



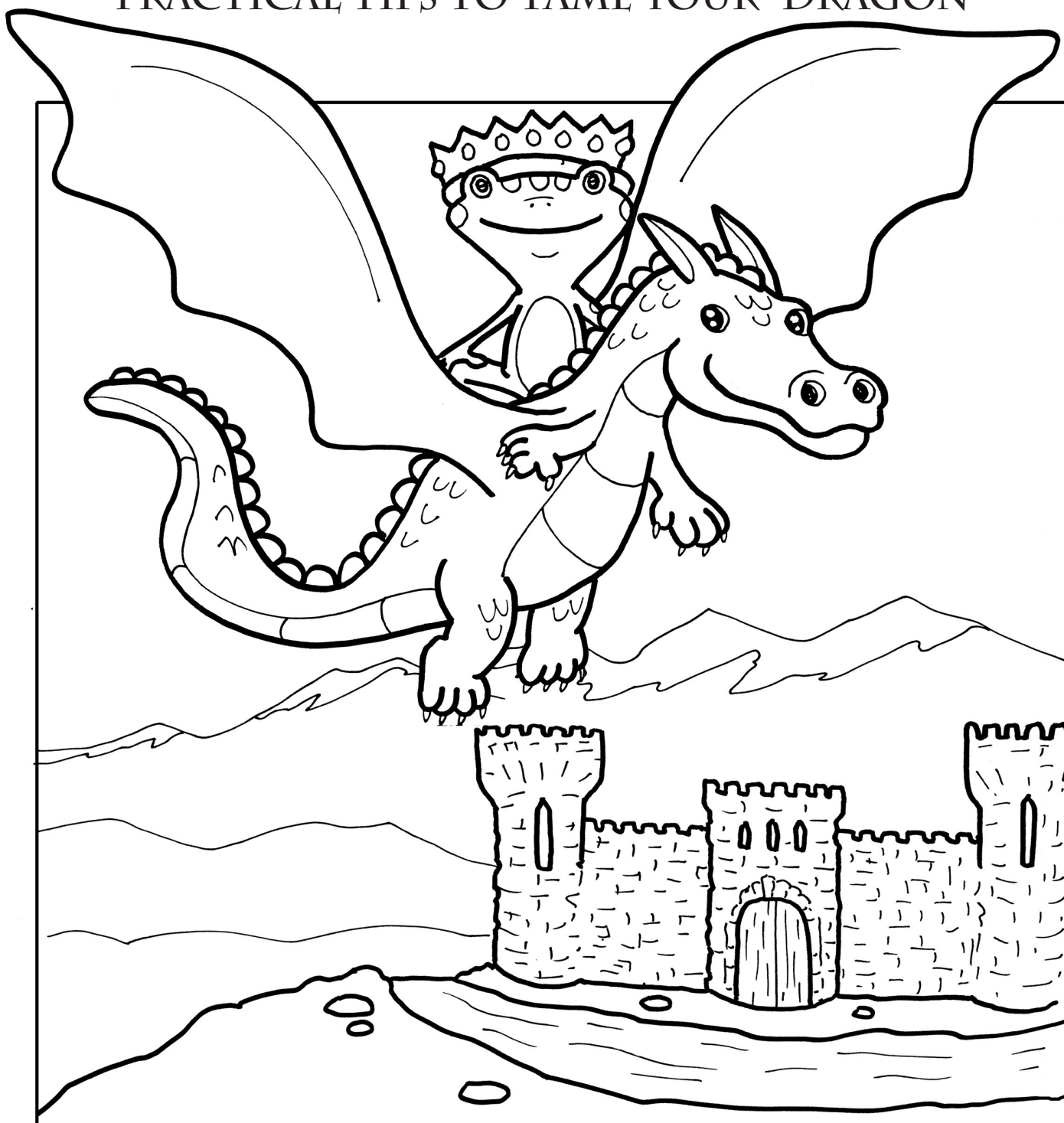
Unit 2

REFLECTION JOURNAL

The Power to Tame Your Temper

THE POWER TO TAME YOUR TEMPER

PRACTICAL TIPS TO TAME YOUR "DRAGON"



THIS REFLECTION JOURNAL BELONGS TO:

SCHOOL: _____

GRADE: _____ CLASS NUMBER: _____ YEAR: _____

SELF-PRACTICE LOG

Try setting a goal to practice mindful breathing on your own and record it below. Noticing your thoughts and feelings helps train your brain to be the Kind Leader of your life.

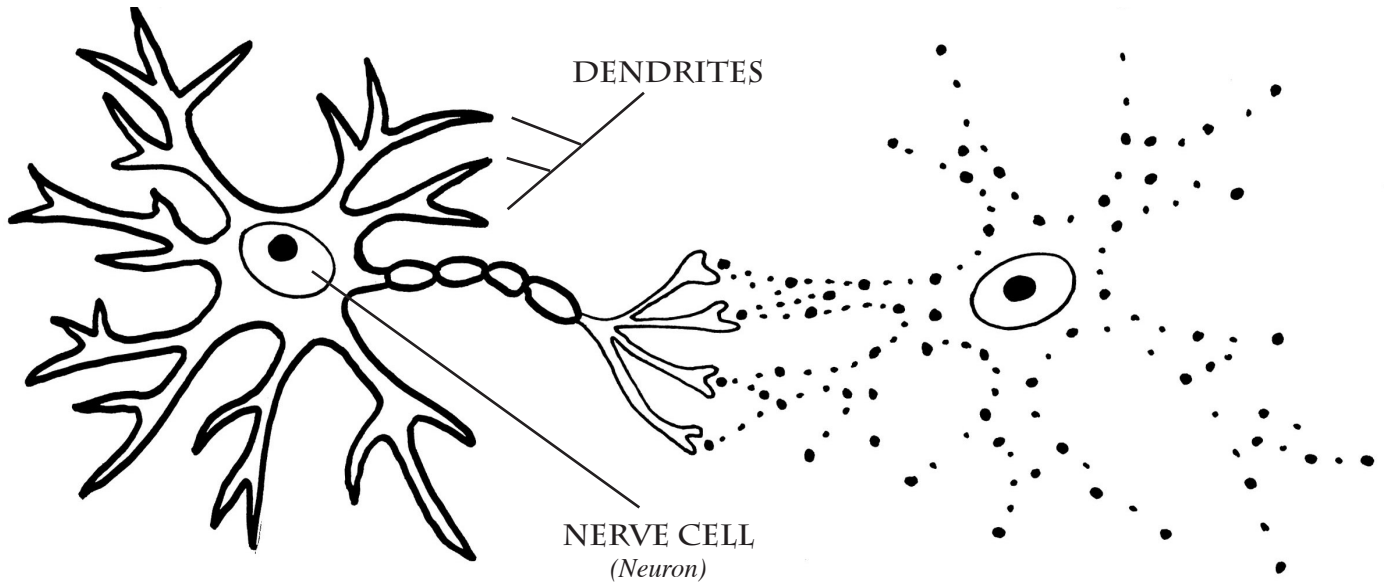
MY GOAL IS TO: _____.

(Example: My goal is to increase from three to ten mindful breaths by the 7th day of practice)

DATE	GOAL	WHAT I NOTICED?	WHAT I FEEL?
DAY 1			
DAY 2			
DAY 3			
DAY 4			
DAY 5			
DAY 6			
DAY 7			

TRAINING YOUR BRAIN GROWS YOUR BRAIN!

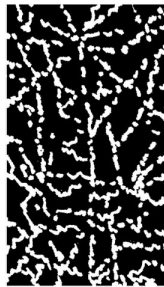
CONNECT THE DOTS TO GROW THE DENDRITES



AT BIRTH



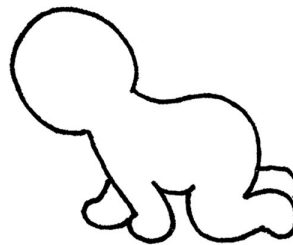
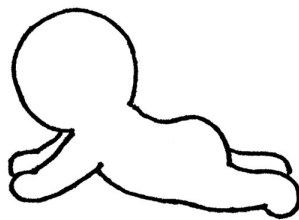
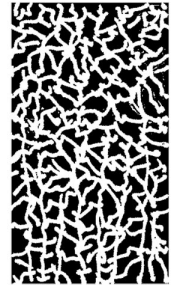
3 MONTHS



15 MONTHS



3 YEARS



Nerve cells, or neurons, in your brain carry messages from your brain to your body. The more you practice or repeat something, whether it is dance, art, math, or mindfulness, the more the branch-like dendrites increase in size and number.

YOU HAVE THE POWER TO GROW YOUR BRAIN AND TAME YOUR TEMPER THROUGH PRACTICE!

WHAT HABITS DO YOU WANT TO GROW?

