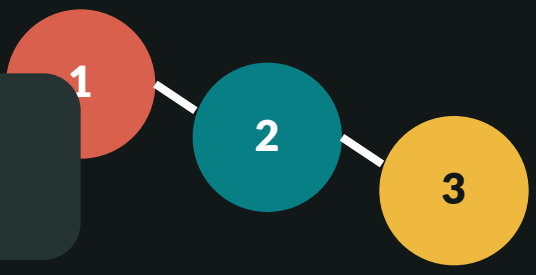
HAPPINESS TRIGGERS / ELEVATED MINDS

NOTICE.
NEED.
NEXT.

A printable emotional skills lab for kids, families, and caring adults.

16 ORIGINAL ACTIVITIES | AGES 6-14

Draw, talk, practice, and grow together.



Rev. Dr. Christian Frazier

Mental wellness educator | Author | Mindfulness instructor

START HERE

For the grown-ups

Use these activities as invitations, not tests. Children can speak, draw, point, or pass.

The three-step practice

NOTICE the signal. NAME the need. CHOOSE one NEXT safe step.

1. Begin with safety

If a child is overwhelmed, focus on safety and connection before asking questions.

2. Offer choice

Let the child pick an activity, a quiet break, or a trusted adult.

3. Practice while calm

Skills are easier to remember when they have been rehearsed before the hard moment.

4. Keep it short

Aim for 3-8 minutes. One useful sentence is enough; never force disclosure.

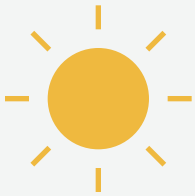
Support note

These pages teach everyday skills. They do not diagnose conditions or replace therapy or emergency care.

ACTIVITY 01

My inside weather

Feelings change. Choose weather that resembles your inside world right now.



SUNNY

CLOUDY



WINDY



STORMY

What happened that might explain my weather?

What might help this weather pass or feel safer?

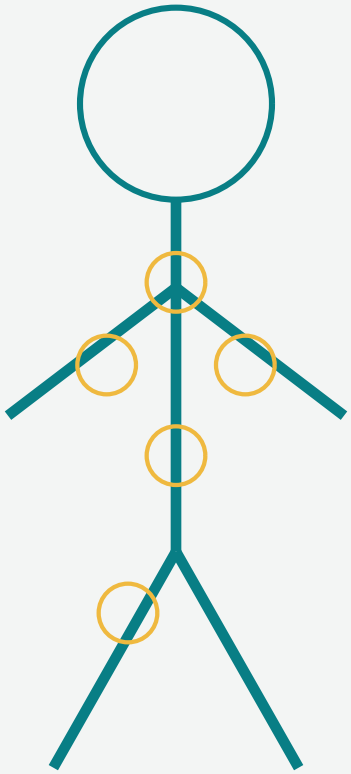
TRY TOGETHER

Ask: "Would you like company, space, a break, or something else?" Then accept the answer when it is safe.

ACTIVITY 02

The body gives clues

Our bodies sometimes notice feelings before we have words for them.



WHERE DO I FEEL IT?

- [ ] Fast heartbeat
- [ ] Tight shoulders
- [ ] Wiggly legs
- [ ] Warm face
- [ ] Quiet or tired
- [ ] Something else:

My body clue today:

Use a body clue as information, not proof about another person.

ACTIVITY 03

The moment before

Look for the small events that came before a big reaction.

BEFORE

What was happening?

DURING

What did I notice?

AFTER

What happened next?

One clue adults might have missed:

TRY A CURIOUS QUESTION

"What was the hard part right before that happened?" Not "Why did you do that?!"

ACTIVITY 04

Thought traffic

A thought can be loud without being a fact. Notice it, then choose a helpful reply.

1

THE THOUGHT

2

THE FACTS

3

A KINDER REPLY

Adult tip:

Instead of arguing with the thought, ask: "What else might be true?"

ACTIVITY 05

What do I need?

Feelings can carry clues about unmet needs. No feeling makes someone bad.

A PAUSE

Quiet or rest

☐

A PERSON

Connection or help

☐

A PLAN

Clarity or choices

☐

A RESET

Movement or water

☐

If I could ask for one helpful thing, it would be:

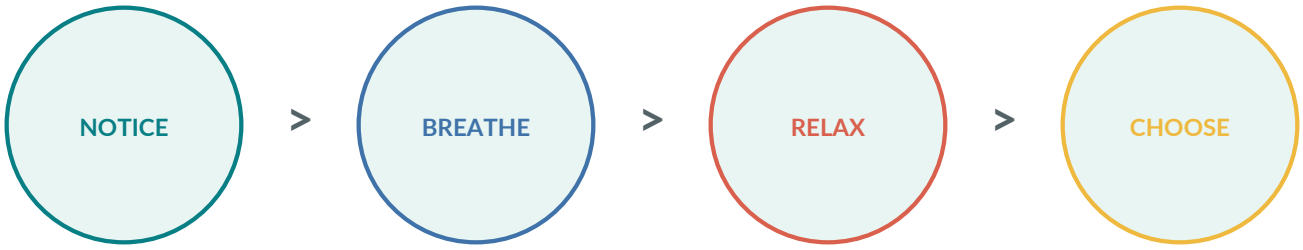
Try saying:

"I am feeling ____. I think I need ____. Would you help me?"

