



**BUGK**

**for Aboriginal families**

**HANDOUTS**



# The Aboriginal brain



- CONTROL CENTRE (stories & thinking)
- EMOTIONS & family
- YIPPEE! (good feeling)
- MEMORY
- LIFE (heartbeat & breathing)
- Balance body
- Feel body
- Move body





## WHAT DIFFERENT SECTIONS OF THE BRAIN DO

- The blue area is the control centre of the brain. This area controls the rest of the brain, it controls our thinking, our emotions and our actions. This is where stories are put together.
- At the top of the brain the green area is sent FROM the body like how the body is moving or how it is feeling.
- The yellow area sends messages TO the body telling it how and when to move.
- The light pink area is where memory is organised.
- The purple area in the middle of the brain is very important for family matters and emotions like worries, shame and happiness.
- The red area at the bottom of the brain balances our body both when it is moving and when it is still.
- The pink area is the "yippee" or "feel good" area of the brain.
- The orange area connects the brain with the rest of the body. This part controls breathing and the heart. This part of the brain keeps us alive.
- These different areas are always working together and talking to each other.

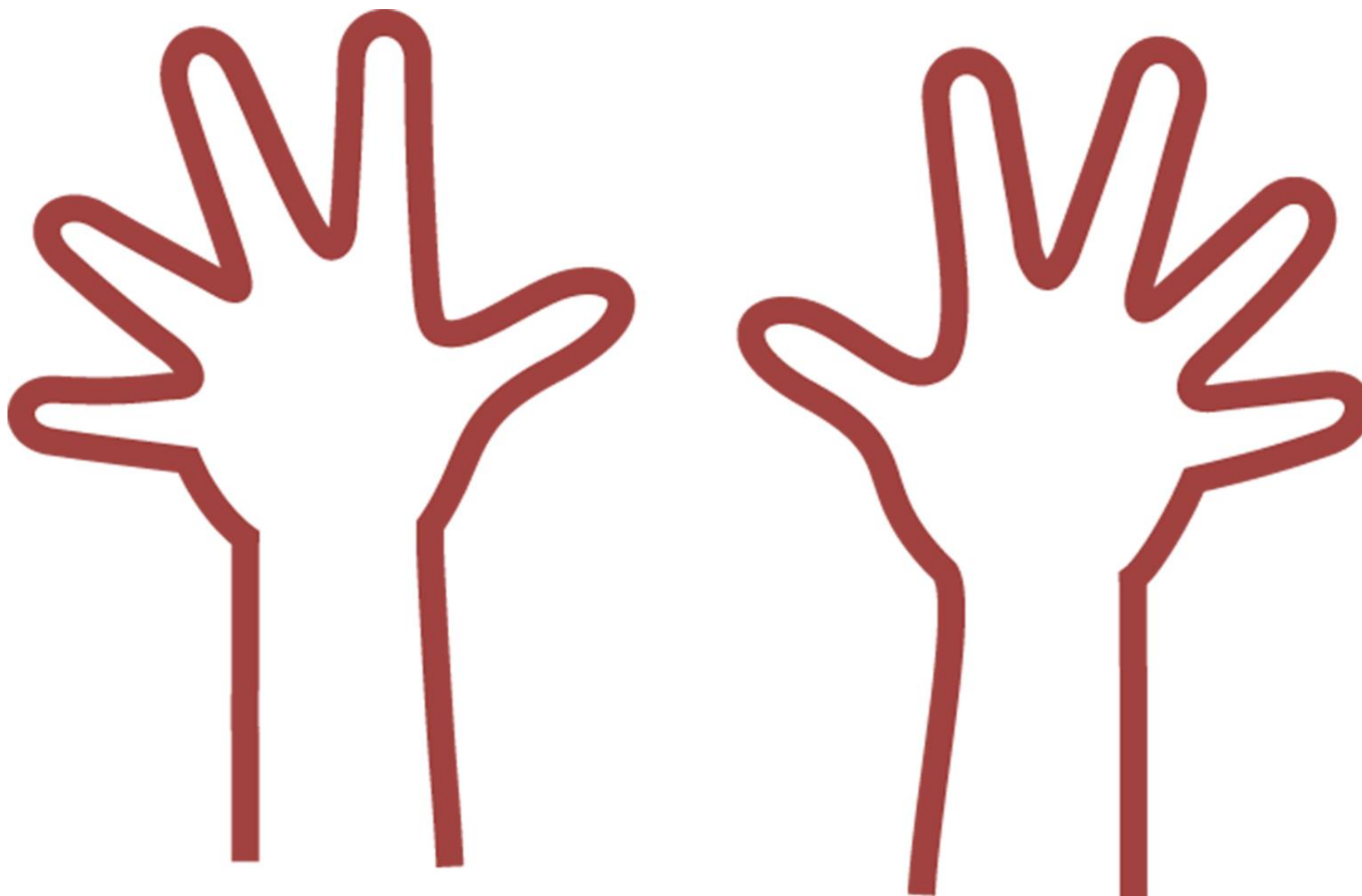




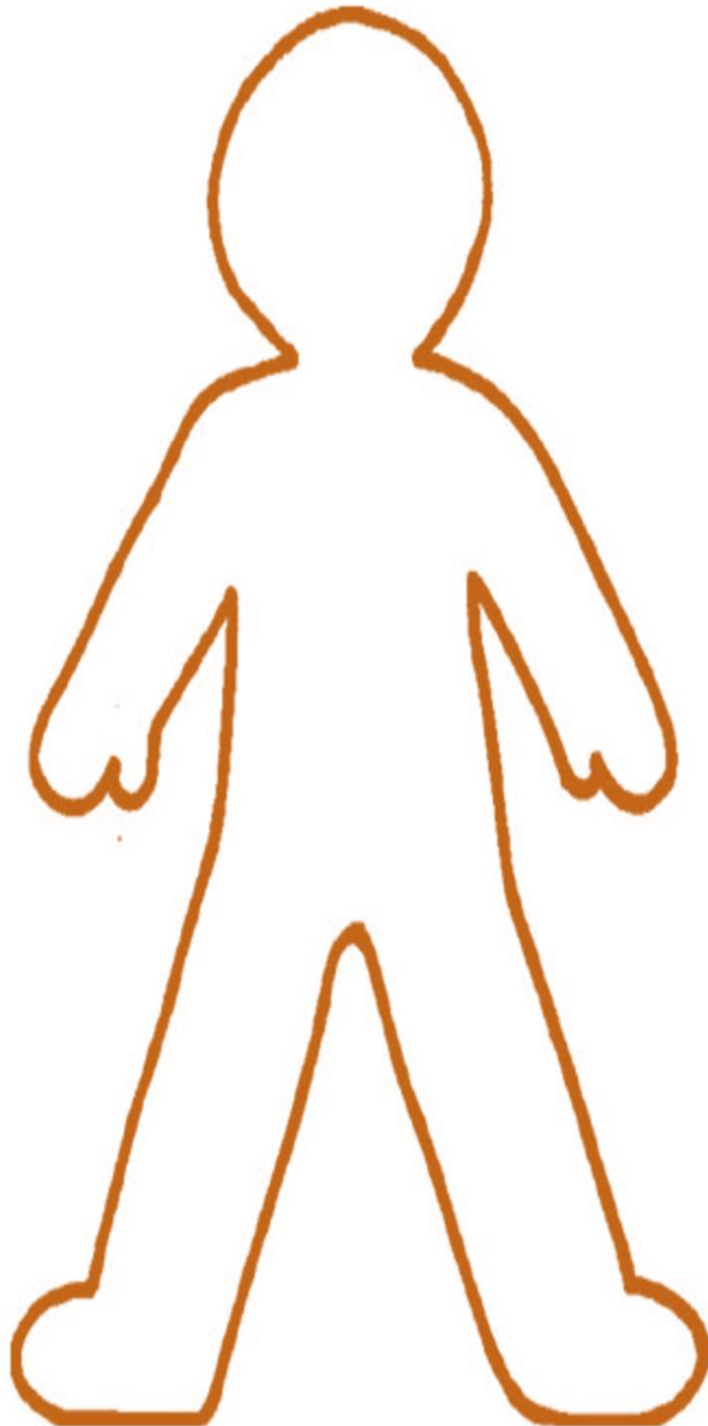
# Outline drawing of an adult hand



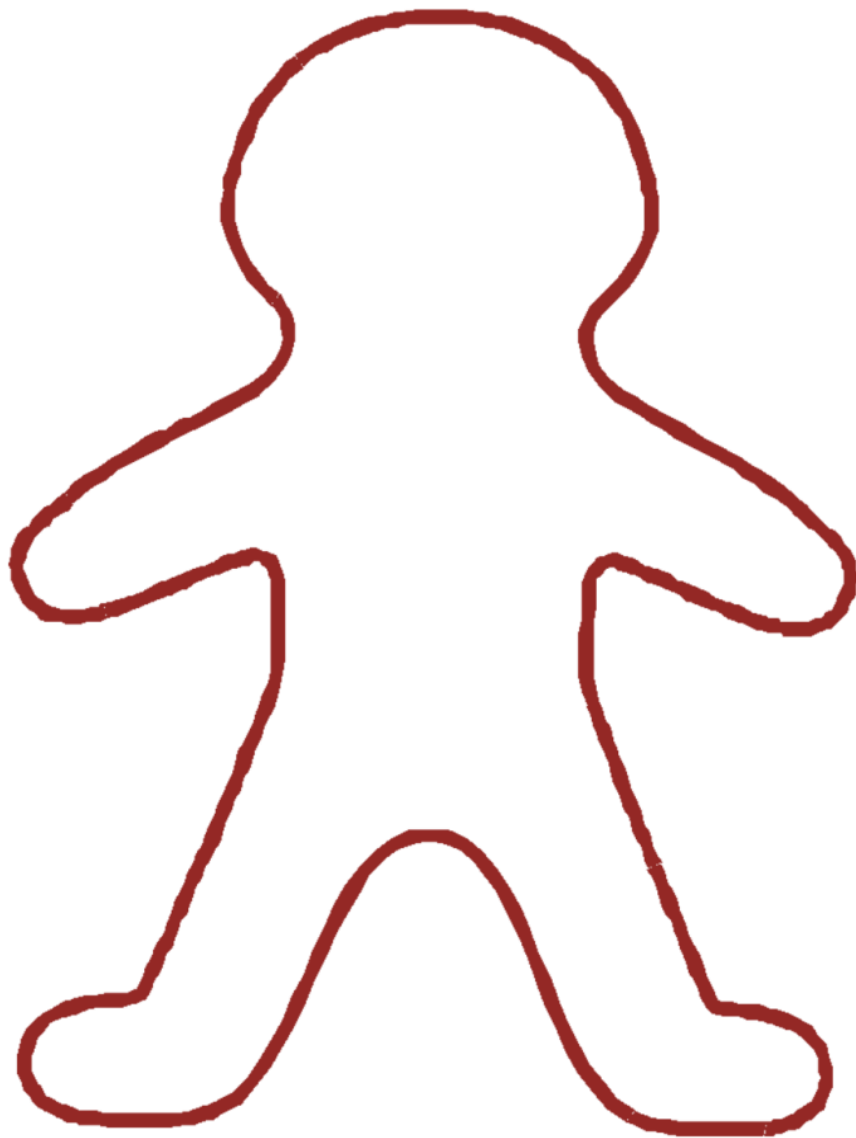
# Two hands



# Body outline



# Body outline







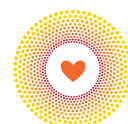
# 10 Breaths

When something wonderful touches you, savour the experience by offering it 10 full breaths. By paying close attention to special moments, we come to see that opportunities for happiness present themselves many times each day.

## Give your 10 breaths to anything that seems wonderful to you

- Something beautiful from Nature
- A special moment with your child/partner/friend
- A piece of music
- Eating something delicious
- A work of art

- 1 Stop whatever you are doing
- 2 Close your eyes, place a hand on your belly and take 3 deep breaths to calm yourself.
- 3 Open your eyes and focus on your special object/person/experience
- 4 Stay focused on whatever has caught your attention as you 'count with your body', 10 slow breaths, by pressing and releasing in turn, each finger resting on your belly.
- 5 If you are still entranced by your special moment, repeat the 10 breaths practice.



# Mindful Walking



Mindful Walking allows you to be more present in your body and in the present moment.

So much of the time we are caught up in our intellectual worlds — thinking of the past or future, planning, imagining...

Paying attention as you walk will help you to enjoy simply being alive and connecting with the present mindfully - paying attention with flexibility, openness and curiosity.

A simple mindful walking practice is just to breathe in while taking a step with the left foot and breathe out when taking a step with the right foot.

Breathing is always available as a point of reference - a reminder to be present.

Walking is almost always available.

