMENT

1. Write your full name on the pages that follow these instructions.
2. Now write it again, but this time use your non-dominant hand: If you're left-handed, use your right hand, and if you're right-handed, use your left.
3. Write your full name a third time using your non-dominant hand with your eyes closed.
4. Compare the names. When you first wrote your name, you had all your strengths and resources available to guarantee the best possible result. The second time might have been more challenging, because you were trying to do something that you're not experienced or comfortable with. The third time removed another key element of success. How did these differences affect what you were trying to create?

5. How you would feel if you injured your dominant hand and had to go through your day using your non-dominant hand, or performing certain activities blindfolded? Take a moment to imagine a few examples, and then write about your feelings.
6. Now apply this exercise to your daily life. Are there unfair situations where your opportunities are blocked or are less available to you than other people? Notice what feelings come up when you think about your life experiences. Write about your feelings. Make room for all the feelings, big and small.

If this exercise describes situations you don't relate to or haven't thought much about, take time now to imagine how challenging it would be if your most important decisions or life experiences were limited: for example, if you didn't have an easy way to get clean drinking water or nutritious food. Write about your feelings.

BEING YOUR BEST ECO-WISE SELF

1. Read through the list of values and pick out the top five that are the most important to you. You can also add different values if you don't see yours on the list. Value examples could be: Adventurous, Appreciative of Beauty, Authentic, Brave, Caring, Collaborative, Community-Oriented, Cooperative, Creative, Fair, Family-Centered, Freedom-Loving, Friendly, Healthy, Helpful, Honest, Humorous, Kind, Leading Others, Learning New Things, Living with Integrity, Loving, Open-Minded, Patient, Peaceful, Reasonable, Respectful, Responsible, Safe, Successful, Supportive, Trustworthy.
2. Write your values on the next page, and for each one, write a short definition of what the value means to you and how you can use it in eco-wise living.
3. Then add a "First Step" that you can take this week to use that value in your eco-wise actions or behavior.
4. Next, describe how your life might look in one year if you continue with similar actions.
5. Ask yourself: Do you need any support to get started? If so, how can you get that support?

6. Who will benefit from your environmental decisions and actions? Is there anything you want to change about your plan that could encourage others to be involved?
7. How do you feel after writing out your values and your plans?

Here's an example:

- ☉ **Creative:** I value creativity and I love to draw. I want to use my art to help people learn more about keeping our oceans clean.
- ☉ For a first step, this week I'm going to create a poster about clean ocean actions. I'll talk to my science teacher to see if my poster can be put in the classroom or the hall.
- ☉ Over the next year, I'll see if there are any youth climate-action groups in the community that need help with posters for marches or educational programs where I could help.
- ☉ I'm a little shy and it would be easier if my friend joins me when I talk to my science teacher. I'll ask if he'll come with me.
- ☉ I wonder if there are other kids at my school who want to do something like this. I can ask and see about starting an after-school club where we could do activities like this together. Maybe we would come up with more ideas.
- ☉ I feel surprised that I'm excited about this! I'm a little nervous too, but I want to give it a try.

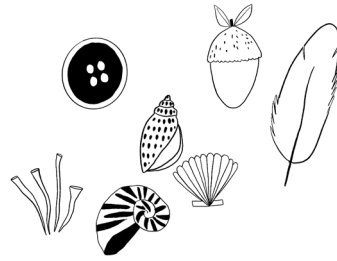
CREATIVE REFLECTION CIRCLE

In this exercise you will be creating a Reflection Circle. This circle is divided into four themes: Diversity, Climate Change Feelings, and Our Amazing World.

