

RIDE THE WAVES MOOD TRACKER

AGES

Teens

PROGRAM DESCRIPTION

Discovering new worlds is tough, and it's important for teens to take care of themselves! Mindfulness helps them to be aware of thoughts and emotions without getting caught up in them, reducing stress in everyday life. One way teens can practice mindfulness is to track their moods. Once they know what stresses them out, they can better respond to those situations. Teens ride the waves of life with this ocean-themed craft so that they can get back to exploring. You could also modify this program to focus on gratitude journals or bullet journals, or create an ocean-themed Zen garden or labyrinth to walk together. See Printables for a meditative mandala to color. Suggested runtime: 60 min.

Outcomes:

- Teens will learn about the basic concepts of mindfulness;
- Teens will express themselves creatively;
- Teens will learn about library resources that can help them manage their mental health.

MATERIALS AND PREPARATION

Materials:

- Paper or blank journals (dot grid is best but any will do)
- Fine point markers
- Magic markers
- Colored pencils
- Mini rulers
- Ocean themed stickers/washi tape (optional)

During the program:

- Explain the basic concepts of mindfulness,
- Explain what a mood tracker is and show examples,
- Have teens draw and decorate their own ocean-themed mood tracker.
- Share library and local resources that could help them manage their mental health.

TIP:

The apps Headspace or Calm both have seven-day free trials. You could also use recordings of rain, the ocean, birdsong, or desert winds as background sound while drawing. *Liminal* by Sigur Ros is atmospheric/ambient, much like Headspace sleep sounds, and is available on Hoopla.

TIP:

Any of the sensory bottles used in early literacy programs could also be turned into a craft project/meditative object for teens.

ADAPTATION:

You could also pair this program with a mood ring/necklace! Add a nautical pendant to suit the theme. See <https://bit.ly/3un3yPb> for a tutorial.

TIP:

While not necessarily mindfulness focused, the Bullet Journal Method could be helpful as prep work.

UNIQUE SPACE AND/OR PERSONNEL NEEDS

Solo-librarian friendly. Consider partnering with a local social worker or mental health organization.

RESOURCES

Web

Mood tracker ideas from *Positive Psychology*: <https://bit.ly/34oli0O>

Printable ocean mood tracker from *Twinkl*: <https://bit.ly/3ylZ88A>

“Teaching Mindfulness to Teenagers” from *Huffpost*: <https://bit.ly/3hYsJoz>

“Moodtracker 101” from *Beautiful Grey Mouse*: <https://bit.ly/2Tmt5v0>

Mindfulness/meditation podcasts for kids from *PlayerFM*:
<https://bit.ly/3bYv5Qw>

Create a rainstorm with your hands from *Boy Scout Trail*:
<https://bit.ly/2SwFn3A>

Five senses calming activity from *Coping Skills for Kids*:
<https://bit.ly/3vFARl0>

“Ocean Themed Yoga” from *Pink Oatmeal*: <https://bit.ly/3foPuQK>

Books

Non-fiction

Mindful Me: Mindfulness and Meditation for Kids (2018) By Whitney Stewart and Stacy Peterson (children's)

I am Peace: A Book of Mindfulness (2017) by Susan Verde and Peter H. Reynolds (children's)

The Book of Moods: How I Turned My Worst Emotions Into My Best Life (2020) by Lauren Martin (YA/adult)

My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic (2009) by Michael A. Tompkins, Katherine A. Martinez, and Michael Sloan (YA)

One Year Wiser: An Illustrated Guide to Mindfulness (2017) by Mike Medaglia (YA)

Fiction

The Rest of the Story (2019) by Sarah Dessen (YA)

Made You Up (2015) by Francesca Zappia (YA)

Underwater (2016) by Marisa Reichardt (YA)

We Are Okay (2017) by Nina Lacour (YA)

