

# 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