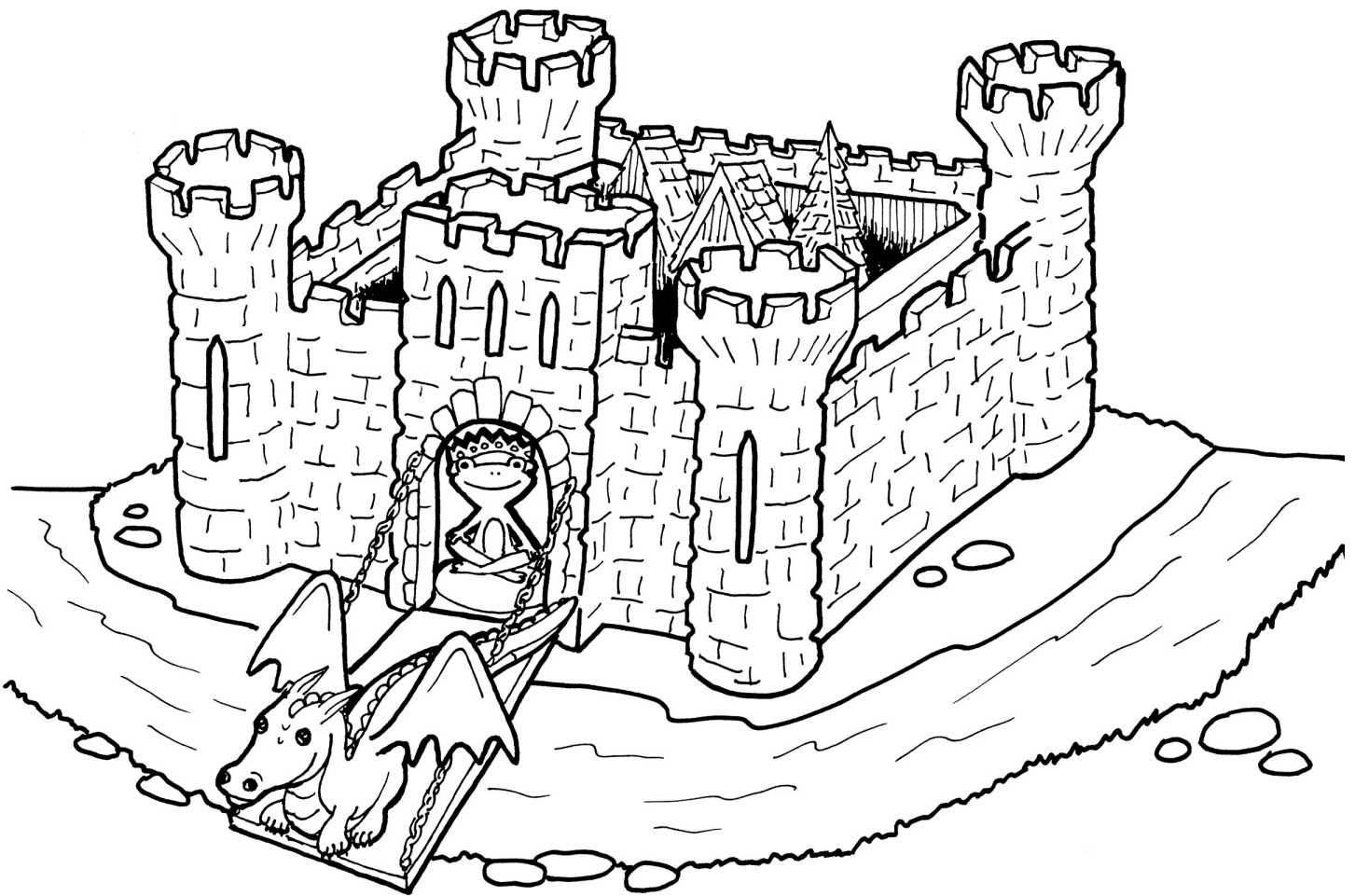
HOW THE DRAGON LEARNED TO THINK BEFORE REACTING

Once upon a time, in a faraway land, there was a majestic castle where a kind leader lived, protected by his loyal dragon.

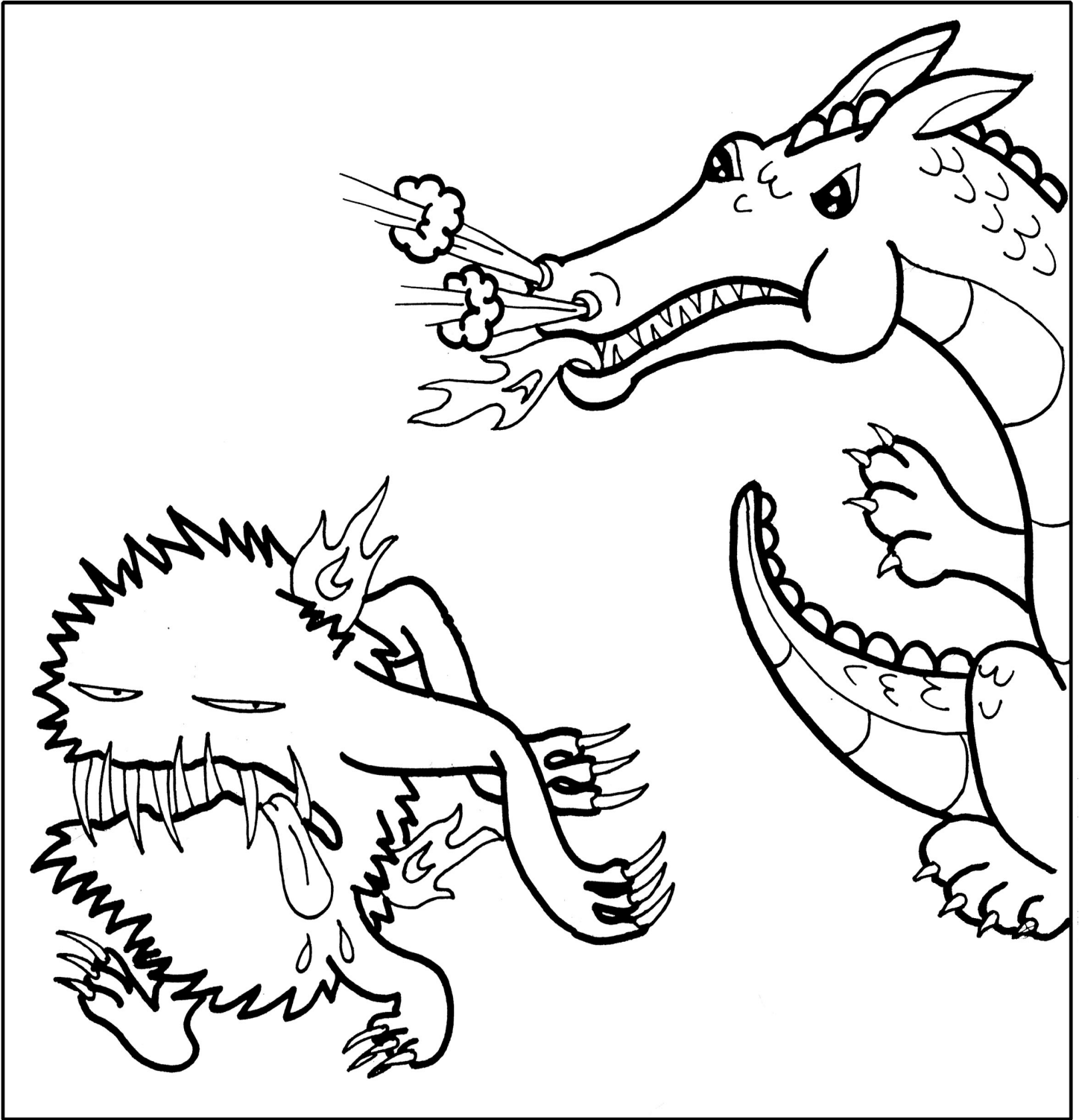
Imagine that you are the kind leader of the castle. Sit up tall the way a royal person would sit on his/her throne.

The Kind Leader's dragon faithfully guarded the castle.

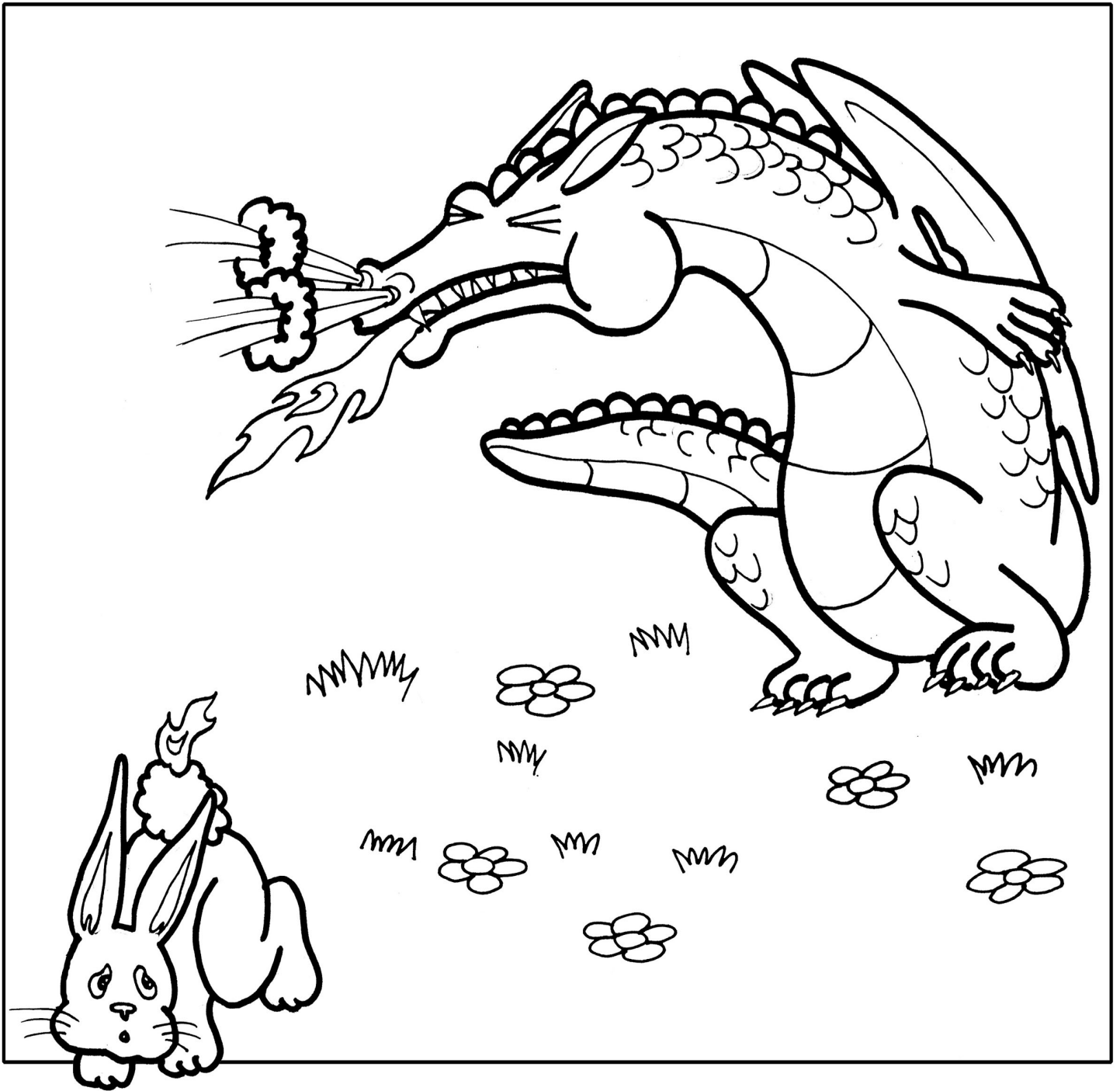
When a new visitor approaches the castle gate, Dragon reacts very quickly to ensure the Kind Leader's safety.



What do dragons typically do to protect their Kind Leader?



One afternoon, a dangerous beast showed up on the castle grounds. Dragon, acting as protector, became red hot with anger and breathed scorching fire to scare the beast away. Dragon did a fantastic job protecting the Kind Leader from a vicious beast who could have seriously harmed him.