Printables

Sea Waves Mandala Coloring Sheet

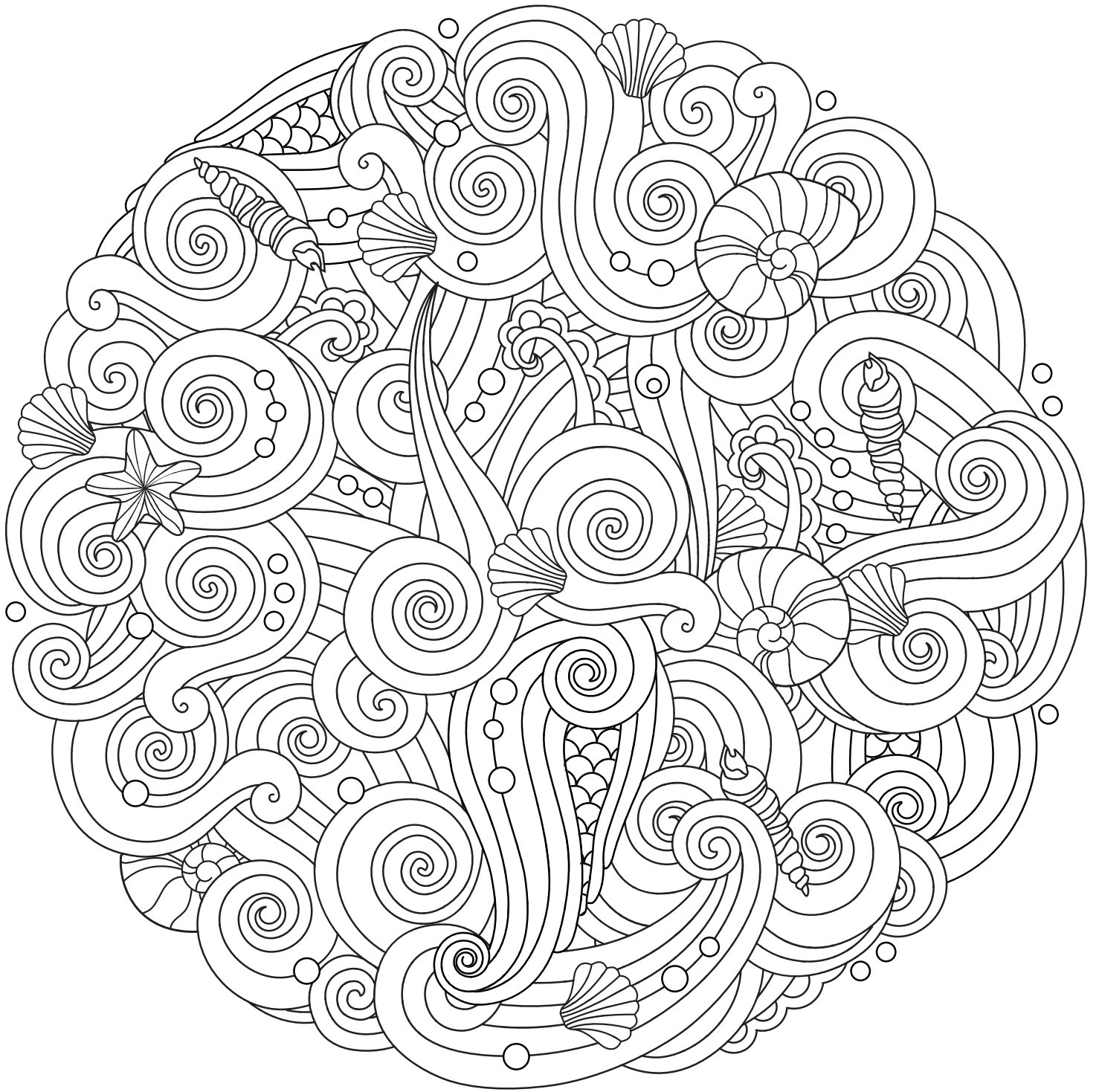


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