

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

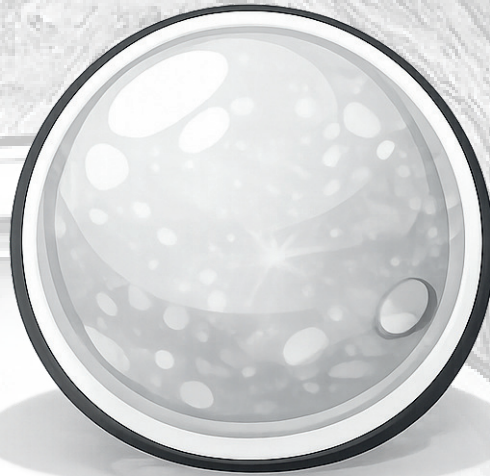
Circle the gumballs that feel the loudest.

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!

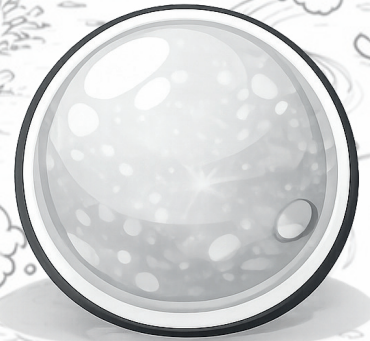
What does it look like in your hand? How does it feel in your hand?



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.