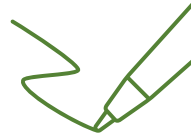


Parent Activity

SPIRITUALITY AND REFLECTION



The mind-body skills that you have learned and practiced over the past 8 weeks revolve around the concept of awareness and appreciation for the interconnectedness of your mind, body, emotions, and spirit.

Some people like to use the word spirituality to describe a sense of connection to the sacred in our lives, to what is meaningful, and to our sense of purpose. Our increased awareness and nurturing of our mind, and body, emotions and spirit feeds our connectedness to this sense of meaning and purpose.

One definition of spirituality is "an aspect of life but it is better understood as that which gives our lives their fullest meaning and their greatest energy. The spiritual is not separate from, but intrinsic to who we are...but we forget."

We hope this 8-week journey has helped strengthen your own spirituality and has helped you find and connect with the beauty within yourself.

Although this is the last mind-body medicine booster activity, your journey of *self-love and healing can continue on throughout your life experience.*

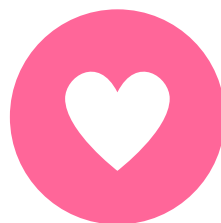
Activity instructions:

Today you will focus on *self-reflection.*

You will be given a list of prompts that you can respond to in your journal as you wish. These prompts can be used more than once as your relationship with yourself can change with time.

The goal of this activity is to reflect on your experience over the past 8 weeks and if anything has changed or surprised you as you navigated the mind-body medicine activities.

You are encouraged to continue using your soft belly breathing and any/all of the activities you have learned over the past 8 weeks. The more time we spend being present with our emotions, creativity, breath, and physical sensations, the better we understand and appreciate our strengths and struggles, our needs, and our connection with others and the world



Parent Activity

Prompts

These prompts are designed to help you reflect on your experience over the past 8 weeks with mind-body medicine skills and activities. Please write your answers in your journal and feel free to re-use these prompts.



1. What does spirituality mean to you? Has your definition and understanding of spirituality changed over time?
2. What do you hold sacred and meaningful in life? What matters most to you at this time in your life experience?
3. How have you changed over the past 8 weeks? In what ways have you stayed the same?

4. What did the activities over the past 8 weeks mean to you? Did you have any "aha" moments? Did anything you noticed or experienced surprise you in any way?

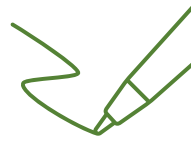
5. Which technique(s) did you enjoy the most? What made it enjoyable? How might you use it in the future?

6. Has your relationship to yourself (your body, emotions, mind and/or soul) changed? If so, what has changed?

7. Has your relationship to those around you changed? If so, what has changed?

Kid Activity

SPIRITUALITY AND REFLECTION



The mind-body medicine skills that you have learned so far all aim to teach you about awareness, love, and appreciation for your mind, emotions, body and spirit.

Some people like to use the word **spirituality** to describe a sense of meaning and purpose in life. Spirituality can also be our ability to appreciate how interconnected our mind, body, emotions, and spirit are. Finally, it can also be about recognizing how connected we are with everyone and everything else in nature.

We hope this journey has helped strengthen your own spirituality and has helped you find and connect with the **beauty within yourself**.

The exercises and techniques you've learned over the past 8 weeks aim to help you find meaning in life and the energy within yourself to turn your dreams into reality. The power is within you!

Although this is the last mind-body medicine booster activity, your journey of *self-love and healing* can continue throughout your life.

Activity instructions:

Today you will focus on *self-reflection*.

You will be given a list of prompts that you can respond to in your journal as you wish. These prompts can be used more than once as your relationship with yourself can change with time.

The goal of this activity is to reflect on how you felt when you started this journey and if anything has changed or surprised you as you navigated the mind-body medicine activities.

You also are encouraged to continue using your soft belly breathing and any/all of the mind-body activities you have learned over the past 8 weeks. The more time we spend with ourselves the better we understand our emotions, our strengths and struggles, our needs, and our connection with the world.



Kid Activity

Journal time!!

These prompts are designed to help you reflect on your experience over the past 8 weeks with mind-body medicine skills and activities. Please write your answers in your journal and feel free to use these prompts more than once.



- 1. What does spirituality mean to you? What do you hold as sacred or most meaningful in your life?*
- 2. Have you noticed any changes about yourself while practicing these mind-body skills? If so, what kinds of changes did you notice? Did you like these changes?*
- 3. What did this experience mean to you? Was there anything that surprised you about what you learned?*

4. Which activity did you like the most and why? How will you use this activity in the future?
5. Has your relationship to your body, emotions, and mind changed? If so, what has changed?