

# HOPE SKILLS

Let's take a few minutes to review the hope skills we can use at home. These are skills help us calm our brains, to reactivate our upstairs brains. Remember when we let our downstairs brain take over, we are not our best selves. When the downstairs brain is in control we feel things like anger, sadness, disappointment and hopelessness. When our upstairs brain is in control we feel things like happiness, motivation, and HOPE!



## MINDFUL BREATHING

Mindful Breathing is an activity that helps us focus on our breath. We have done a lot in class! Here's one you could try at home:

### Wave breathing

Draw your breaths as waves, either with your finger on your desk or with a pen and paper.

Make wave patterns to the rate of your breathing:

- Is it shallow or deep?
- Are the waves even or irregular
- Do the waves change as you start to draw your breaths?

If you want you can turn your breathing waves into art!

## MEDITATION

In class we have talked about the all the wonderful benefits that can come from meditation. Including improved memory, increased creativity, helps us relax (so it can help calm our brains down!), get better sleep, etc.

You can find so many wonderful meditations online that can range from 3 minutes and up! Remember mindfulness is a skill we all learn. So don't get discouraged if the first few meditation seem difficult!

## VISUALIZATION

This skills can helps us look at our days with a more hopeful and positive lens!

- Close your eyes and focus on an image that makes you feel good. Think about this image for 30 seconds, and notice the sensations(feelings) you feel in your body.
- Breath in deeply and continue appreciating how this image make you feel.
- Does this image bring you peace, happiness, a sense of calmness, etc.
- Now take that new outlook into your day.

## PRACTICING GRATITUDE

During these stressful times it can be hard for us to focus on things we are grateful for. Take time to pay attention to things you are grateful for.

- Sit in a comfortable position with both feet on the ground. Close your eyes or focus on something on the ground.
- Take three slow deep breaths. In through your nose and out through your mouth.
- Now try to think of three things you are grateful for.
- Take three more deep breaths, in through your nose and you through your mouth. When you are ready you can open your eyes.

## JOURNALING

There are so many different forms of journaling! Here is one really quick and simple type of journaling:

- Write down one positive thing that happened to you today.
- If you can't think of one positive thing that happened to you today, think of the last time you felt positive and write about it.

## CREATIVE ACTIVITY OR PHYSICAL ACTIVITY

Both of these activities are so wonderful for our minds. They both offer an outlet for our emotions and get our upstairs brains engaged.

### Creative Activities can include:

- Writing stories, drawing, art, colour, etc.

### Physical Activities can include:

- walking, yoga, swimming, dancing, indoor cycling, etc.

All of these can help release tension, anger, stress, and frustration in order to prepare your mind for hope