1. Find a basket or bag or box, which could be helpful for separating small items. Walk around your home or outdoors and collect things that in some way relate to the themes of your Circle. Here are a few examples of the kinds of things you might choose:

- **Diversity:** Collecting green, yellow, red, and brown leaves could be a reminder that life expresses itself beautifully in many different ways.
- **Climate Change Feelings:** A rock or piece of plastic could mean that “sometimes feelings are hard.”
- **Everything Is Connected:** Pieces of string or twigs that connect the objects in your circle can remind you how all parts of nature need to work together to thrive.
- **Our Amazing World:** Perhaps a seed or pinecone represents how awesome it is that something as small as a seed grows to become a huge tree. A food item from your cupboard may include ingredients that grew in an open field, like wheat or corn, and remind you of the incredible journey it took to end up on your plate.

2. You might choose twigs, pebbles, seeds, a piece of foil, a button: anything goes. As long as the objects make sense to you, that's all that matters.

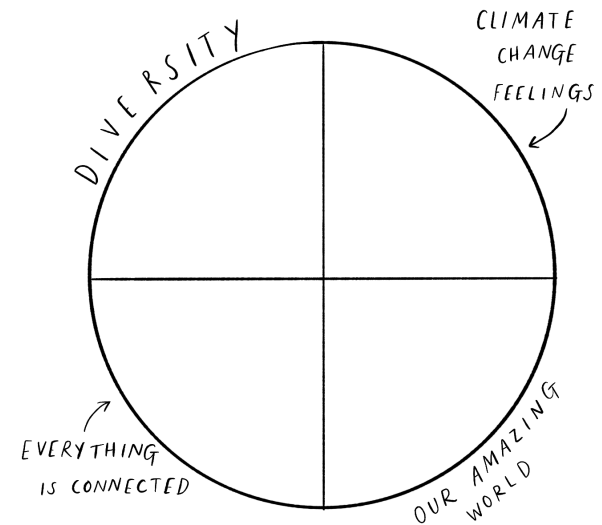


3. Find a smooth, flat surface outdoors on the ground or inside on the floor to create your Reflection Circle. Make sure that the area will be protected from things like wind and scampering dogs. Take your time, allowing at least 20 minutes. The circle can be as large as you want.

4. Create the circle using string or twigs or by placing the objects that you collected in a circle.

5. Divide the circle into four even sections, also using string, twigs, or objects. You can write the name of each theme on paper above each section or use the theme's initials.

6. Trust the creative process and have fun! There's no "right way" to do it. Think for a moment about how the object relates to the theme, and then place it in the section that matches best.



7. When you're done, step back and look at your Reflection Circle. What do you notice? What feelings come up? Take a few minutes and write about your experience.

8. You can draw a picture of your Circle or make notes of what is in each section. In the final step, return the objects you chose to their original places (unless they were litter!).

There are many variations of this exercise: You can draw the Reflection Circle on a piece of paper and glue objects to it, or use markers to draw things in each section, or you can paste pictures from magazines into your Circle to create a collage.

MY CREATIVE REFLECTION CIRCLE

DREAM BOARD

A Dream Board is a creative way to organize your goals and intentions for the future using magazine pictures and quotes. Your Dream Board will reflect your personal eco-wise choices as you move forward in your life. It doesn't have to contain practical steps: Let yourself dream and imagine the safer and healthier world you want to see. For example, you might show bikes on the streets instead of cars, all kinds of people working together to grow a community garden full of vegetables, a forest filled with wildlife in a thriving ecosystem, or a futuristic city that runs completely on sustainable energy. This is a fun project to do with friends or your eco-club, with each person creating their own board, or you can do it on your own. Allow about 30 minutes for this exercise.

1. Assemble the materials. For the board, you can use a big piece of cardboard cut from a box, colorful construction paper, poster board, or the pages following these instructions. Find some magazines that you can cut or tear pictures and quotes from. You can also use stickers and lightweight objects like leaves that will be easy to glue or tape down. Get glue, tape, marking pens, scissors, and any other materials you want to use. Or you can draw pictures of your own directly onto your board.
2. Browse through the magazines and start cutting or tearing out any pictures, words, and phrases

that appeal to you. You can decide later about which ones you'll actually use.

