

Building a Peaceful Place in Difficult Times

Objective: Participants will learn how to identify ways to define what creates a peaceful place wherever they are. They will be able to review calming strategies and ways to stay busy at home by looking at the school counselor website. They will learn about mind mapping as a way to come up with strategies that create their own peaceful place.

Introduction: Tough times can make an impact on how we view our world. The human brain is designed to be protective by nature, so when a challenge or crisis occurs, we can have a significant amount of negative thought that can then impact our mood and our feelings of safety. Social Emotional Learning is a critical life-skill that can help us in difficult times. This activity includes an introduction to mind mapping as a way to learn skills to calm down our overprotective brain that can lead us to feel stuck in a “fight, flight, or freeze” mode.

Activity: Learn about a mind map. Have you ever created a mind map? It is a graphic organizer that can help individuals organize their thoughts and come up with creative strategies. Included on page 2 of this activity is a mind map specifically designed to create a peaceful place when life feels less than peaceful. For each topic, think of two or three things you can do to build your own peaceful place. Feel free to draw pictures or symbols if it helps to create your mind map. Google Mind Map Images online to get samples of mind maps used for many topics.

Check the Hillside Middle School Counselor Website <http://hillsidecounselors.weebly.com/>

for suggestions for this activity. You can also do an internet search for ideas.

