

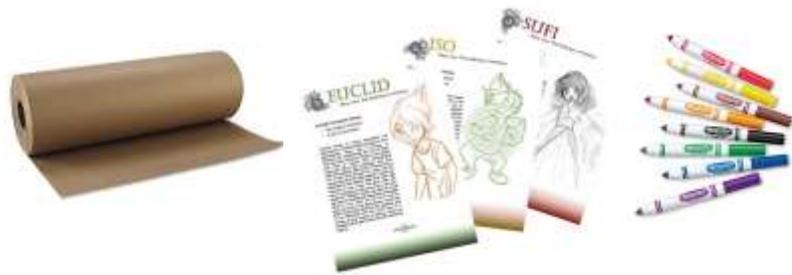
SUFI'S EMOTIONS

Introduction:

Participants identify feelings and suggest coping skills (Students draw the outline of Sufi's body and write notes inside identifying her feelings, outside the body they add notes suggesting what she should do to cope with frustration or anger).

What you need:

- Sufi's Character sheet
- Brown Kraft paper
- Markers



Steps:

1. Read Sufi's character sheet and discuss with other participants the characteristics of this character.
2. Using the brown kraft paper and markers, draw an outline of Sufi's body. You can even ask a friend to lay over the paper to help you out with this step.
3. Re-read the following excerpt from Jacoba's glasses:

"How can you and Fidel be so happy?" asked Sufi. Veteris looked at her with eyes magnified through his large rimmed glasses. "What do you mean?" "What do I mean?" asked Sufi with a little anger. "We're stuck out here in this deserted town. We have no water. Euclid is lost. We have..." "A new challenge?" suggested Veteris. Sufi's face showed her suspicion. She closed her eyes in frustration, which made Veteris laugh even more. He walked over and pulled a knife from his pocket. Fidel stood rigid behind

him. Veteris crouched and began to draw in the sand. Sufi sat quietly watching as the outline of a girl appeared in the sand.

“Is that supposed to be me?” she asked with disappointment.

“Why? No!,” replied Veteris. “That is Jacoba, and she has a story!”

4. Identify Sufi’s emotions and write them inside the outline of her body. Have you ever felt that way? When? What did you do to feel better about that situation? Someone helped you out? How?
5. Now you will have the opportunity to suggest some ways to cope with those feelings (anger, frustration). Write some notes outside her body, and remember that those are merely recommendations, so the person (Sufi in this case) should be able to decide which ones will be useful in that particular situation.
6. Share with others your recommendations and tips to cope with those feelings, and discuss if you have used any of those recently. Feel free to tell others what happened in that situation if you are comfortable sharing that information.
7. As a final step, you can learn or practice some meditation by listening to the following video:

Adapted from 5 Minutes Bodyscan Meditation for Classrooms and Students - Mindfulness For Kids by Fablefly – The Whole Child

<https://www.youtube.com/watch?v=9A0S54yAgEg>