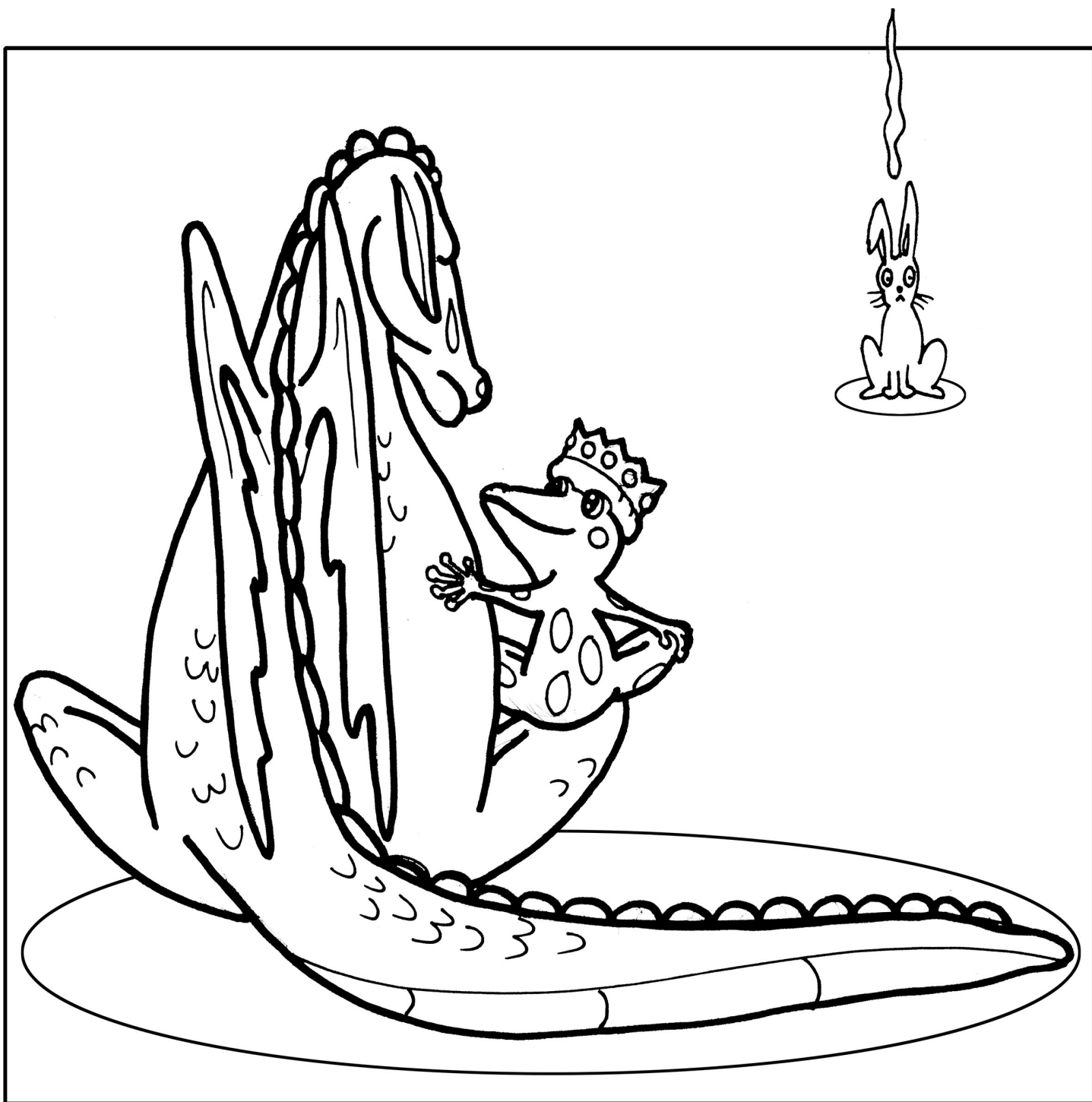


The following morning, a bunny was happily hopping around the castle's garden, minding his own business. Without hesitation, Dragon became red hot with anger and ferociously breathed fire to scare the bunny away. Although Dragon only meant to protect the Kind Leader, the bunny did not pose any threat. Dragon misread the situation and overreacted.



Have you ever made a mistake like Dragon?

After the bunny scurried away, Dragon realized that he did not do the right thing. Dragon started to cry. He wondered what to do. Dragon took a few long gasps, like we all do at the end of a good cry. He sniffed and sniffed and then let out a long sigh...



In that moment, the Kind Leader came out of the castle. “Hello, Dragon. I noticed you were upset about breathing fire on our little bunny friend.” “Yes,” whimpered Dragon. “Do not worry, Dragon. Everyone has unmindful moments. All dragons need some training to tame their fire.”

“How can I tame my fire?”

shrieked Dragon. “Sometimes I get so mad that my fiery breath starts moving really fast. I feel like I could explode!”

“This is a normal reaction, Dragon. It’s helpful when you need to protect our castle. There are, however, many more times when we do not need your flames of protection. We need you to stop and think instead.”

“But Kind Leader, **I stink** at thinking in the heat of the moment,” groaned Dragon.

“It’s difficult for everyone at first, including me, until I learned an ancient secret of great leaders. Are you curious to learn the secret, Dragon?”

“Yes! I really want to know!”

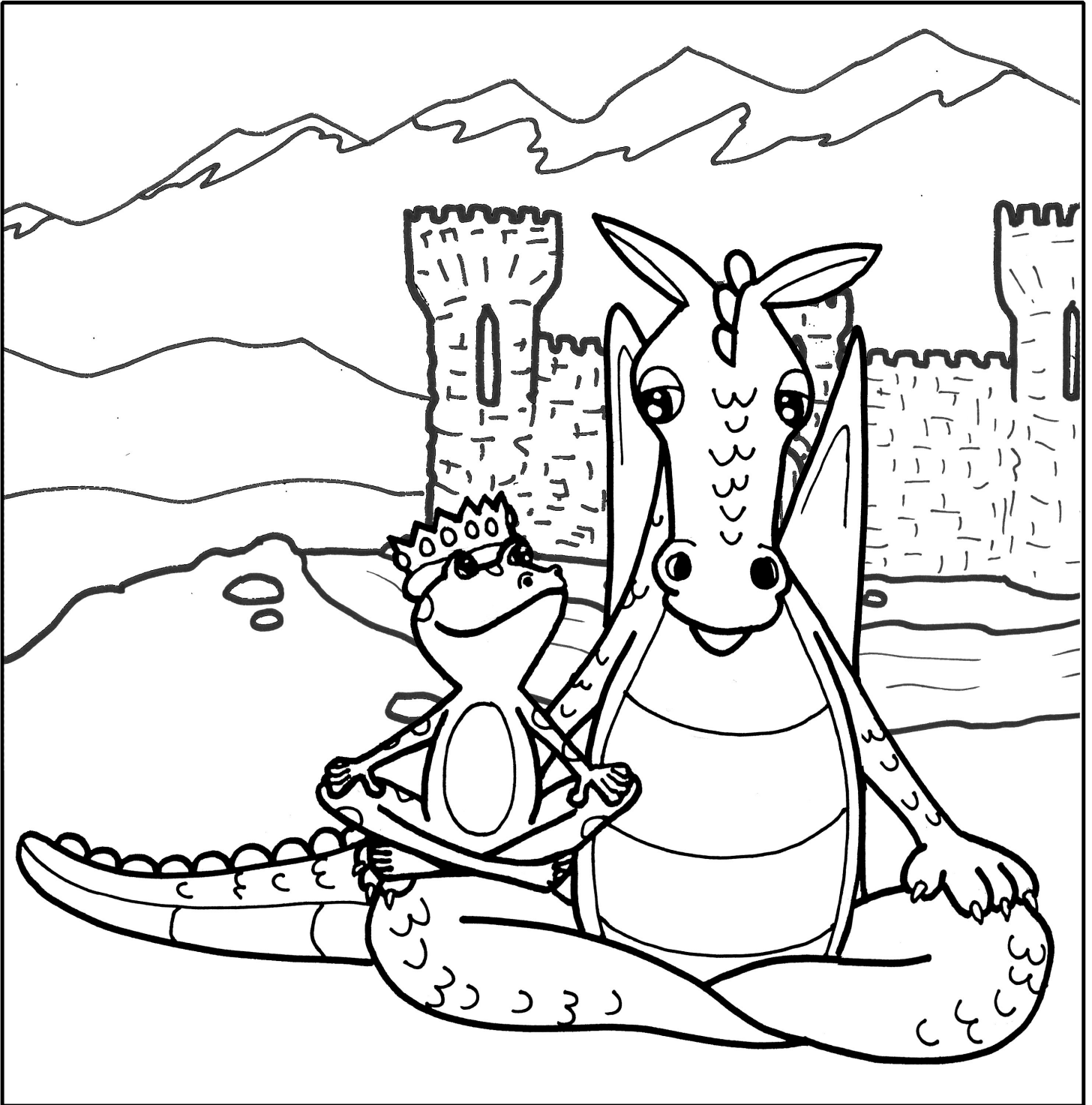
exclaimed Dragon, who became so joyful and elated that he was about to burst and fly around, like a popped balloon.

“Well, Dragon, you must pay very close attention,” The Kind Leader stated calmly. The Kind Leader sat up tall and took a deep breath in and let it out *very* slowly.

“Tell me the secret!”

Please with 1,000,000 sprinkles on top!”

The Kind Leader smiled with his eyes. Again, the Kind Leader sat up tall, took a deep breath to lift his heart, and breathed out very slowly.



