

## Module 1: Introduction to the Hexaflex

### Module Description:

This introductory week is designed to present the concepts of the Hexaflex to the child.

### Preparation Notes:

When preparing daily activities, consider if whole group or small group arrangements would work best for your children, and plan your materials accordingly.

### Materials List:

Tier	Day 1	Day 2	Day 3	Day 4	Day 5
2	»WS D1T2	»Paper »Pen/Pencils	»Balloons »Paper	None	»Tape
3	None	»3 different sounding bells, noisemakers, or chimes	»Balloons »Paper	None	»Tape

### Journal Prompt:

What are the struggles you experience in your mind? How do they get in the way of things that matter most to you in life?

Day 1	Welcome to Your Mind	Present Moment
Tier 1	<p><b>Script:</b> When was the last time you worked out or went to PE? When was the last time you worked out your mind? Have you ever stopped, noticed how you were breathing, closed your eyes, and just sat still? Do it for 3 min right now!</p>	
»Tier 2	<p><b>Discussion:</b> What happens when we stop and pause? Does our mind stop too or does it still move a million times a minute? What was on your mind? Were you in the present here noticing your breathing, or were you elsewhere?</p> <p><b>Experiential Activity:</b> Let's talk about what was going on in your mind. Take a piece of paper and draw three boxes on it. Write down in one box all the <u>past</u> stuff you thought about, in a different box, all the <u>future</u> stuff, and in the last box the <u>NOW</u> stuff.</p>	
Tier 3	<p><b>Discussion:</b> Same as T2. Also add: Is it hard not to stop thinking of the past and the future? Were these bad or good things that you thought about? Do we spend more time worrying about bad things or enjoying positive memories? Why is this?</p> <p><b>Experiential Activity:</b> Let us try and keep in the present moment. Let's try another 3 minutes of breathing, and noticing the world around us. This time however, as you start to drift with your thoughts to more distance places and times, keep coming back to NOW.</p>	