



Inner Strength

PEER GROUP DISCUSSION • *Module 1*

Take a deep breath in and then a deep breath out. Think about what it was like for you to learn mindful breathing and read the questions silently to yourself below.

- Was this your first time trying mindful breathing? If not, where did you learn it?
- What was this experience like for you? What did you notice? What did you learn about the breath and its connection to your emotions?
- In addition to mindful breathing, what other strategies or activities do you use to calm yourself down when you feel upset or stressed? Why is it important to know these?
- What school activities or other places would you use mindful breathing to support yourself?

Take about 10 minutes to complete this.

The student, whose first name is closest to the letter A should begin the conversation and then the student whose letter is next in the alphabet, until all have spoken once. After everyone has spoken once, you can take turns speaking in any order you'd like.

Start with Question #1. Share your experience. Then move on to the rest of the questions.

Remember, there are no wrong or right answers. You are sharing your experience and hearing about your classmates' experience. Just because your experience might be different, doesn't make it better or worse. This is part of mindful listening and mindful communicating. Use this discussion as an opportunity to practice the skill of listening, being open and curious to new experiences and respecting one another.