3. Begin to lay the pictures and words you like most on the board, without gluing or taping them down yet. They can be overlapping or intentionally messy, or you can arrange them in a more organized way. Move them around until you land on the arrangement that seems just right to you.
4. If there are any inspirational quotes or words you love that you didn't find in the magazines, write them directly on the board or on pieces of paper that you can then glue or tape to the board.
5. Complete your Dream Board by attaching all your pictures, quotes, and objects with glue or tape.
6. When it's complete, take a few minutes to really look at what you've made. How does it feel to imagine this better future you can help create?
7. Find a place to put the board in your room where it's one of the first and last things you see every day. Over time, you can add more pictures and quotes so that your board grows right along with your new discoveries.

A PAUSE FOR FEELINGS AAAHHH

You've been discovering all kinds of feelings about climate change, and maybe now there are a few more. How do you feel when you read about how so many people are putting their hearts, minds, and creativity into restoring our world? Notice how you feel in your body . . . are there thoughts or images that come to your mind that match your feelings? Write about or draw these feelings.

From page 120 of All the Feelings Under the Sun

TIME-TRAVEL

Write as though it's 20 years into the future from today. The future is always unknown until we create it, and this exercise will help you envision the best possible eco-wise world for yourself and others. Have fun with it! You can either fill in the blanks in the sentences below or use the sample as an inspiration for writing about other kinds of things you want to see happen. You can also do both!

Journal Entry Date (20 years from today): _____

I'm so glad that my life _____ and the world around me is _____. Climate change has _____.

Sometimes it's the little things that matter, and I really enjoy _____, and _____.

When it comes to family and work, my life is _____.

I'm surprised that _____, and it makes me feel _____.

I was scared that _____ might happen, but because of _____, things turned out so differently, especially _____.

One thing I've learned about myself is _____.

I've also learned that others can be _____ and _____.

I really appreciate the support I got from _____ over the years.

I still want to learn more about _____. It makes me feel _____.

My next big project for sustaining a healthy planet is _____, and more than anything, I really value _____.

I hope that next year _____.

I'm grateful for _____.

After you've written your future journal entry, notice how you feel. Make a note to yourself to read this again at different times over the coming year in a moment when you feel discouraged: on the first day of summer break; on your birthday; and one year from today. Your "future self" journal can be like a compass that helps keep you pointed in the direction you want to go.

MAKING THE MINDFULNESS JAR

1. Get a clear jar with a tight-fitting lid. This could be something like a Mason jar or a clean mayonnaise or pickle jar with the labels removed.
2. Fill the jar about 1/4 full with a clear school glue.
3. Then add about the same amount of fine gravel: The gravel and glue combined should fill the jar about halfway. A good consistency for the gravel is called "fine ballast." This is available at craft stores or online where model trains and diorama materials are sold. If the rock is too fine like sand, it won't settle quickly enough. If it's too large, like aquarium pebbles, it'll settle too quickly.
4. Over the sink, fill the rest of the jar to the top with warm water and screw the lid on tightly. If the gravel falls too quickly, add more glue; if it falls too slowly, add more water.
5. If it leaks, you can get help adding silicone sealant or use a hot glue gun to seal the inner rim of the lid.

Using the Mindfulness Jar

1. When you're upset, shake the jar as hard and for as long as you want and imagine all your

thoughts and feelings are like the swirling particles. Notice how they whirl around, making it very hard to see through the jar clearly.

2. When you're ready, put the jar down on a table or countertop and watch what happens when it sits still. See if you can sit as still as the jar for a few moments. Take three slow, full breaths as you watch the gravel start to settle and the water gradually become clearer. Imagine your own thoughts and feelings drifting down to find a place to rest, just like the gravel is doing, and watch your own mind become clearer.
3. Once all the particles have landed on the bottom of the jar and the water is clear, notice how you feel. Close your eyes and take three more full breaths, giving any other thoughts or feelings that are looking for a place to rest a chance to float down and settle. When you're ready, open your eyes.





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