

# THOUGHTS JAR



## PURPOSE

Thoughts Jar teaches the concept of mindfulness. It symbolizes how we feel when we have many thoughts and feelings all swirling around in our minds **versus** how we feel when our minds are calmer and more focused (when the objects have settled to the bottom of the jar).



## LEARNING

With a calm mind and self-awareness, we can make better choices and decisions rather than reacting because of a feeling.



## HOW TO

1. Use a clear glass jar half-filled with water.
2. Take various shaped and coloured beads, which represent thoughts and feelings, and drop them into the jar one by one saying out loud what each bead represents.
3. Everyone can take a turn shaking the jar.



## THE EXPERIENCE

"Thoughts Jar lets me show my feelings to my friends and family"

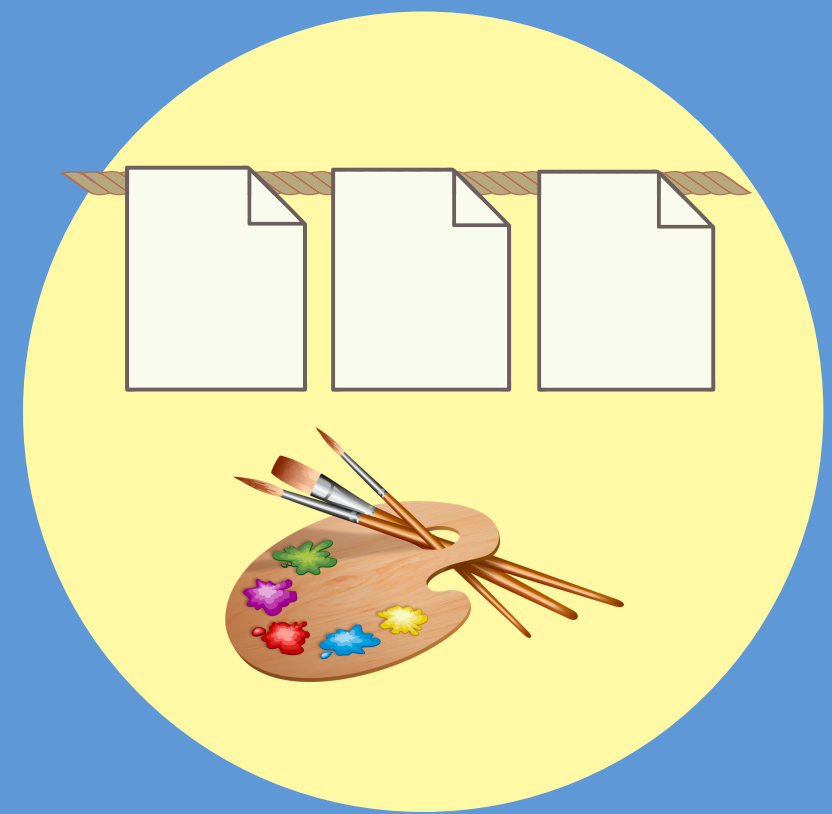
"Thoughts Jar teaches me to wait for my mind to settle before I react"

# PAINTING ON A LINE



## PURPOSE

Painting on a line teaches not to focus on the final product but instead the process of doing something creative and having fun.



