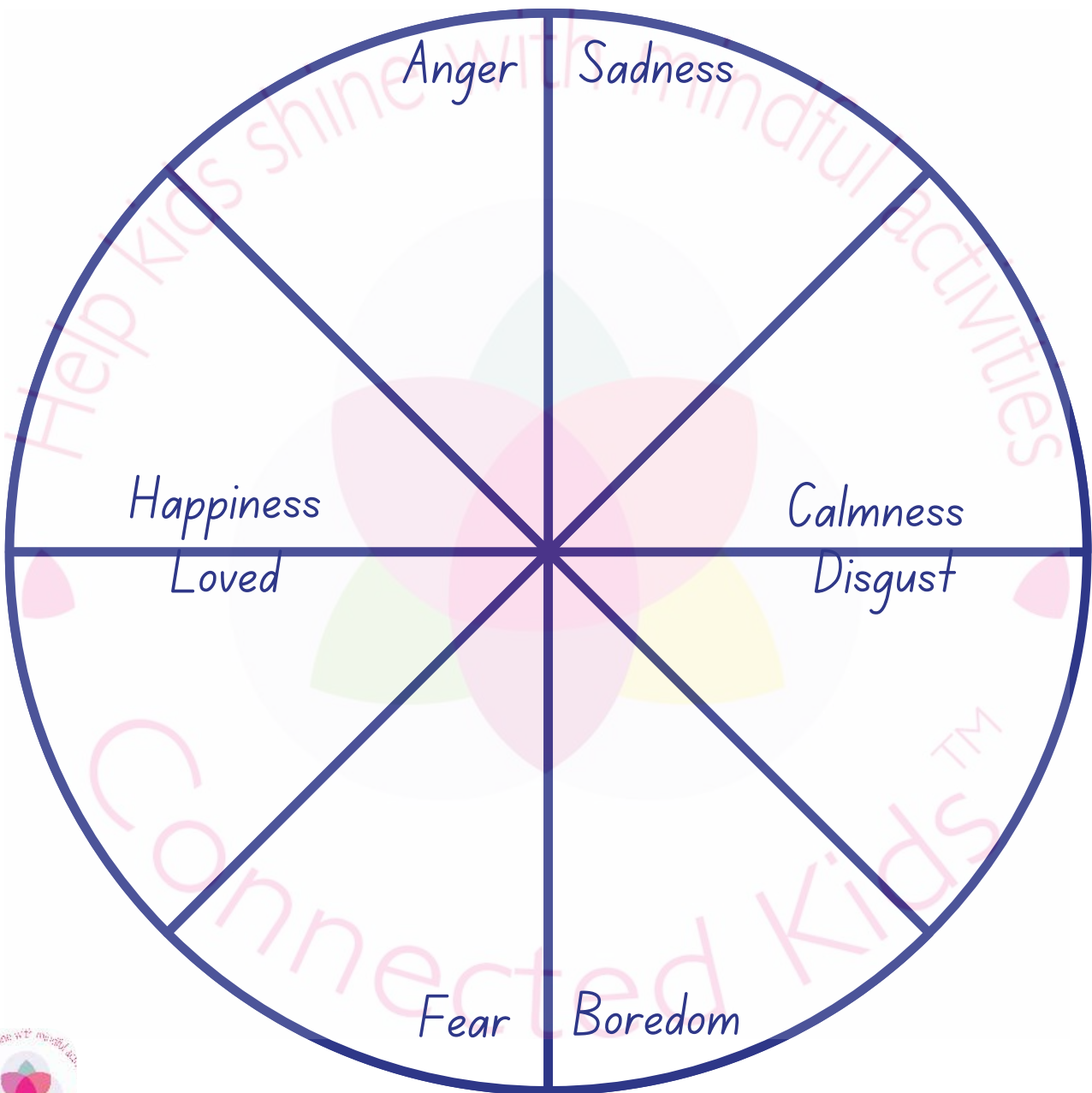


Name \_\_\_\_\_

Date \_\_\_\_\_

# Emotion Wheel

In each of the sections below write or draw about a time you felt that emotion.




# Check in


Now take a moment, as you think about this time, where do you feel it in your body?  
Colour in or draw this in the picture below.

Write here anything else you notice ... a thought, feeling?



# Engage breath

Take a moment, close your eyes and place your hand (or imagine this) on your chest. 

Imagine your breath is like a gentle breeze at first, then becomes strong like a tornado! 

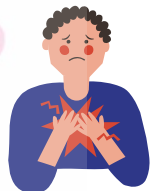
Imagine the tornado spiral flowing into your body and 'sweeping up' the feeling.

Imagine the tornado breath flowing through your hand into your chest.



Breathe it in deeply (if you want to resist, then breathe in the feeling/thought of 'resist' instead.

Practise this for 5 to 10 breaths.



How do you feel now?



# Notes for adults

In the exercise we are helping the young person to:

- discover where the feeling might come from
- notice where it appears in their body when they think about it
- use the breath to breathe it into the heart centre (or breathe in resistance to the feeling).
- This exercise helps a young person identify, process, and accept the experience.
- It works on a mental, energetic, and mental processing level.
- The energy of the feeling is breathed into the heart centre - an energy centre in the body linked to compassion, love and forgiveness.