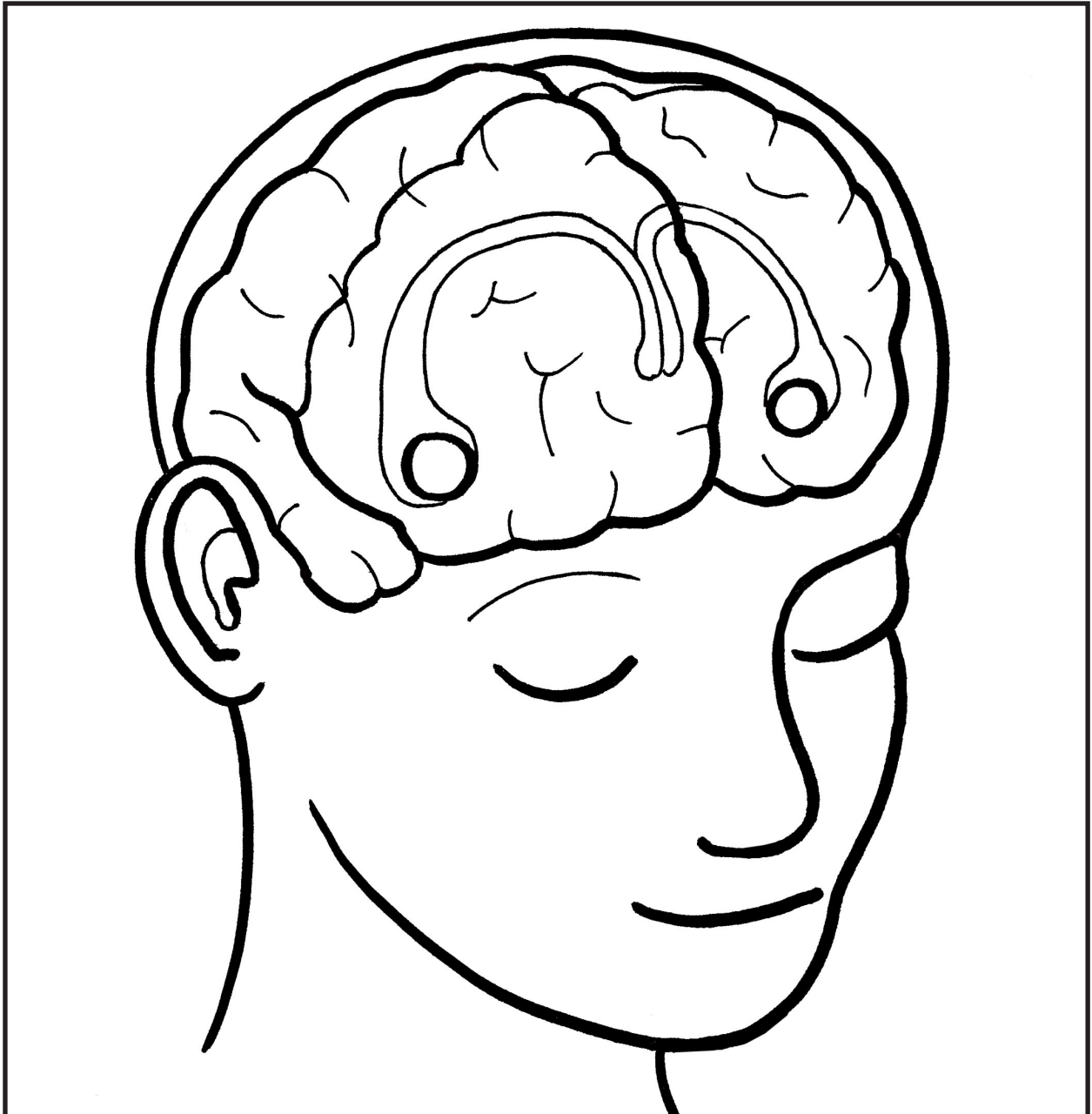
Then, Dragon smiled with his eyes too.

Being an intelligent dragon, he stored this lesson in his memory and always reminded himself to stop and think before hastily reacting when new visitors came to the castle.

BRAIN DIAGRAM

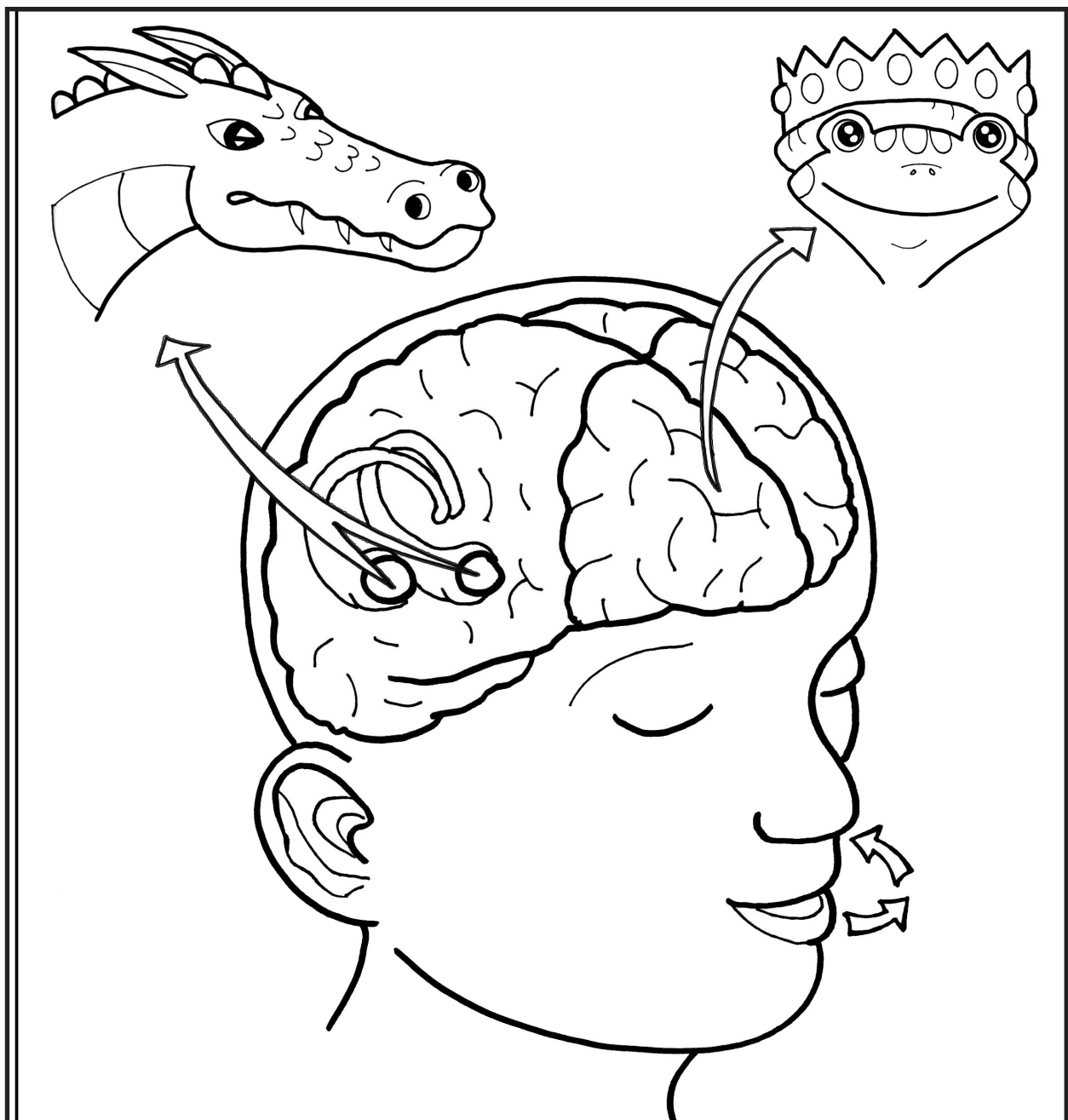
DRAW A LINE TO CONNECT THE PART OF THE BRAIN WITH ITS JOB

BRAIN	JOB
AMYGDALA	HELPS US LEAD & THINK
PREFRONTAL CORTEX (PFC)	HELPS OUR AMYGDALA & PFC WORK TOGETHER
MINDFUL BREATHING	HELPS KEEP US SAFE



BREATHING TO THE RESCUE!

BRAIN	JOB
AMYGDALA	HELPS US LEAD & THINK
PREFRONTAL CORTEX (PFC)	HELPS OUR AMYGDALA & PFC WORK TOGETHER
MINDFUL BREATHING	HELPS KEEP US SAFE



WHEN OUR AMYGDALA FEELS UNSAFE

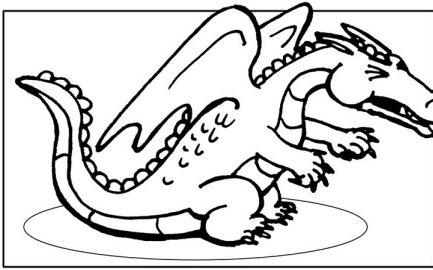
OUR QUICK REFLEXES KEPT OUR EARLY ANCESTORS ALIVE, SO THEY COULD FIGHT OFF A SABER TOOTH TIGER OR RUN FROM A BEAR.

TODAY, THE SAME REFLEXES KEEP US OUT OF HARM'S WAY.

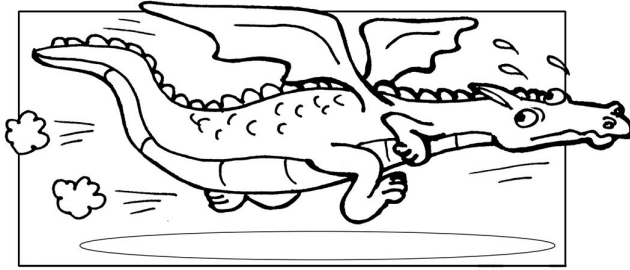
THE AMYGDALA DOES NOT STOP TO THINK.

ITS MAIN JOB IS TO MOVE US QUICKLY SO WE CAN BE SAFE.

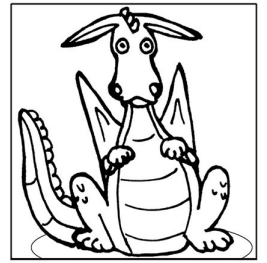
EVEN IF A THREAT IS NOT REAL, LIKE A FIRE DRILL, WE STILL MOVE QUICKLY BECAUSE OUR AMYGDALA IS ON HIGH ALERT.



