

Naming Our Hubbubbles

In this lesson, children identify thoughts and sensations associated with feelings they experience everyday. By naming their “Hubbubbles,” children and adults normalize challenging emotions and create a common language for talking about them.

Audience

This lesson is designed for children in grades K–5, but can be modified for younger or older children. The lesson works best with small groups of 5 to 6 students, but can be adapted to work with individual children or with a full classroom.

Learning Objectives

Children will be able to:

- Differentiate between feelings, thoughts, and sensations
- Deconstruct a challenging feeling or emotion
- Identify common physical sensations and thoughts associated with a specific feeling
- List strategies for being more aware of thoughts, feelings, and sensations in the present moment, without judgment

Duration

10–20 minutes

Materials and Preparation

For this lesson, you will need:

- A whiteboard, chalkboard, or large sheets of paper to draw and write on
- Markers or chalk
- A working Internet connection

To prepare, open the [Mind Yeti Welcome video](#) in a new browser tab and test your audio.

Procedure

Introduction

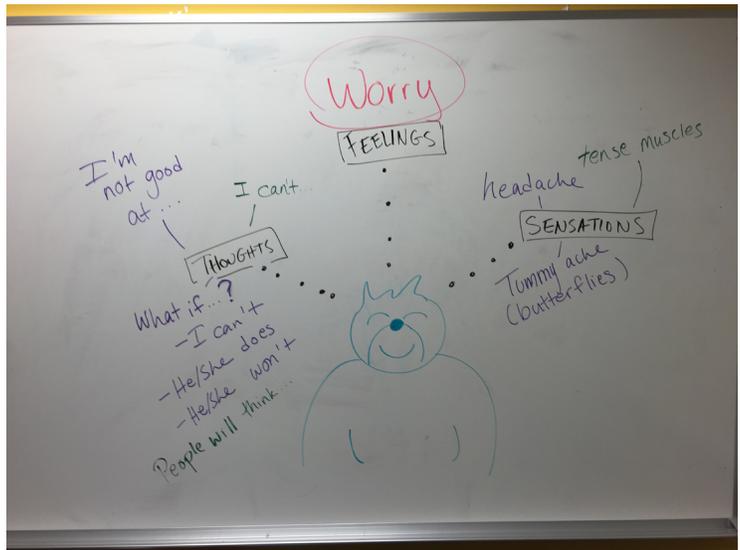
- If this is your first time using Mind Yeti with this group, introduce it to your class by saying something like, “Today, we’re going to try out a new way to get our minds ready for learning. It’s called Mind Yeti, and it’s super easy. All you have to do is listen and follow along.”
- If this is not your first time using Mind Yeti with this group, Let children know that today you will be breaking down what we mean when we talk about “Hubbubbles.”

Hook/Motivation

- Play the [Mind Yeti Welcome video](#) for children.
- Ask: “Did that look familiar to you? Have you ever felt the Hubbub bubbling up?”
- Say: “Today we’re going to talk about how to notice our Hubbubbles, and the ways we can help settle the Hubbub when it happens.”

Whole Group Discussion

- Draw a picture of the Mind Yeti in the center of your board or chart paper.
- Write the words "Thoughts," "Feelings," and "Sensations" around the Mind Yeti you've drawn. Remind students that in Mind Yeti, we call thoughts, feelings, and sensations "Hubbubbles."
- Ask children to choose a challenging feeling that they often experience, for example, "worry," "anger," or "sadness." Or, begin with less challenging feelings like "joy," "excitement," or "love."
- Write the feeling children choose in the center of your drawing.
- Next, ask children: "When you feel this feeling, what are some things you might feel in your body?" If children struggle, ask: "What happens in your tummy? In your chest? In your feet?" Write down the ideas children share.
- Next, ask children: "When you feel this feeling, what are some thoughts or ideas you might have in your head?" If children struggle, ask, "What are some things you might say out loud? What are some things you might say to yourself, in your head?"
- Repeat this process for other feelings. Discuss: What is the connection between a feeling, a thought, and a sensation? Help children understand that the Hubbubbles they experience can be related. A feeling may trigger a thought, or a sensation may give you a hint about what feelings you're experiencing.



Summary

- Let children know that by practicing mindfulness with Mind Yeti, they're learning strategies to settle the Hubbub and be more aware of their Hubbubbles.
- If you've used Mind Yeti before with this group, ask children to name some of the strategies they've learned so far. Children should identify strategies such as paying attention to their breath, focusing on specific sounds or parts of their body, and saying "Thank you" for the good things in life.
- If you're new to Mind Yeti, play the [Hello, Breath session](#) now to show children how paying attention to their breath can help settle the Hubbub.

Extension Suggestion

Ask children to think of a time when they felt overwhelmed by the Hubbub, just like the Mind Yeti did in the video you watched. Challenge children to draw a picture of their Hubbub, including their thoughts, feelings, and sensations. They can use images and words.

