

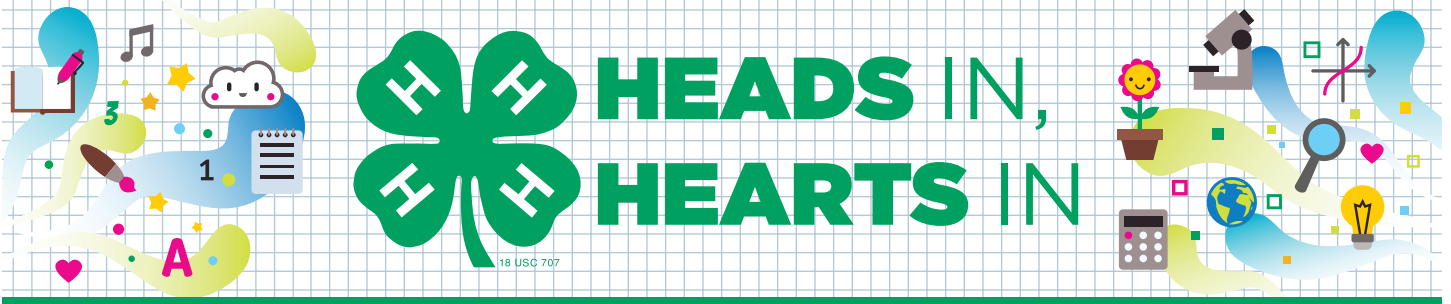
## Supplies

- “Guide for Families” handout
- Clear plastic standup display (optional)
- “Babble Journal” handout (1 per participant)
- Writing utensil
- Display Table

## Activity Preparation

- ▶ Purchase or locate items on supply list.
- ▶ Print one copy of the “Guide for Families” handout. Laminate or place in a clear plastic standup display to allow participants to see it more readily.
- ▶ Print one copy of the “Babble Journal” handout for each participant.
- ▶ Set up the display table and arrange needed supplies.





# Babble Journal

## Guide for Families

### Learning Objectives

#### What you need to know:

Mindfulness is the practice of slowing down and paying attention to the present moment. It is not emptying your brain of all thoughts. It is a process of focusing your energy and thinking on what is happening right now instead of what has happened in the past or might happen in the future. Mindfulness is noticing and paying attention without having to label or judge. During mindfulness practice, notice without placing judgment. For example, think to yourself, “I notice that I am feeling anxious,” rather than, “I notice I am feeling anxious. I am so weak.”

Mindfulness may include breathing techniques, stretching or movement, creative expression, meditation or some other practice that allows you to slow down your thinking, lessen distractions and focus your energy and attention for some time. Growing a mindfulness practice can help you improve your focus and attention, manage and address stress, learn to handle strong emotions and feel calm.

#### What you will do and learn:

Journaling is a great way to reflect on thoughts and feelings. When journaling, it’s okay to babble and not have all of your thoughts or feelings organized into sentences. Babbling, or just getting the thoughts or words out, can be a great release of emotions that you’ve been holding inside. Use this activity to first brainstorm words or pictures to describe how you felt today, what you thought about and what emotions you might have felt. Then consider writing about today and what you think tomorrow will be like.

### Instructions

1. Take a “Babble Journal“ handout and a writing utensil.
2. Look at the left side of the handout.
3. Using a writing utensil, write words or draw pictures about your day. Your thoughts don’t need to be complete or organized. In this area, babble! Consider:
  - How did you feel?
  - What did you think about?
  - What emotions did you experience?
4. Look at the right side of the handout. You will see three blocks with writing prompts.
5. Write about today, tomorrow and something you want to do or try soon. You can choose to use the words and pictures from the left side of the handout or write whatever comes to mind.

# Babble Journal

## Babble Journal Handout

In this area, write words or draw pictures about your day.

- How did you feel?
- What did you think about?
- What emotions did you experience?

**Today was:**

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**Tomorrow will be:**

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**Something I want to do or try soon:**

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