



A Warm Wind Blows

Imagine feeling your emotions like a wind blowing inside of you. How can you let others feel your wind, without blowing them away

Empathy

Recognizes & Manages Own Emotions & Recognizes the Emotions of Others



Mindfulness Principle: Have Faith

Skill Focus: Recognize emotions in self and how to express them appropriately.

Preparation Materials: Chalkboard or chart paper

- 1 • Emotions are the feelings we have in our mind and body. How many emotions can you name? (Write a variety of emotions on chart paper or chalkboard.)
 - Why would someone feel anger? What about joy (or frustration, happiness, sadness)? Are these good reasons to feel these emotions?
 - Our emotions can be pleasant or difficult, but they are important for telling us how we respond to our situation.
- 2 • Let's stand in a circle to play a game called "A Warm Wind Blows." I will say, "A warm wind blows for anyone who feels joy when they are playing soccer." If you feel that emotion, move through the circle like the wind is blowing you around. Then find a new place in the circle.
 - (After demonstrating the first round, continue with new sentences corresponding to the emotions on the board.)
 - As you are blown, take deep breaths and feel your breath connecting to the wind, accepting it, and letting it move through you.
- 3 • Let's sit in our circle. Reflect on how it felt to be blown around by different emotions. Which ones felt pleasant? Difficult? Both difficult and pleasant emotions can move through us like the wind. And, like the wind, they can move us to a new place.
 - When you feel the wind of emotions, notice how it makes you feel, and pay attention to what important thing it might be telling you. Feel the wind blow through you and notice if it wants to move to a new place.