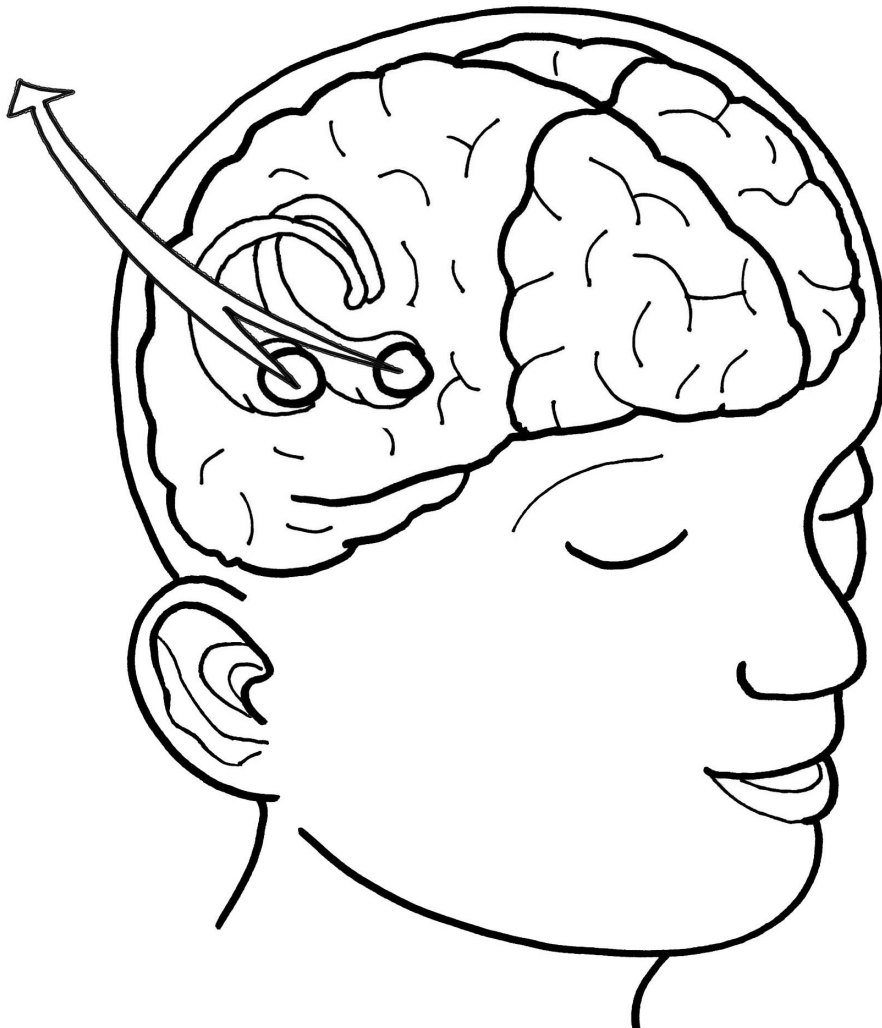
FIGHT



FLIGHT

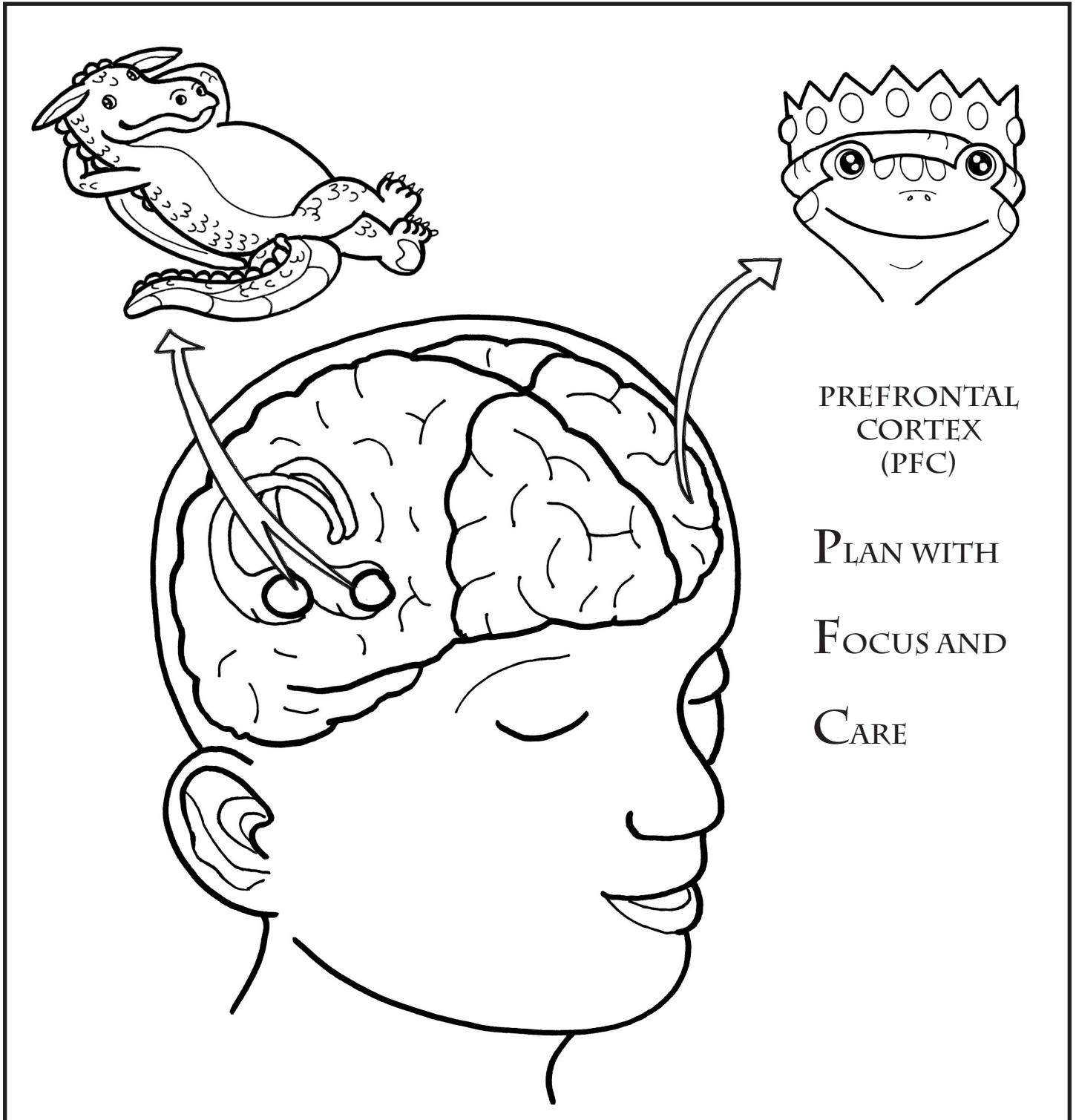


FREEZE



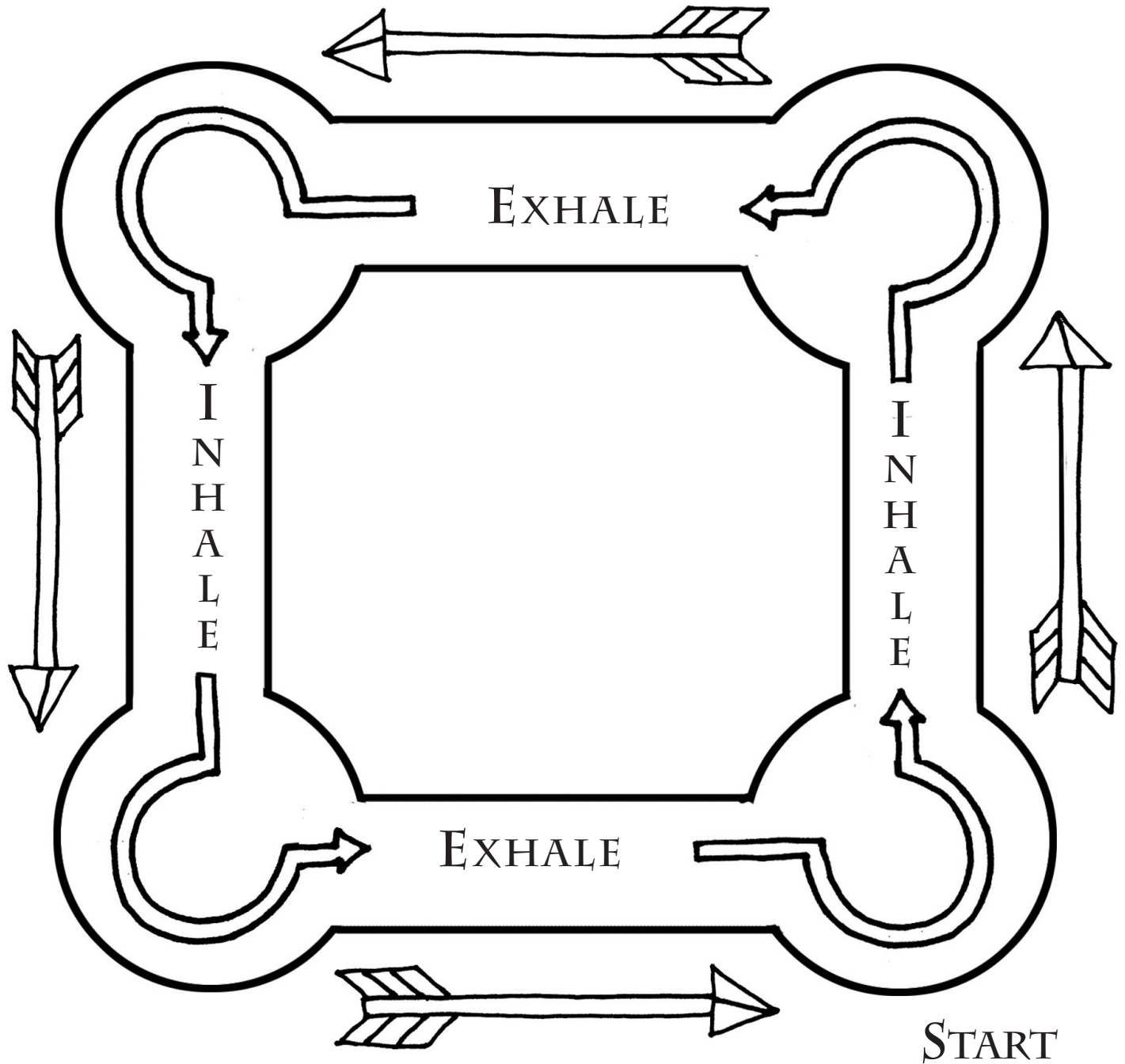
WHEN OUR AMYGDALA FEELS SAFE

WHEN OUR AMYGDALA FEELS SAFE IT RELAXES AND PASSES
INFORMATION ONTO THE PFC ("KIND LEADER")
FOR HIGHER THINKING AND REASONING



