

Table of Contents

Forewords	II	Lesson 7: Trauma Containment and Rhythm	83
Introduction	IV	Trauma Containment	
Mind Matters Overview	VI	Integrate the Senses Through Rhythm	
Acknowledgements	VIII	Lesson 8: Tapping & Efficient Sleep	91
Instructor Guidance	IX	Learn Tapping	
Order of Instruction	X	Efficient Sleep	
Toolkit & Participant Journal	XI	Lesson 9: Let's Get Moving	101
Online & Bonus Materials	XII	Let's Get Moving	
Lesson 1: Self-Soothing	1	Join a Team or Club/Self-Defense	
Introduction to Mind Matters/Marshmallow Activity		Practice Yoga	
Four Self-Soothing Skills		Exercise Program	
Lesson 2: Discover Emotions	15	Lesson 10: Life of Intention	111
Body Scan		Your Road Map for Life	
Practice Identifying Emotions		SMARTER Goals	
Emotions: When They Work and When They Don't		Tell Someone	
Lesson 3: The Difference Between Emotion and Thought & The Internal Journal	29	Lesson 11: Code of Honor & Asking for Help	119
Expressing Emotion or Thought		Code of Honor/The Honor Shield	
Emotion or Thought Chart		Asking for Help	
The Internal Journal		Lesson 12: The Ongoing Journey	127
Lesson 4: Empathy	43	Four New Skills	
Building Empathy		Personal Agreement Contract	
Loving Kindness		Mind Matters Practice Record	
Lesson 5: I Get By with a Little Help from My Friends & Wheel of Awareness	55	Safe Place, Picture, and Anchor Object	
Mapping Your Support System		Bibliography	137
Wheel of Awareness		Appendix: One-on-One Instruction	145
Lesson 6: Compassion for the Hijacked Brain	67	Supplement: Balanced Nutrition Lesson	145
Introduction of Trauma and ACE Questionnaire		Toolkit: (Cardstock in back of Instructor Manual)	
Further Information on Trauma		1. Breath Exercises:	
Effects of Trauma on the Brain and Behavior		a. Focused Breathing	
ACE Response Checklist		b. Three-Part Breath	
Hope: Methods to Build Your Brain		c. Emotion and Thought Breath Exercise	
		2. Self-Soothing Skills:	
		a. Peripheral Vision	
		b. 5-4-3-2-1 Skill	
		c. Loving Kindness Exercise	
		3. Self-Awareness Skills:	
		a. Body Scan	
		b. Wheel of Awareness	