Grapes of Wrath 1. Find a comfortable place to eat. Choose a simple food that can be eaten one bite at a time (e.g. grapes, raisins, berries, candy bar – yes even a candy bar). 2. Pick up the food and notice how it looks, feels, and smells. Notice what you're thinking and how you feel while you're holding the food before you. 3. Pop the food in your mouth, but don't chew it yet. Notice what it feels like on your tongue. Is your mouth watering? Can you still smell it? 4. Now chew it slowly then swallow it. Pay careful attention to how each step feels. Think About It! 1. What was it like to hold the food in your mouth but not eat it? 2. How did your mouth feel while you were chewing? 3. How did your throat feel while you were swallowing?	The Butterfly 1. Sit or lie down comfortably with yours closed. Breathe naturally, noticing how it feels to breathe in and out. 2. Now imagine a butterfly (WV State butterfly is the Monarch) that's as light as a feather. It can be any color you like. Take a moment and picture the butterfly in your mind. 3. Imagine your butterfly is hovering nearby. We're going to pretend that the magic butterfly rests on different parts of our body, and when it lands, that part of our body feels relaxed and pleasant. 4. Let's start with our foreheads. Imagine your forehead relaxes when the butterfly rests on it. 5. Imagine the butterfly moves from your forehead to one of your shoulders. Your shoulder relaxes while the butterfly rests on it. 6. Continue with other parts of the body.	This is Me! My Purpose! My Plan! It is Who I AM! Someone asks you a question. Not any question, but a deep question. What is the question you ask? Well here it is: Who are you? I mean – really who are you? What makes you …. Well you? Hey – how many times do I have to say it? I want you to think if I were to ask you – "Who is _____ (your name) – what important parts of your identity would you tell me about so that I really know who you are? Here is what you are to do. Please see the design below and imagine yourself in the center circle as that is you! Write an important aspect of your identity in each of the four, satellite circles—an identifier or descriptor that you feel is important in defining you. For example: male / female, race, passion, major interest, athlete, musician – you name it – the sky is the limit. When I do this, I choose: Dad, proud of my heritage, determined / resilient, Fun / Enjoys Life. You can do more than four satellite identifies if you want! After you pick your four identifies that helps me to know who you really

4. Did you notice any thoughts or emotions? Alternative – Do you have any Hersey Kisses? Place the Hersey Kiss in your mouth until the chocolate melts completely and pay attention to your five senses throughout: sight, smell, sound, taste, touch.	7. Now relax your whole body and rest, feeling the rhythm of your breathing. 8. When you're ready, sit up slowly and reach your hands to the sky. Take a deep breath in and lower your arms as you breathe.	are, create a playlist to go with your identifiers. Specifically, you are to create: 1. Fill out the chart below with your name in the center and list four identifiers around you. 2. Make a playlist of songs that reflect each identifier you chose and why.