

R-A-I-N Meditation and Sensory Experience

R = RECOGNIZE the thought, emotion, or sensation AND label it (I *feel sad*, I *feel mad*); naming makes it less scary!

A = ALLOW it to be there (It's okay to feel this way right now. Everyone feels this way sometimes); don't try to fix it....it's just an emotion...it will pass just like the rain.

I = INTERESTED in how your body feels or that your brain is thinking, but DON'T get caught up in the story or feel bad about how you feel. (My stomach is jumpy).

N = be NICE to yourself; tell yourself it will be ok: ask yourself what or who do you need right now to help you? (I need a hug, I need to talk to my teacher).

R-A-I-N SENSORY EXPERIENCE: LET'S DO IT TOGETHER!!!

- **WIND** (Deep breaths/out through round lips)
- **RAIN** (Pitter patter finger tips/ full hands pound)
- **LIGHTNING** (Clap overhead)
- **THUNDER** (Stomp feet)
- **TWISTER**
- **RAIN SLOWS**
- **PUDDLE JUMPS** (Berkner "boots" song)
- **SUN**
- **RAINBOW**
- **BLUE SKY** (Emotions pass like rain)

