



1-3 Quick Guide to Breakout Activity Options for Lesson on Thoughts, Feelings, Behaviors

Reading Aloud activity: We recommend the following books that embody the themes of this lesson plan. After reading each book aloud, ask the children how they think the story relates to mindfulness.

- [The Feelings Book by Todd Parr](#)
- [Jabari Jumps by Gaia Cornwall](#)
- [Train Your Angry Dragon by Steve Herman](#)
- [After the Fall \(How Humpty Dumpty Got Back Up Again\) by Dan Santat](#)

Physical activity: Engaging in bouts of intense physical activity can help kids manage the sensations of anxiety that accompany stress. Ask kids to engage in short bursts of exercise that get their heart rate up. Here are some examples:

1. Sprint as fast as you can around the gym or the playground three times. Then lie down on your stomach and notice the sensation of your heart beating all the way down in your stomach. When your heartbeat has slowed down and your breath has returned to normal, jump up and sprint around again. Notice how it feels after you finish exercising and your body regulates.
2. Play a game of Duck, Duck, Goose where each person who is “It” has to name two different emotions instead of using the words “duck”, “duck”, “goose.” For example, a child could tap each person on the head and say “calm”, “calm”, “angry” or “sad”, “sad”, excited.” Encourage kids to use as many different emotion words as possible and try not to repeat if possible.

Drama/Theater activity: Invite kids to form groups and create a skit about this week’s theme, which is managing your thoughts, feelings, and behaviors. Below are prompts:

- “You are a superhero who can swim around the whole ocean in one minute. One day, you have a bad panic attack in the water, and you become afraid to get back in the water. How can you overcome your fear in time to save a giant boat full of people being attacked by a sea monster?”
- “You are trapped on an island with the following characters from Inside Out: Joy, Sadness, Anger, Fear and Disgust. You have to make an escape plan. Each character is only expressing their own emotion. How do you help each other feel each other’s feelings and work together to get off the island?”

Visual Art activity: Making emojis. See *1-3 Art Activity Option* for reference images to print out for children who need visual examples.

- **Individual activity:** Kids can use Play-Doh or clay to create a series of emojis that reflect the emotions they experience day-to-day. They can bring their emojis home to share.
- **Collaborative activity:** Pass out paper plates for kids to use as faces. Let them draw or paint emojis to represent the different feelings they experience day to day. The finished paper plates can all be glued onto a large posterboard or taped to a wall in the YMCA to create a customized emotion chart that everyone can see.