

# Video Discussion Tip Sheet

## Smell the Roses



1) Pause what you are doing.



2) Pay attention to what you can see, hear, smell, and touch.



3) Notice how you feel.



### Watch together! Then talk about:

- ✓ What was Mena doing when CJ first came outside?
- ✓ Can you remember anything CJ and Mena saw, heard, smelled, and felt?
- ✓ What can you see, hear, smell, and feel in this room?
- ✓ How did CJ and Mena feel after they tried Smell the Roses?

### Practice together! Then talk about:

- ✓ How were you feeling before Smell the Roses?
- ✓ What did you see? Hear? Smell? Feel?
- ✓ Did any of your feelings change after you used Smell the Roses?
- ✓ When do you think Smell the Roses would be a helpful strategy in your life?

### Additional Tips

- ✓ Smell the Roses is about slowing down and being mindful. It can be especially helpful when feeling anxious or overwhelmed.
- ✓ If kids get stuck on a particular sense, consider pointing to your eyes, nose, ears, or hands to prompt. Then, point to something you see, smell, hear, or feel.



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