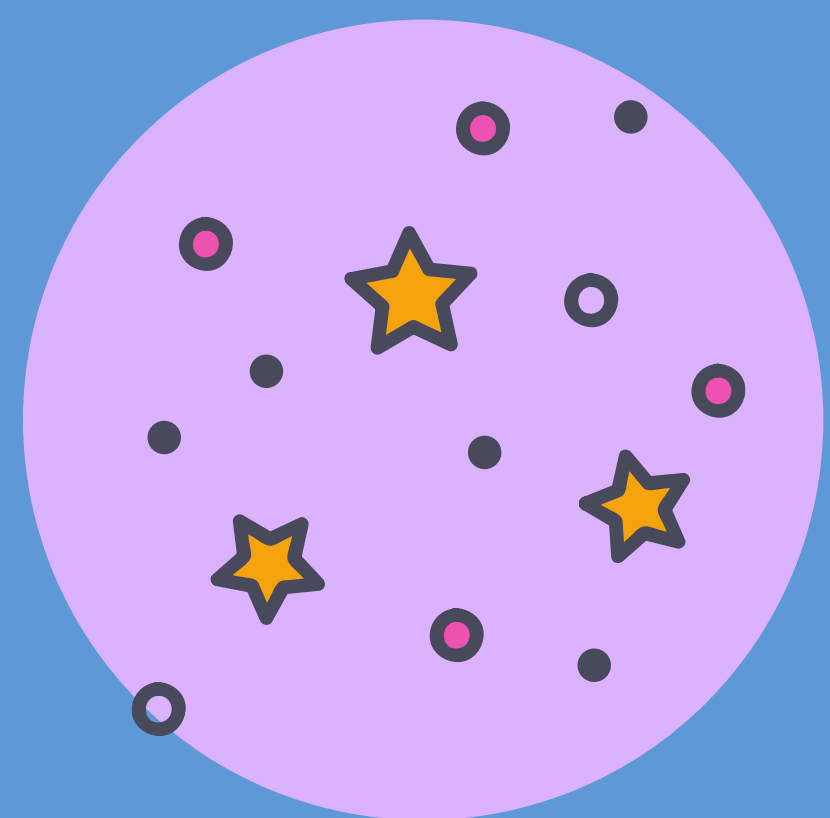
## HOW TO

1. A line of string is hung in the room.
2. One piece of paper for each group member is hung from the line with clothespins.
3. The participants are encouraged to paint something without holding the paper with their hands.



## LEARNING

Connections can be made about adapting your expectations in a challenging situation and the importance of being in the present moment.



## THE EXPERIENCE

"Painting on a line lets me have fun making a mess"

"Painting on a line teaches me to be in the moment"

# WE ARE ALL CONNECTED



## PURPOSE

We are all connected helps group members describe themselves, and build group cohesion and a sense of belonging.



## HOW TO

1. Group members decorate wooden clothespins to represent and symbolize themselves.
2. Sharing what their clothespin represents or means ...
3. Each member clips the clothespin to a string of yarn that is hung somewhere in the group room (We use a bulletin board).

be  
yourself

## LEARNING

By hanging the clothespins together, we symbolize that although we are all diverse, we are all connected in the group.



## THE EXPERIENCE

"We are all connected lets me be me"

"We are all connected is a fun way to talk about what I like"



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# WARM FUZZIES

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## PURPOSE

Warm Fuzzies nurtures positive feelings between group participants to create a better sense of self-esteem, and to support the group participants.



