

Mr. Gumball Daily Check-In

Turn the Heart Handle... Feel the Calm.

Gratitude Gumballs

What are 3 things I'm thankful for today?

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What's in My Head?

What thoughts or feelings do I notice?

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Let It Go

What don't I need to hold onto right now?

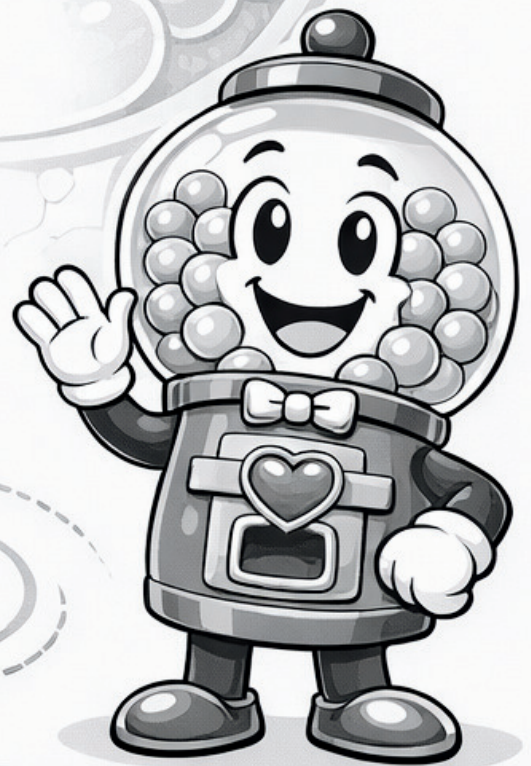
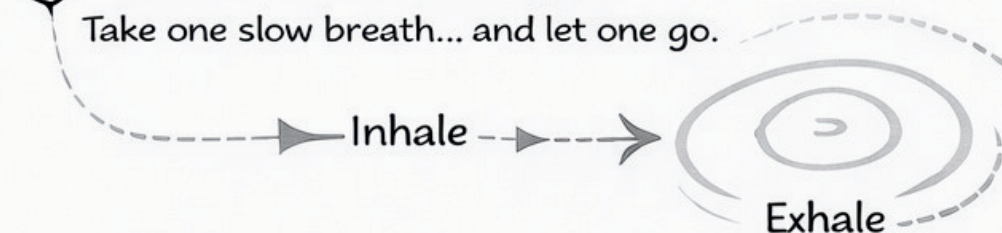
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Turn the Heart Handle

Take one slow breath... and let one go.



My thoughts are not in charge of me. I can notice them, feel them, and let them go.

Mr. Gumball Journey

Turn the Heart Handle™
Mindfulness Program

1. Notice: What is in your head?

Sometimes our minds feel really full.

Check what it feels like for you:

- My thoughts feel loud
- My body feels tight
- I feel overwhelmed
- I can't focus
- My feelings feel big
- Other: _____

2. Show us what is in your mind.

Draw what your mind feels like when there are too many gumballs:

You can scribble, draw, or fill it with gumballs.



3: Find the loud ones

Look at your drawing above

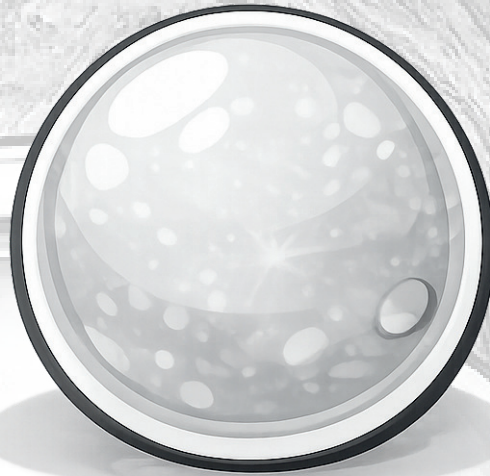
Circle the gumballs that feel the loudest.

Which ones feel the biggest?

Choose one gumball from the last page.

Pick ONE gumball to focus on.

Just one. We don't have to do them all. Draw it again here:



Turn the Heart Handle™

Place your hand on your heart. Now take a slow breath.

While you breathe in, draw a line following the gumball from Mr. Gumball's head out to his hand. As you breathe out... imagine the gumball coming out of your dispenser and into your hand.



Say hello to the gumball!

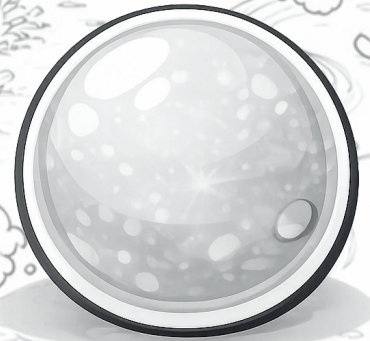
What does it look like in your hand? How does it feel in your hand?



