

# The Fox Theatre for Families at Home

## Activities for Tuning into Feelings



### The Heart-Song Reset

- Act out different emotions (e.g., happy, sad, excited, mad, scared, peaceful, etc.) while staying in your spot and not touching anyone or anything around you.
- After a few seconds of acting each one out, FREEZE! Stop in a pose that captures the emotion you're enacting.
- Hold the pose for 10 seconds or so, exploring where you notice the emotion showing up in your body. Then free up one of your hands (while keeping the rest of your body frozen) and point to the places where your body is really showing that emotion.
- Pretend you have a Reset Button at your heart that can help you feel an emotion and move it through your system. "Push" this reset button and return your body to a relaxed/calm posture.
- Repeat this process with various emotions.

### Discussion Questions:

- Where in your body did you feel different emotions?
- Were there any areas of your body where you noticed changes from most of the emotions you explored?
- How did your body change when you pressed the reset button and calmed?
- Were there certain emotions that felt better (or worse) in your body than others?

*Activities courtesy of The Mindfulness Education Exchange.*

*For more information about school and youth programming, visit [www.mindfuledex.com](http://www.mindfuledex.com).*