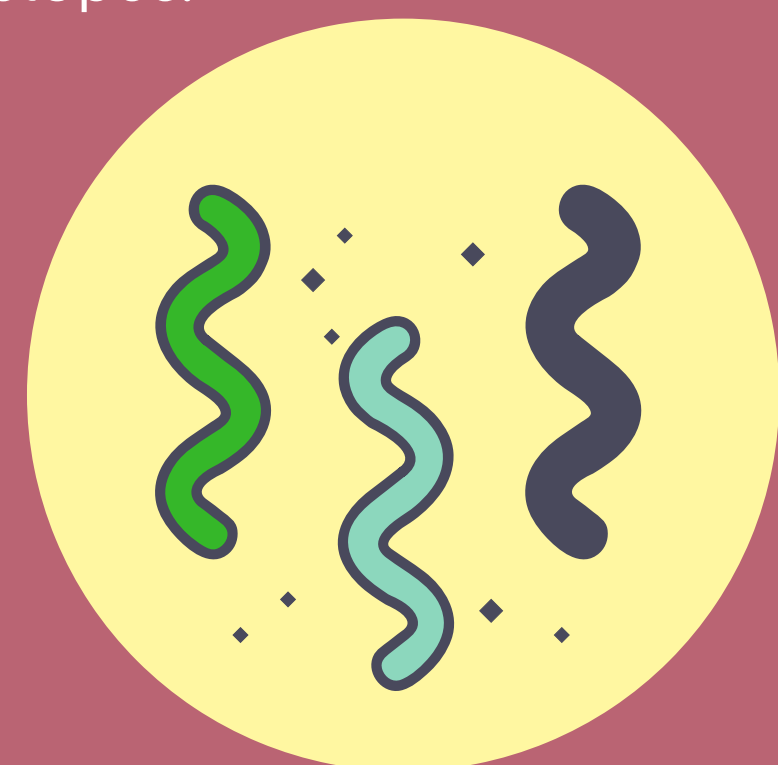
## HOW TO

1. Each group member decorates a small white envelope with their name on it.
2. Using their decorated clothespins the envelopes are hung on a string for the duration of group.
3. Group members are encouraged to write a "warm fuzzy" (a compliment, praise, something positive) about each group member and about themselves, and then place these messages in the envelopes.



## LEARNING

The group can discuss how reading positive things and affirmations about themselves makes them feel as well as how creating something positive for a fellow group member feels.



## THE EXPERIENCE

"Warm Fuzzies makes my heart feel happy"

"Warm Fuzzies helps me make people smile "



# ME AS A TREE



## PURPOSE

Me as a tree helps people symbolize themselves as a tree. This is a good "get to know you" activity.



## HOW TO

1. Participants are asked to draw themselves as a tree.
2. Participants are encouraged to share their tree and how it represents who they are.



## LEARNING

Everyone can draw a tree, but everyone's trees will always be different and unique. This helps to understand how diversity is important.



## THE EXPERIENCE

"Me as a tree shows people that it's okay to be different"

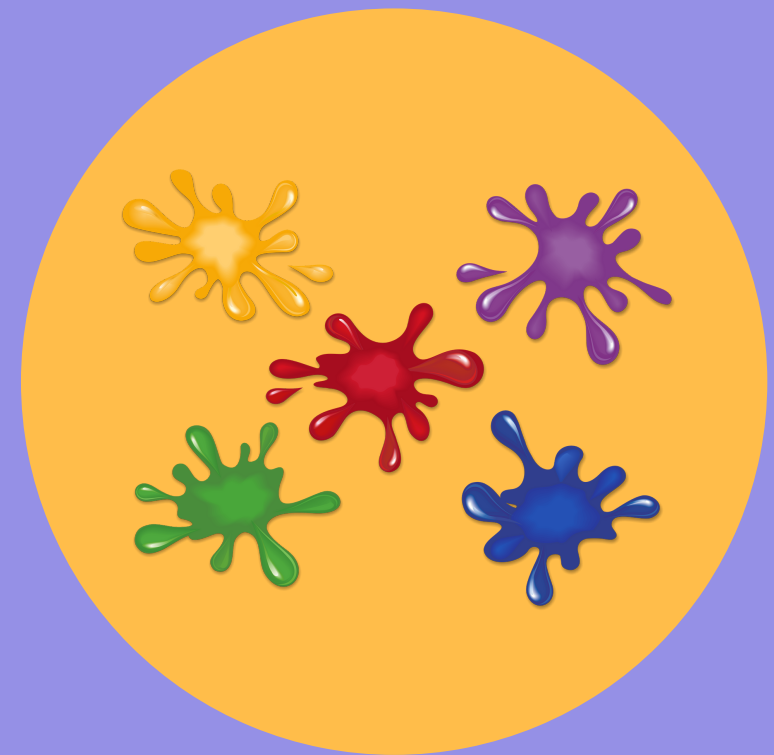
"Me as a tree lets me have fun with who I am"

# EMOTION LISTEN AND DRAW



## PURPOSE

Emotion listen and draw is used to demonstrate how different types of music (or sounds) make us feel.



## HOW TO

1. Five short excerpts of a variety of different songs are used.
2. Each person is given 5 pieces of paper.
3. As they are listening to each song, participants quickly paint or draw the feeling they are experiencing while listening to the song.
4. Drawings are placed in a row according to the piece of music so that similarities and differences can be revealed.



## LEARNING

A visual representation helps to demonstrate the feelings evoked by music.



## THE EXPERIENCE

"Emotion listen and draw helped me think more about what I was listening to"

"Emotion listen and draw let's me have fun and share what I feel with others"