

## Float Your Boat



- 1) Imagine you are on a boat.
- 2) Pretend your heavy feelings are rocks making your boat start to sink.
- 3) Write or draw each heavy feeling on a piece of paper.
- 4) Crumple up each paper to make a rock.
- 5) Throw your rocks overboard to float your boat!



### Watch together! Then talk about:

- ✓ What was making CJ so nervous?
- ✓ How do you feel before you meet new people?
- ✓ What did CJ draw on the pieces of paper?
- ✓ How did CJ feel after throwing those rocks full of heavy thoughts off the boat?

### Practice together! Then talk about:

- ✓ What heavy thoughts did you write or draw on your pieces of paper?
- ✓ How did it feel to crumple up your heavy thoughts and throw them overboard?
- ✓ How do you feel after using Float Your Boat?

### Additional Tips

- ✓ It is helpful to have some scrap paper on hand to practice this strategy!
- ✓ Allow kids to take their time as they draw or write down their heavy thoughts. This step can be just as helpful as throwing the heavy thought off their boat.



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