



## Lesson 3: Discussion Guide

### Instructions:

Please discuss these questions with a parent, trusted adult/mentor, or a peer/friend, then answer the questions below.

In class you learned about different ways to cope with stress. Please select one of the videos OR use your own favorite activity to cope and practice this with a parent, trusted adult/mentor, or a peer/friend.

<https://youtu.be/30VMIEmA114> 5-4-3-2-1 Grounding Exercise

<https://youtu.be/n6RbW2LtdFs> Box Breathing - 1 minute

**OR** Use your own favorite activity to cope

After you practice the meditation, answer the questions below:

1. Which video or activity did you use
2. Date and time of session
3. Location (e.g., your room, living room, outdoors, etc)
4. Environment (e.g., was your space quiet, loud, too warm, etc.)
5. What feelings and emotions did you feel during the exercise?
6. Did you work through any stress while meditating? If so, describe your thoughts.
7. Any additional observations you discovered?
8. Ask your parent, trusted adult/mentor, or a peer/friend what their opinions were on the meditation you did. What were their opinions?
9. Would you consider using this exercise to help you cope with stress? If yes, elaborate why that is so. List one or two other activities you would like to do to help you cope.