

TAKE A BREATH

Paying attention pays off!

Materials: Worksheet copies, template copies, buttons (one per youth), pens or pencils

Directions: Read the worksheet, complete the activity and discuss. This activity can be completed as a group or individually.

When a loved one dies, we experience a stream of ever-changing emotions. This often makes it difficult to concentrate.

By sharpening our focus, we strengthen our ability to get through each and every day.

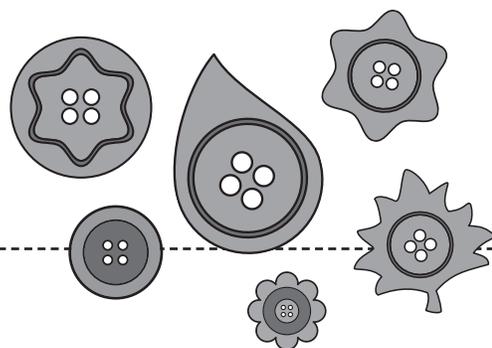
In today's activity, we're going to learn how to relax our minds and heighten our focus.

ACTIVITY INSTRUCTIONS

- 1 Place the button beneath your legs and close your eyes. Breathe in slowly as you count to four; then breathe out slowly as you count to four.

One... two... three... four... breathe in.
One... two... three... four... breathe out.
- 2 Open your eyes. On the template under "Before," draw a picture of your button from memory.
- 3 Now, pick up your button and focus on it intently. Ask yourself: What does it look like? What color and shape is it?
- 4 Once again, place your button beneath your legs and close your eyes. Breathe in slowly as you count to four; then breathe out slowly as you count to four. As you breathe, keep your mind focused on the button you've just studied.

One... two... three... four... breathe in.
One... two... three... four... breathe out.
- 5 Open your eyes. On the template under "After," draw a picture of your button from memory after focusing on it.
- 6 Pick up your button and place it in the center circle of the template. Now, let's discuss the following questions:
 - How do the two drawings compare? Are they different?
 - What button details did you add after focusing?
 - Did relaxed breathing help you focus?
 - How can this activity help when you're grieving and struggling to focus?

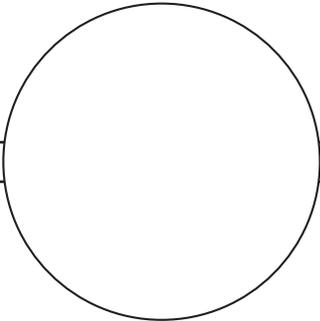


Source: San Diego Hospice and Institute for Palliative Medicine Intern Training Program

Note: A qualified adult will facilitate all Grief activities.



AFTER



BEFORE