Send it down the path

**Now, let's say goodbye
to the gumball in your hand
and then, let's roll it down the path.**

Draw your gumball rolling away



5: What changed?

How does it feel now?

- A little calmer
- Not as loud
- Still there, but softer
- I'm not sure yet
- Other _____

6: Reflections:

I don't have to fix everything.

I can slow down... and take one at a time.

I can notice my thoughts come and go.

I have the power to pause.

Calm is something I can find inside me.

Turn the Heart Handle... Feel the calm.

One gumball at a time.

Notice it. Feel it. Let it go.

There is quiet beneath the noise.

Educator Implementation Guide

Mr. Gumball's Busy Mind Overview

Mr. Gumball's Busy Mind is a simple, mindfulness-based tool designed to help children understand their thoughts and emotions through a visual and engaging approach. The "gumball" concept allows students to recognize what's happening inside them in a way that feels natural, approachable, and easy to use. This resource is designed for social-emotional learning and educational purposes and is not a substitute for professional mental health care.

Learning Objectives

Students will:

- Identify thoughts and emotions as separate from self
- Develop awareness of internal experiences
- Practice calming techniques through breath and imagination
- Develop simple tools for self-regulation

Core Method: The Heart Handle Technique

Students are guided through a simple 4-step process:

1. Notice a thought or feeling ("gumball")
2. Pause and take a slow breath
3. Imagine turning the heart handle
4. Let the thought or feeling gently pass

This helps students:

- Slow down in the moment
- Process emotions more calmly
- Return to focus



Implementation

- Can be used in classrooms, counseling settings, or small groups
- Works for whole-class or individual reflection
- Requires no special training or preparation

Instructional Approach

This program emphasizes:

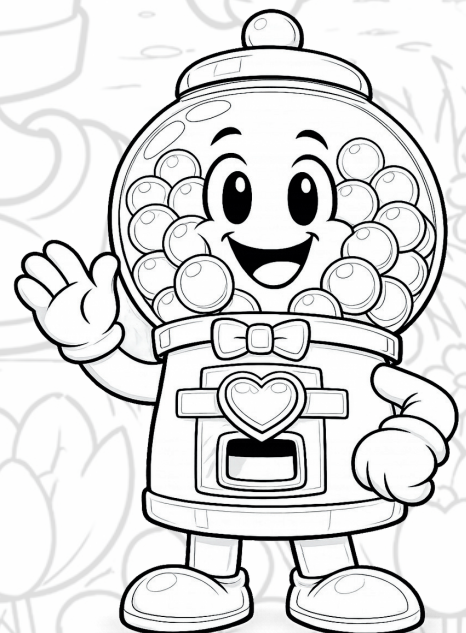
- Experiential learning over instruction
- Open-ended exploration
- A calm, non-judgmental reflection

Educators are encouraged to facilitate rather than direct.

Outcomes

Students who engage with this framework may demonstrate:

- Increased emotional awareness
- Improved ability to self-soothe
- Greater capacity to pause before reacting



Parent & Caretaker Guide

Mr. Gumball's Busy Mind

Welcome

Mr. Gumball's Busy Mind is a simple and playful way to help children understand what's happening inside them. Throughout the day, children experience many "gumballs" - thoughts, feelings, ideas, questions, and memories.

Sometimes, those gumballs can build up and feel overwhelming.

This guide introduces a gentle way to help your child slow down, process those feelings, and find calm within themselves. This resource is designed for social-emotional learning and educational purposes and is not a substitute for professional mental health care.

What Your Child Learned

Students learned to:

- Recognize that thoughts and feelings come and go
- Developed awareness of internal experiences
- Practiced calming techniques through breath and imagination
- Developed simple tools for self-regulation

Core Method: The Heart Handle Technique

Students are guided through a simple 4-step process:

1. Notice a thought or feeling ("gumball")
2. Pause and take a slow breath
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Try it at Home (Simple Practice)

You can support your child with this quick 1-2 minute practice:

1. Ask: "What gumballs are in your head right now?"
2. Pause together - Take one slow breath
3. Choose one - "Let's pick just one to look at"
4. Turn the heart handle- Have them place their hand on their heart
Take a slow breath in... and out...
5. Let it go - "Can we let that one go for now?"

Keep It Light

There's no need to fix everything.

The goal is not to make feelings disappear

The goal is to help your child feel safe noticing them

Even one small moment of pause can make a big difference

A Simple Reminder

Your child is learning something powerful: "I am not controlled by my thoughts."

I can notice them, feel them, and let them go."

And with practice... They begin to discover that

calm is something they can find within themselves.

