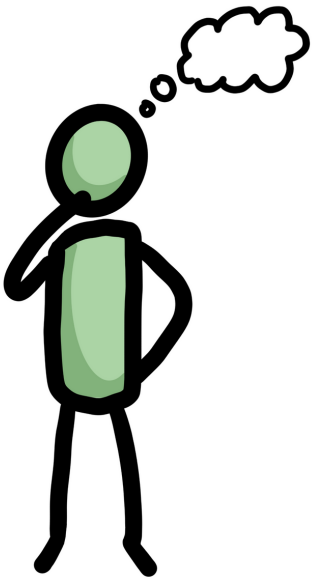
SENSORY solutions™

mindful MOMENT



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tips for use

ASCA standards:
- M 2
- B-SMS 6
- B-SMS 7

Use this activity to explore the mixed-up sensations that can lead to big Downstairs Brain moments.

This activity should not be used right after a Downstairs Brain moment. Brains need time to recover before thinking critically.

It might be helpful to walk students through a body scan as they consider what they were feeling at the time.

Help students to write down everything they were feeling. Downstairs Brain moments can be triggered by the smallest sensations!

Some students may have a hard time thinking of what they can do next time. You may need to help them think it through.

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Mindful Moment

Sometimes the mixed-up sensations we feel can lead to Downstairs Brain moments. This mindful moment is designed to help you notice and understand those feelings a little better.

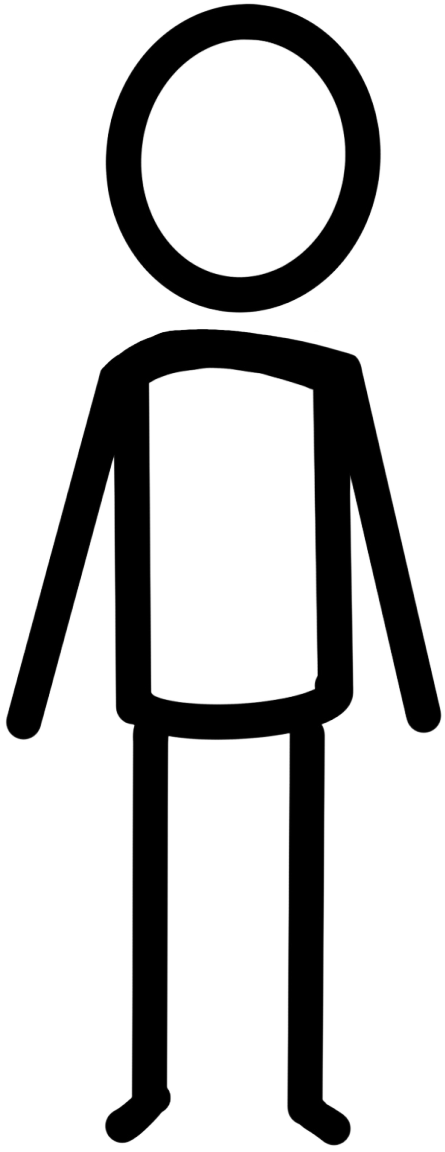
To start, think about a time you felt overwhelmed.

With your eyes open or closed, check in with your whole body...

. . . From the top of your head to the tips of your toes.

What sensations do you notice? Any thoughts or feelings you can remember?

Draw / write what you notice.



What could you do next time you notice those sensations?

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