CASTLE BREATHING

EVEN INHALE AND EVEN EXHALE



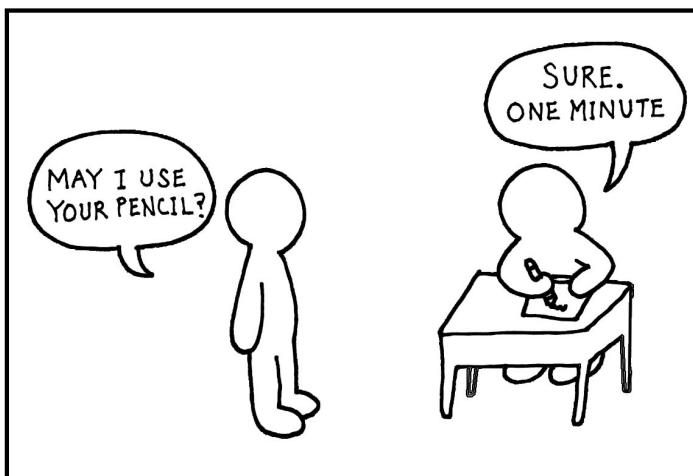
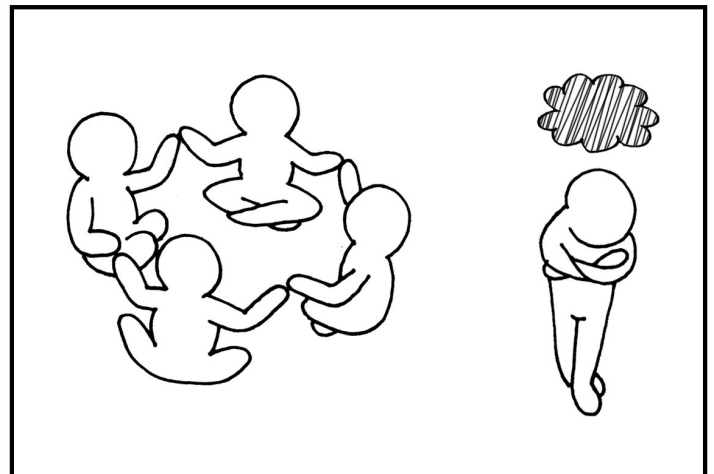
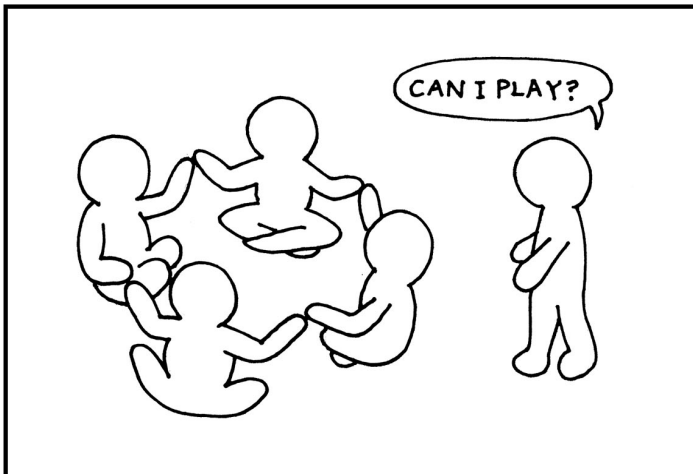
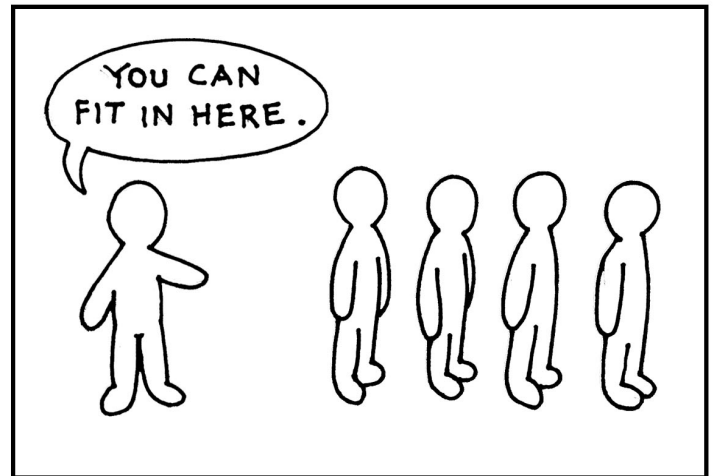
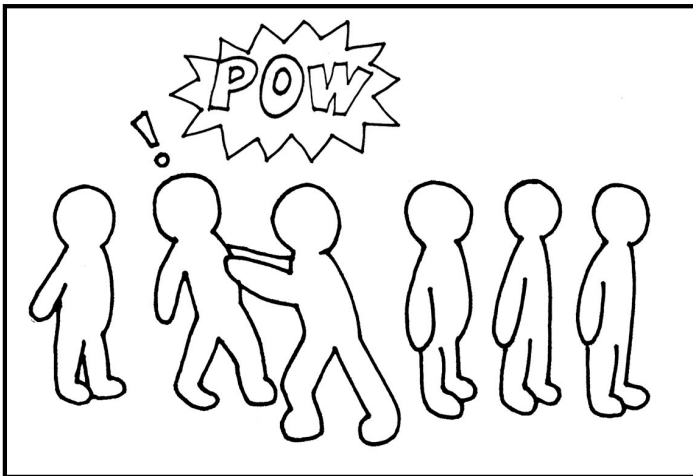
MINDFUL OR UNMINDFUL?

"HOW DRAGON LEARNED TO THINK BEFORE REACTING"

WHEN DRAGON....	MINDFUL	UNMINDFUL
Protected the castle from the beast?		
Burned Rabbit's tail?		
Talked really LOUD while the Kind Leader was sharing the secrets of Mindful Breathing?		
Listened carefully to the Kind Leader?		
Took three Mindful Breaths to calm down?		
Reminded himself to think before reacting?		

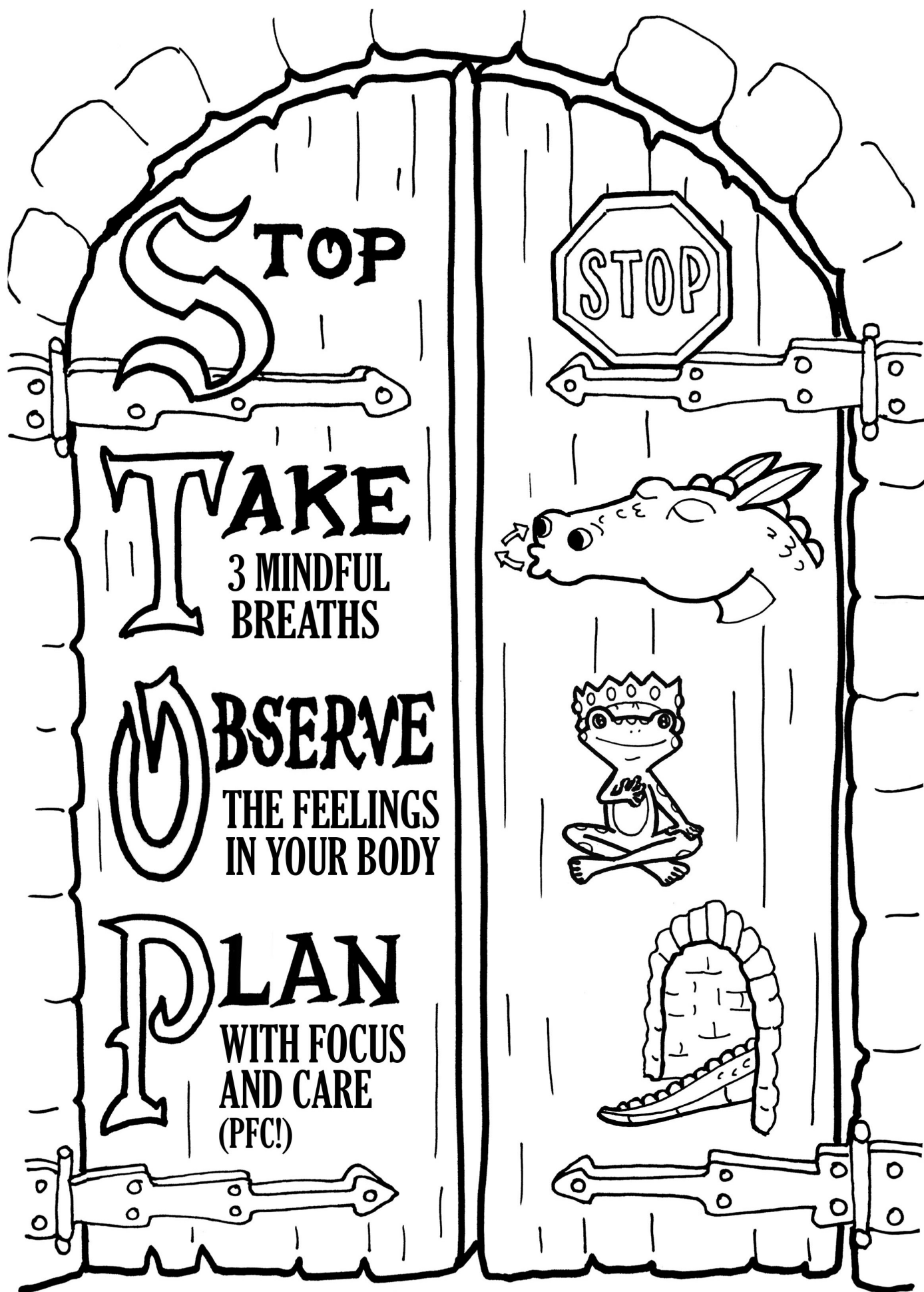
MINDFUL OR UNMINDFUL?

