

# Working Kindly With Our Thoughts

Have you ever experienced when your mind becomes filled with thoughts? It feels like you have "too many minds". Sometimes during stressful moments when you are asked to perform or when conflict arises, we experience "too many minds". We "mind" our internal dialogue about ourselves; we "mind" what we think people are thinking of us; we "mind" possible outcomes etc.... When this happens, we can quickly lose ourselves, our clarity, and therefore our ability to *respond* rather than *react* to the situation, but is there another way to help ourselves?



At Family School to understand this concept, we use the analogy of a boat out at sea. *The sea is our thoughts/emotions*; The sea is always moving, but sometimes the waves can be calm, and on other days, the waves can topple us.

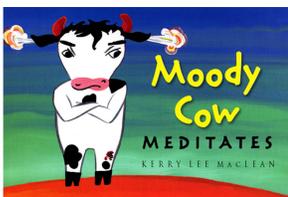


The boat is our body, and we are the sailor.



Every boat comes with an anchor, so that the sailor can drop the anchor when it needs to steady the boat. *Our breath is our anchor*. Every sailor's responsibility is to keep its boat safe.

In Red Door and Purple Door, we are learning how to "Drop Our Anchor" when we notice that "our seas" are getting rough. To do this, we begin to notice the "in-breath" and the "out breath". We begin to count each full breath until it reaches the bottom of the ocean. Our next step is to sit solidly with our anchor, and become aware of and identify the waves above us.



In Blue Door, we read the book, Moody Cow. In this book, Peter's thoughts & actions snowball leading him to make poor decisions. He is a model of reactivity! In the end, his frustrated mom sends Peter to visit his grandfather who teaches Peter about his thoughts and how to settle them using a "mind jar".



Here, the glitter in the jar represents thoughts/emotions. When the glitter is swirling around, we can't think clearly, but if we sit and breathe- the glitter begins to settle to the bottom and the water becomes clear again. Blue Door children enjoyed making their very own "mind jar" or they like to refer to it as a "calm down jar". Finally, I encouraged them to create a "meditation corner" in their bedroom where they could use their mind jar when they feel the "glitter" begin to swirl!