



Week 5 – Instructions

INCLUDED MATERIALS:

1 Water Bottle for each student (please remove labels)

1 Mindfulness worksheet to take home & practice

Colorful glitter tubes

INSTRUCTIONS:

- Explain to youth that today they will hear a story on ways to help them deal with different feelings
- After reading the story make calm/glitter jars with youth
- Remove the labels from the bottled water
- Distribute one glitter container to each child
- Open water bottle and remove about a 1/4 of a cup before adding glitter.
- Pour glitter container into water bottle
- Place the lid back on and initial it
- Shake it up and enjoy!
- Share with the group how the tools we learned today and using their glitter jar can help support them
- *For extra fun you can always add, dish soap, glitter glue, or food coloring*(not included)
- **Please send us pictures of the completed jars we would love to add it to our social media platform**

Week 5 Story – Courage Goes to Breathe Easy Beach

Courage's adventures were coming to an end. Over the summer, he was able to visit with his family and friends and learn some valuable lessons along the way. Courage learned the dangers of vaping when he was visiting his Poppi's house, and he learned and practiced his refusal skills at Lorenzo's house. Thankfully, he made healthy choices and had the courage to stand up for himself and his goals.

Courage did not like the idea of his adventures coming to an end.

Sometimes, Courage has trouble with change. He enjoyed his time with his family and friends and his adventures at the park and King of Purrrsa. But now the summer was ending and Courage started to feel overwhelmed and even sick to his stomach.

This happens to Courage when he is feeling stressed. Courage does not like feeling certain feelings. Sometimes, when he gets stressed, he roars at people he loves and cares about. When Courage does not take care of his feelings they can sometimes get "bottled up" inside and he might say or do something he normally would not say or do. This makes him embarrassed.

Courage remembered that he could do something with these uncomfortable feelings, and he thought about how it made him feel better to talk to his Poppi. One night Courage had trouble sleeping because his head was filled with worries about the new school year. Because of the pandemic, the past school year had been so different. Courage missed playing with his friends and being able to sit with them at lunch. He was worried about what the next school year would look like and if he would have to learn virtually or in-person.

Courage decided to meditate. He started to imagine himself at his happy place, which was *Breathe Easy Beach*. He closed his eyes and imagined the warm sun on his face. Courage loves to hear the waves, and the sound of the sea gulls flying around, and feel the cool breeze. Courage's heart rate started to slow down. He began breathing easier and he felt less stressed.

Courage finds meditation helps him when he is feeling overwhelmed. Courage started mindfulness meditation when he learned he had anxiety. Mindfulness meditation is something that helps Courage stay in the moment and not to worry too far ahead. There are certain things we can control in our lives and there are many things we cannot control. One thing that is important for Courage to

remember is that he gets to decide what he will do with his feelings, especially the uncomfortable ones! Courage needs to know that no feeling is permanent.

Courage woke up the next day and felt much better. He called Poppi and began planning a trip to the beach. Courage and Poppi also invited his friends, Sunny and Savannah to join them at *Breathe Easy Beach*. Poppi and Courage picked up Sunny and Savannah, and headed to the beach. When they arrived, Sunny spotted a sign that said, “*Young Lungs at Play*.” Everyone was unsure of what this meant. Courage’s Poppi informed everyone about the dangers of breathing in cigarette smoke when others smoke around us. Poppi said people used to be able to smoke on the beach, but now it is against the law.

“The *Young Lungs at Play* signs let people know that smoking isn’t allowed,” said Poppi. “That keeps children’s lungs healthy and safe.”

Sunny stepped closer to the sign to get a better look. “Savannah, don’t we have these signs at our playground and at Body Zone?” Sunny asked.

“Savannah said, “Oh that is why I recognize them! We have those signs at our parks.”

“Well, good thing people can’t smoke or vape here,” Courage said. “After all it is called *Breathe Easy Beach!*” The group grabbed their backpacks, beach chairs, umbrellas, and suntan lotion.

Courage and his friends found the perfect spot to lay out their towels and beach chairs. He stopped for a moment, looked around at everyone who was with him, looked up at the clear blue sky, closed his eyes and felt the warm sun on his face. He felt that peaceful and calm feeling he had the night before, when he was imagining that he was in his happy place. Savannah and Sunny were unpacking their bags and beach chairs. Savannah spotted Courage with a smile on his face and his eyes closed and said, “Courage, you look so relaxed. This was a great idea, thanks for inviting us to the beach with you!”

“You’re welcome!” Courage said. “I’m so glad you could make it; I really need to be with my friends at my happy place right now. I have been worried about the new school year.”

Poppi, Savannah and Sunny sat in their beach chairs and listened to Courage’s concerns.

“I feel embarrassed about being worried, and I don’t like feeling uncomfortable,” Courage said. “Sometimes, I’m not in the mood to talk about it, or I feel weird telling people about it.”

“Courage, we understand,” Poppi said. “But we are your family. We accept you for who you are, and we accept whatever mood or feelings you are experiencing.” Savannah and Sunny nodded their heads.

Savannah said, “Courage, we know you take pride in being so brave, but no one expects you to be brave 24 hours a day. Please reach out to us whenever you need something or someone to talk to.”

Sunny stood up and gave Courage a big hug. “It takes Courage to admit you are not feeling so strong right now,” Sunny said. “Sometimes, people think fear and stress are a weakness, but they are real, and they happen to everyone. Hey, I have an idea! Let us do some mindfulness here at the beach!”

Sunny led them in a mindfulness meditation.

” The first practice we are going to try is called the Starfish,” Sunny said. “Everyone finds a place to sit and relax, whether it’s on your beach towel or beach chair. Begin by tracing a finger along the outline of the opposite hand in the form of a starfish, taking a deep breath as you trace up and down each finger! Isn’t that fun? Next time any of you are feeling stressed or overwhelmed you can do the Starfish and you can think of us at the beach!”

“The next practice helps me feel better when I get worried about taking tests during the school year,” Sunny continued “This could help some of you when you get nervous too. We are going to put one hand on our chest and the other hand on our stomach and simply breathe!”

“The third practice is called a grounding technique. We are going to wiggle our toes and bury them in the sand. Grounding techniques help us feel grounded when our minds feel all over the place!”

When they finished, Courage said to Sunny, “Thank you so much for showing these practices to us! This is something I would like to start using.” The others agreed.

Poppi said, “Thank you, Sunny! I don’t know about the rest of you, but I am ready to go swimming in the ocean!”

Poppi loves to be in the water. The water helps keep her grounded. Savannah also loves to be by the water and feels grounded when she goes swimming.

Courage said, “The last one in owes me ice cream!!”

Courage and his friends had a great day at *Breathe Easy Beach*. Courage has learned valuable lessons this summer in addition to refusal skills and some coping tools with meditation! We cannot always go to the beach when we are feeling stressed, but like Courage, we can picture our happy place when we need it!

When we allow ourselves to feel those uncomfortable feelings and have healthy ways to handle them, the stress eventually settles. We can also help our stress by talking to those we love and trust, like Courage.

We are going to make glitter jars; the glitter is busy and moves around quickly when you shake it up in the jar. Watching the glitter settle after it has been shaken up, can help us settle when we are feeling overwhelmed. This allows us to concentrate on something else for a few minutes. This gives our feelings and mind some space. When we give ourselves a couple of minutes to “settle” just like the glitter in a calming jar, we can get our minds to settle!

Courage and our team hope you all enjoy making your glitter jars! Have fun with them and you can be as creative as you want!