COLOR IN THE BOXES SHOWING MINDFUL BEHAVIOR

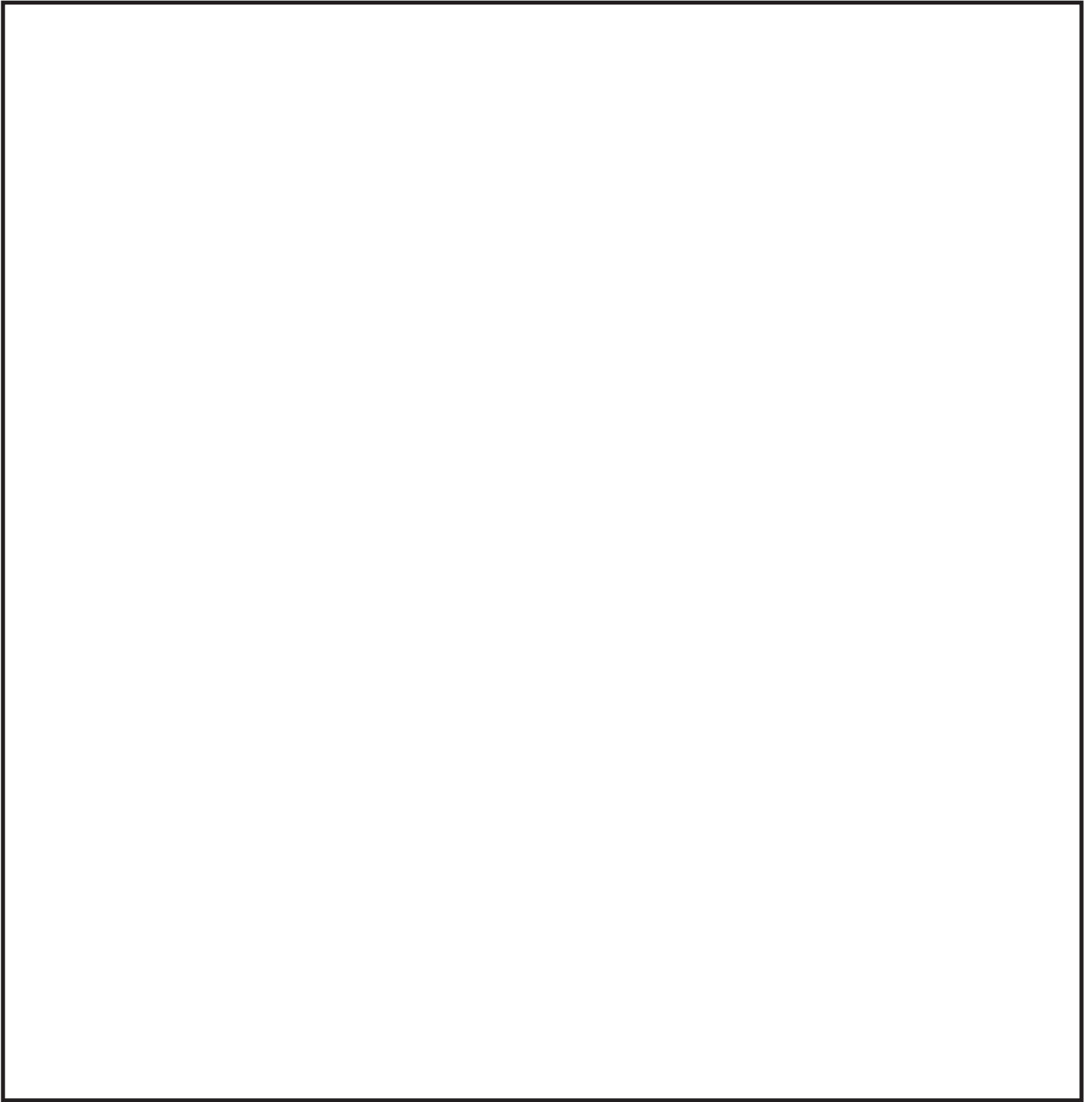


DRAW OR WRITE ABOUT A TIME YOU WERE ANGRY BUT CHOSE A MINDFUL RESPONSE (A TIME YOU USED THE "KIND LEADER" PART OF YOUR BRAIN).

Use the back of this page for your drawing ----->



DRAW A PICTURE OF YOURSELF
PRACTICING S.T.O.P.



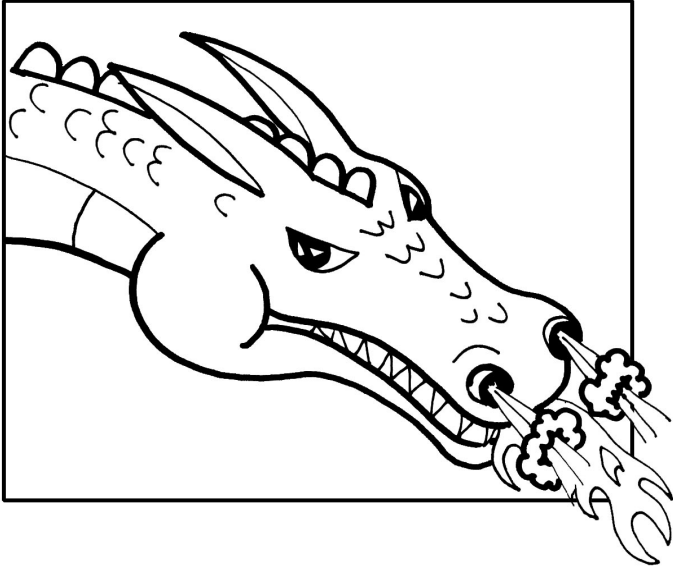
WHEN IS A GOOD TIME FOR YOU TO PRACTICE
S.T.O.P.?

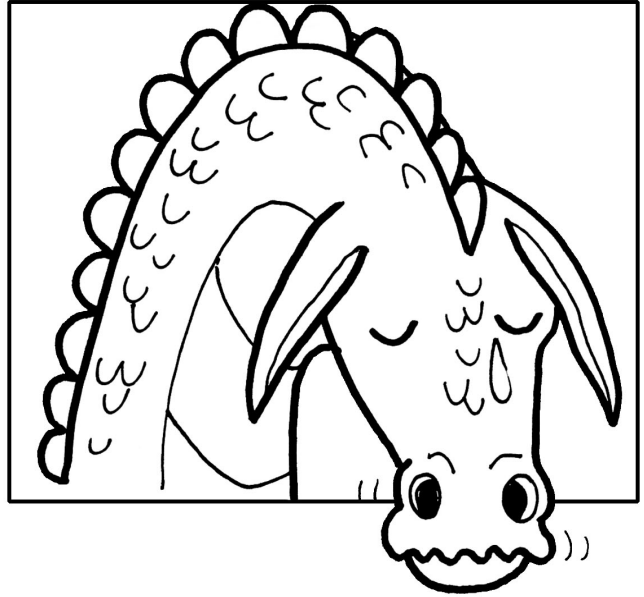
"NAME IT TO TAME IT"

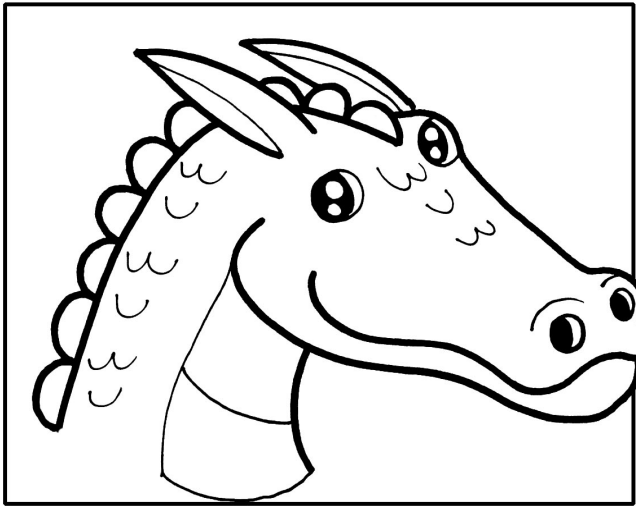
WRITE, OR COLOR IN, THE EMOTION SHOWN IN EACH PICTURE OF DRAGON'S FACE.

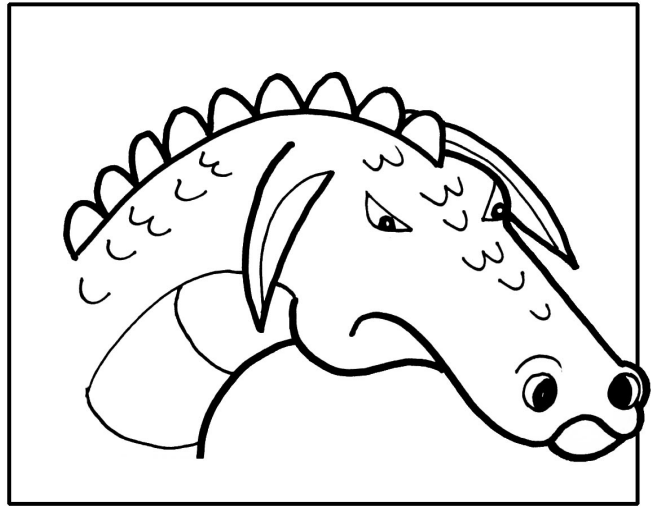
WHEN IS THE DRAGON ANGRY, SAD, MAD OR GLAD?

WHAT COLOR ARE THESE EMOTIONS?





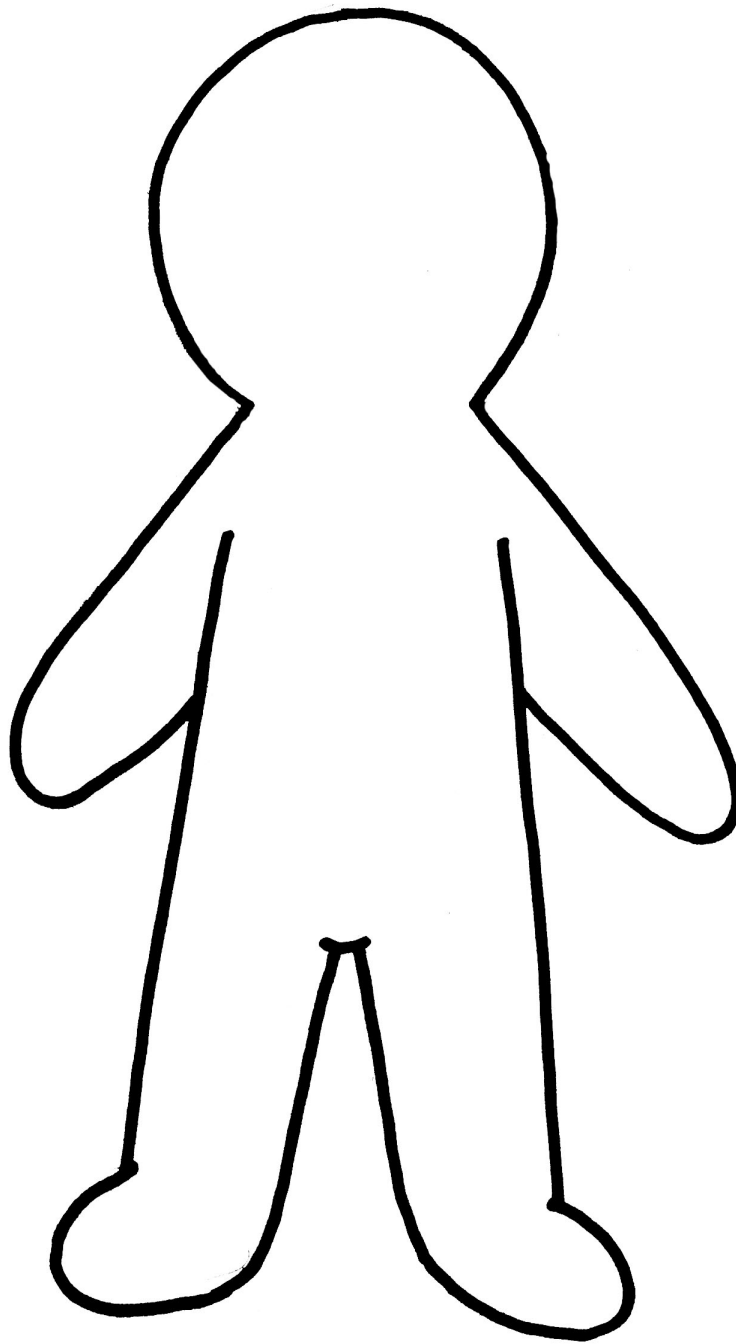




WHEN WE PRACTICE NAMING OUR EMOTIONS AS THEY ARE HAPPENING,
WE CAN BETTER MANAGE OURSELVES AND OUR RELATIONSHIPS WITH OTHERS.

