



5.2 The Cards We Share

Suggested Grade Level: 6-12

Time: 30-45 minutes

Subject Area: Mental Health and Interpersonal Relationship

Overview:

In this lesson, we will be participating in an activity called “The Cards We Share.”* Life deals us all, certain cards to pay with but we might have trouble with some aspects of our lives. In the activity, participants will discover each other's struggles and that they are never alone in cards life deals them. As well as learn about a coping mechanism for mental health issues and discuss resources within your school.

**Disclaimer: Although, good for bonding, may bring up some deep seated issues within students. Advisor should have LGBT friendly counselors and resources on the ready.*

Goals:

- Empathize with and understand struggles may not always be on the surface
- Apply a Mindful Meditation as a relaxation technique and coping mechanism
- Discuss Community and School Resources to address some of your issues.

Materials:

- Slips of Construction Paper.
 - Preferably Colorful
- Space where you can turn off or dim the lights.
- A flashlight for the Facilitator.
- Chairs or BIG Blankets to Lay on
- A Speaker
 - Play: Youtube Channel Soothing Relaxation
 - <http://tinyurl.com/GSAMeditation>
- **OPTIONAL:** Mood Lighting

Procedure:

Step One:

Have all the chairs in a circle or more comfortably have big blanket(s) covering the floor and have everyone sit on the floor. Pre-Dim the lights before students come into the room and have your relaxing music ready on the speakers.

Step Two:

The facilitator must have a calm demeanor and voice in order for this Activity to be effective. You will need to speak much slower than usual and announce more sharply with words. Your advisor is trained to relax students as a part of their teacher trainings. If there's no student able to run the activity, please use utilize your advisor.

To Start, have the facilitator say the following script*:

*Adjust as needed

“Everyone, please take your sit and begin by finding a comfortable, relaxed position.

I understand that we are all stressed due to (Insert stressor e.g. Finals, Holidays etc...). We will be undertaking an activity today to relax and let go. Participation is as always 100% voluntary. This will be one of the more serious and somber activities will be doing. It may bring up some memories and bottled up emotions. If you do not wish to participate. There's coloring pages and craft supplies in the back or hallway for you so long as you do not disrupt the activity with noise or talking. All those who do not wish to participate, please move to the back of the room or hallway now.

Okay, all those who decided to stay. ***Turn on the music***

Began by Slowly, closing your eyes.

(Pause)

Allow your body to begin to relax to the music.

Take a deep Breathe in..... and out.....

Step Three:

Welcome to the beginner guided

Meditation ... for anxiety and

Self-acceptance.

Today we're going to

work on your basic breathing techniques

and a basic introduction to guided

Meditations....

Please, sit or stand or lie

Down comfortably

(breath in)

Meditations work best when you
unplug the computer,
the tv,
The telephone
Or anything likely to interrupt
(breath in)
... your personal time

Take a deep breath in and release
and in and release

When you breathe in I want you to
imagine you're taking everything positive
from the universe,
from the outside world
inside yourself
filling yourself from
head to toe with pure light and
positivity Confidence
and unconditional love

when you breathe out I want you to
release your fears....
release any self-hatred
any self disapproval
any resentment or anger.....
release any tight harsh feelings stored
deep within yourself.
Until you are literally an
empty vessel waiting to be filled with a
light of positivity.

Take a deep breath in and release
and in and release

as you breathe in notice your breath go
in through your nose
slide gracefully with complete. Ease.
Down your throat into your stomach
as your chest rises
as you breathe out notice your breath
travel up from your stomach through your
throat passage and out of your mouth
in through the nose and out of the mouth

if your mind wanders..... that's okay

You're not doing anything wrong....
accept the thoughts that are present in your mind
acknowledge them and then let them go.....

Return to your breathing.....
Focus on your breathing
(LONG Pause)

Focus now on your body
Focus on how relaxed you feel whether your
feet feel heavy or stiff to your arms
and hands lay loose at your sides focus
on each individual part of your body
from your head down to your toes as you
breathe in through the nose

and out through the mouth

notice how you are....
Do not focus on what you *wish* to be
Or what do you think you *should* be....
instead focus entirely on what
it is that you are.

Visualize someone who loves you,
Someone who loves you very much,....

An unconditional love,
Look at yourself through the eyes of this person,
They don't see imperfections,
They don't see failures,
All they see is you.
Your true self.

All you have to offer.
And you are loved unconditionally.
100 percent, just for being you.

Your existence is completely unique.
There was no one else On the planet ... who is better at being you than you.
Nomatter what path you take.
Or what steps you put into practice...
You always succeed every time at being yourself...
Focus again on your breathing...
In through the nose..... And Out through the mouth.

I am going to count down from three To one.
Allow yourself to return back to your normal state...
Slowly.... More aware of your surroundings...
More aware of your body....
Be aware of your breathing....
Be aware that you are ... you.
3....
2....
1.....

Welcome back, do not worry.... I want you to silently take the piece of paper placed beside you and complete the sentence I struggle with...
When you are done, fold and quietly drop it into the hat.

(Provide time)
Continue to play meditation music.

Step Four:

The facilitator will instruct the students to sit up as they are able. The lights will remain dim or dark. The facilitator will have a flashlight to their face as they are read each of the cards aloud. After each cards is read, the group is to say “You are Loved” in unison.

Step Five:

Please have resources prepared. This activity can bring out deeply held struggles and students may need emotional support or resources be ready with a couple especially in sexual assault, mental health, self harm, and addiction.