ACTIVITY 06

Bubble-size pauses

Noticing one easy breath can create a little room between a feeling and a choice.



BUBBLE PLAY

Imagine blowing a slow bubble. No need for a big breath. Breathe normally, then imagine the bubble floating away.



After my pause, one safe next step is:

If slow breathing feels uncomfortable, stop and return to your normal breathing.

ACTIVITY 07

Anger has energy

Anger can be real and important. It does not get to choose unsafe actions for us.

SAFE ENERGY OUTLETS

- [ ] Push against a wall
- [ ] Draw hard zig-zags
- [ ] Stomp feet away from people

NOT SAFE

- [ ] Hitting or threatening
- [ ] Breaking something
- [ ] Hurting yourself or others

My safe movement plan:

A grown-up can say:

"I can see the anger. I will help everyone stay safe. We can talk when it is easier."

ACTIVITY 08

Cross the worry bridge

You do not have to solve the whole worry at once. Choose one possible next step.

1 NAME IT > 2 ASK HELP > 3 ONE STEP

My worry says:

One thing I can actually do:

A person I can ask:

If the worry stays big, asking for support is also a brave next step.

ACTIVITY 09

Too much all at once

When noise, light, activity, or touch pile up, changing the environment may help.

- [ ] **SOUND**
  The room is too loud.
- [ ] **LIGHT**
  Bright or flashing light.
- [ ] **TOUCH**
  Clothing or contact feels hard.
- [ ] **SPACE**
  I need fewer people nearby.

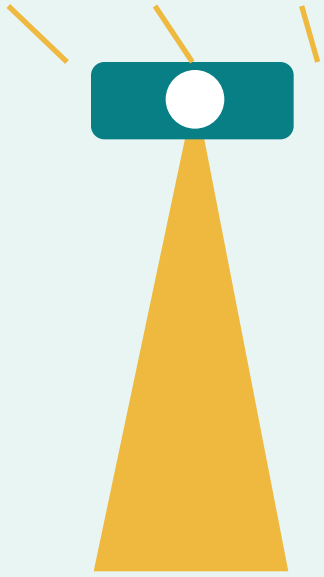
One change that might help my senses:

Ask before touching, hugging, or moving a child. Respect safe boundaries.

ACTIVITY 10

Find a light, find a person

When sadness hangs around, connection matters more than having perfect words.



WHO FEELS SAFE?

- [ ] One grown-up
- [ ] One friend
- [ ] One community helper

What could I say to ask for company?

Try:

"I am having a hard day. Could you stay with me for a bit?"

ACTIVITY 11

Find your joy sparks

A happiness trigger is a small moment you notice or create on purpose.

1

I NOTICED

2

I DID

3

I SHARED

A tiny joy I could practice again tomorrow:

Reminder:

No one has to feel happy all the time. Joy can be one small part of a complicated day.

ACTIVITY 12

Repair the moment

When things calm down, a good repair helps people feel heard and safe.

1

I FELT...

Name your experience.

2

I WISH...

Say what would help.

3

I CAN...

Own one choice.

4

NEXT TIME...

Make a plan together.

Adults model repair too: "I raised my voice. I am sorry. I will try again."

ACTIVITY 13

Design a peace place

Calming spaces are invitations, not punishments. Design one together.

DRAW YOUR SPACE

Three things I would want in this space:

Ideas:

Soft object, coloring sheet, dim light, water, headphones, or a trusted adult nearby.

ACTIVITY 14

A space to talk

A ten-minute listening ritual can build connection before problems grow.

1

OPEN

One word for today.

2

LISTEN

Each person gets a turn.

3

ASK

What support would help?

4

CLOSE

Name one good moment.

Our family listening time and place:

Our agreement when someone is speaking:

If a child does not want to talk:

Offer drawing, listening, or checking in later. Never force a personal story in a group.

ACTIVITY 15

Stack one tiny habit

Attach a mindful moment to something you already do every day.

AFTER BRUSHING

Feel your feet on the floor.

BEFORE BREAKFAST

Notice one smell or color.

AFTER SCHOOL

Name one feeling and one need.

BEFORE BED

Remember one small joy spark.

My own 15-second anchor:

ACTIVITY 16

The seven-day experiment

Small repetitions matter more than doing it perfectly. Try one skill each day.

DAY	SKILL I TRIED	HOW I FELT AFTER	I TRIED!
1			☐
2			☐
3			☐
4			☐
5			☐
6			☐
7			☐

One thing I learned about myself:

ADULT QUICK GUIDE

Connection before correction

A simple, repeatable response when a young person is stressed, anxious, frustrated, or upset.

1

SAFETY

Move away from danger and lower the demands.

2

STEADY

Pause. Unclench your jaw. Speak more slowly.

3

SEE

"I can tell something feels hard right now."

4

SUPPORT

Offer two manageable safe choices.

5

SOLVE LATER

Return to teaching, repairing and consequences when everyone is calmer.

Seek extra support

If distress persists, worsens, or safety is uncertain, contact a qualified professional. If immediate danger exists, seek emergency help.

YOU MADE ROOM FOR A NEXT STEP

SMALL PRACTICE. STRONGER CONNECTION.

Keep the pages that help. Repeat them together. Share your progress with a trusted adult.

MORE WAYS TO PRACTICE

Explore guided mindfulness, family workbooks, school workshops and Mental Health First Aid education.

ChristianFrazier.com/workbooks.html

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