THE NEXT TIME YOU HAVE A STRONG EMOTION,
NAME IT TO TAME IT!

EMOTIONS!



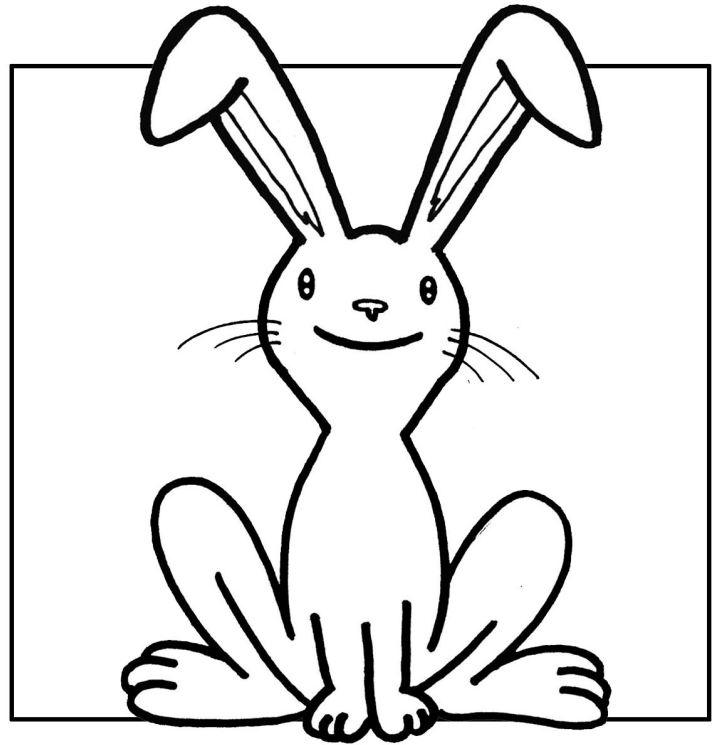
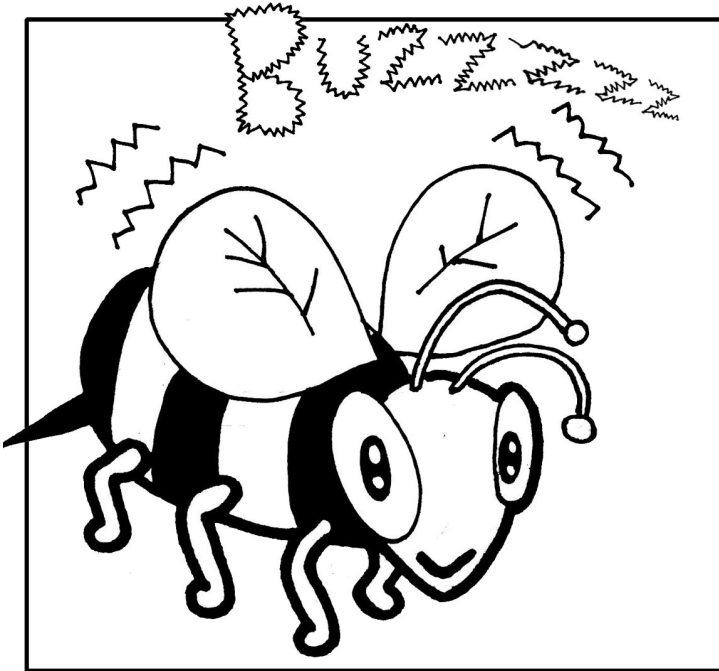
COLOR THE PARTS OF THE BODY WHERE YOU FEEL STRONG EMOTIONS, LIKE ANGER, EMBARRASSMENT, OR HURT FEELINGS.

DEVELOPING AWARENESS OF WHERE YOU FEEL EMOTIONS STRENGTHENS YOUR POWER TO TAME YOUR TEMPER.

COMPARE

BUZZING BEE & BUNNY BREATHING

CAN YOU NOTICE WHICH EXERCISE INCREASES YOUR HEART RATE AND WHICH ONE CALMS IT DOWN?



BUZZING BEE BREATH

1. SIT DOWN AND GET COMFORTABLE
2. TAKE A SLOW BREATH IN
3. BUZZZZZ AS YOU BREATHE OUT
4. TRY TO EXTEND YOUR EXHALE TO 5 COUNTS

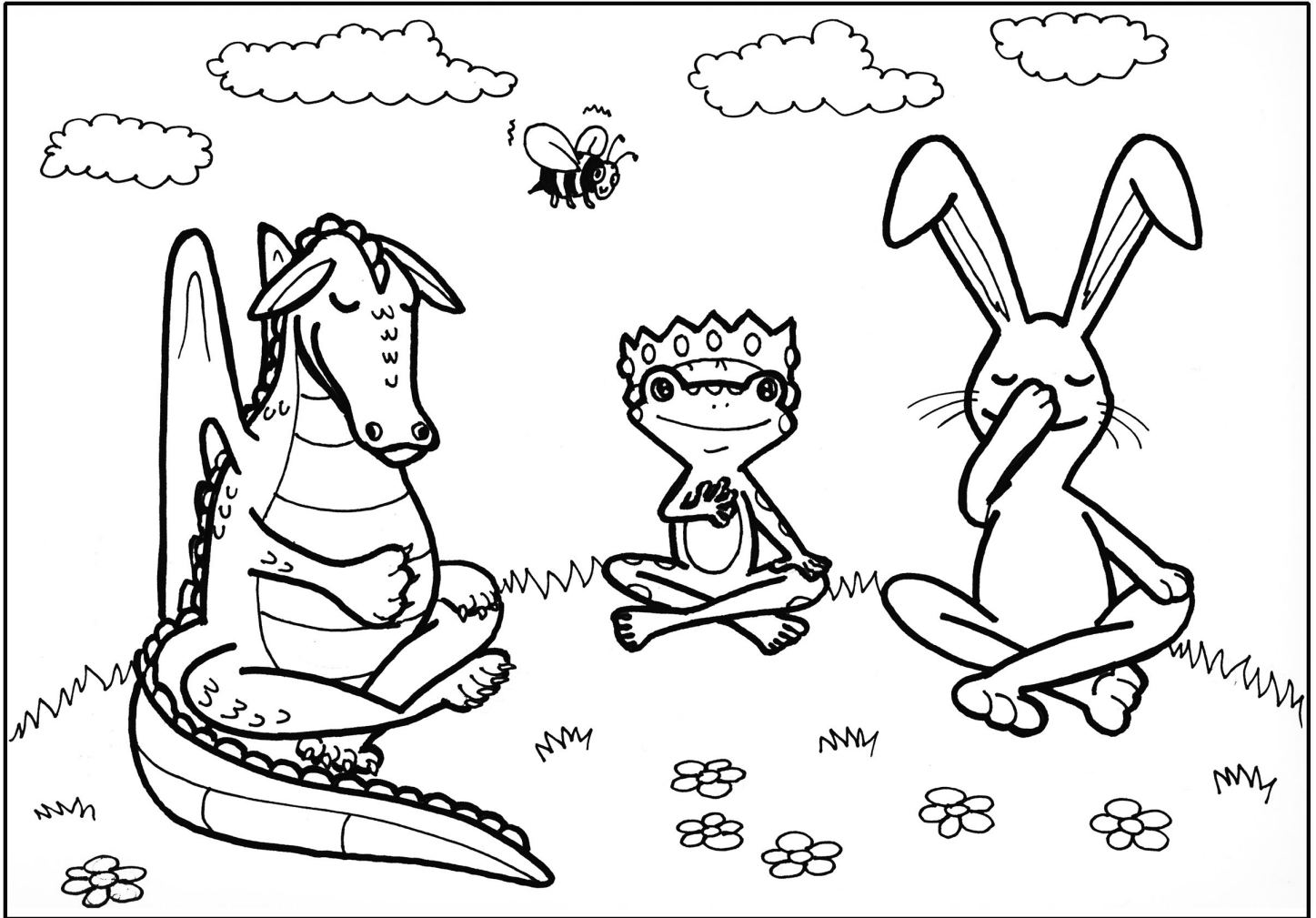
WHAT DO YOU NOTICE?

BUNNY BREATHING

1. SIT DOWN AND GET COMFORTABLE
2. WIGGLE YOUR NOSE LIKE A RABBIT
3. EXHALE IN SMALL FAST SNIFFS
4. TRY FOR 10 SECONDS.

WHAT DO YOU NOTICE?

MINDFUL BREATHING



1. SIT DOWN AND GET COMFORTABLE.
2. REST YOUR HAND ON YOUR CHOSEN BREATHING SPACE:
TUMMY, CHEST OR YOUR NOSE.
3. SILENTLY REPEAT YOUR ANCHOR WORDS,
BREATHING IN...BREATHING OUT...
4. WHEN YOUR ATTENTION WANDERS LIKE AN UNTAMED
DRAGON, GENTLY BRING IT BACK TO YOUR BREATHING SPACE.
REPEAT BREATHING IN...BREATHING OUT...
5. CAN YOU BE MINDFUL OF YOUR BREATHING FOR 5 BREATHS?
FOR 1 MINUTE? SET A GOAL AND INCREASE THE NUMBER OF
BREATHS, OR AMOUNT OF TIME YOU PRACTICE EACH DAY.

MY DRAGON AND ME!

DRAW A PICTURE OF YOUR DRAGON
AND YOURSELF AS THE
KIND LEADER

