

# Tell the story of the moment

Use the blank squares to share words or create drawings or even a comic book of your moment, responding to the prompts below. The drawings don't have to be perfect – it's the process of reflection that is important.

What moment or event are you reflecting on?  
Give it a name and describe / draw what happened.

Where were you and who or what was around you?

## Additional instructions:

Feel free to use whatever art materials you have available - pens, crayons, markers, paint, stickers, collage, etc. You can draw in any style you want, even stick figures or abstract colours.

# Tell the story of the moment

What was happening just beforehand and right after?

How did the moment start and how did it end?

## Additional instructions:

Feel free to use whatever art materials you have available - pens, crayons, markers, paint, stickers, collage, etc. You can draw in any style you want, even stick figures or abstract colours.

# Experience your moment

Use the blank squares to share words or draw an outline of your body to note the sensations, emotions and thoughts that took place during the moment

**Biggest sensation**

What did you need for the sensation to feel a little bit better?

**Biggest emotion**

What was this emotion telling you that you need?

**Biggest thought**

Where does this thought come from?

# Experience your moment

## Helpful prompts

### Physical / Body Sensations (tingling, tense, heaviness, etc.)

- Head, face, throat, shoulders, spine/back, feet, arms, hands, legs, belly, chest
- \*Circle, star or highlight the sensations that were the biggest / strongest.
- What did you see, hear, smell, etc?

### Emotions (how you felt – e.g. anxious, angry, surprised, happy, loving, etc.)

- What emotions were you experiencing?
- Which emotion was the strongest?
- Where did you feel this emotion the most (chest, belly, heart, etc.?)

### Thoughts (what you thought, believed or imagined)

- What were you thinking at the time?
- What thought was the biggest / strongest?

Practice self-awareness activity

# Reflect on your moment

Use the blank squares to respond to the prompts below through drawing, writing or both.

What did you learn from reflecting on your moment?

If this kind of moment happens again, what might you do differently?

# Reflect on your moment

Is there something from this moment that you would do again or in the same way?

Who would you like to tell about what you've learned?  
How do you want to tell them?