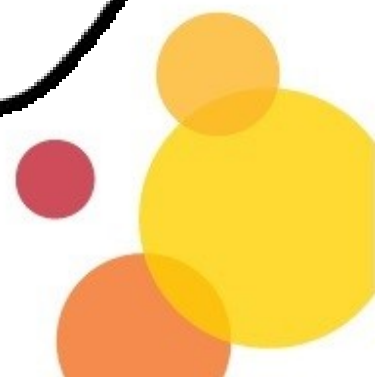
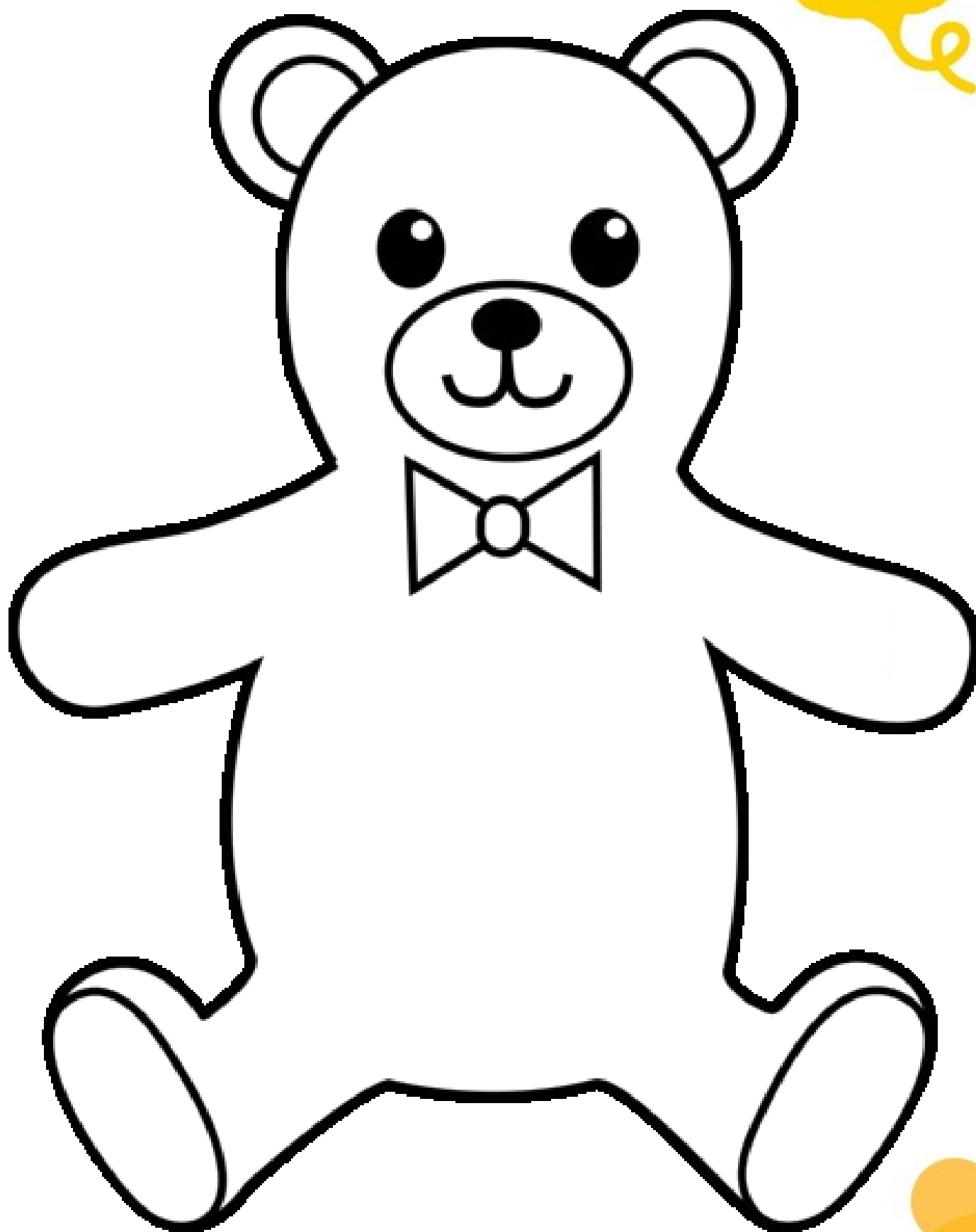
Mindful Walking can be done very slowly or at a normal walking pace. It's simply a matter of synchronising breath and footstep.

Before you start walking it is a good idea to stand quietly and focus on your breathing for 3 breaths and then commence your mindful walking practice.

Walk for 3-5 minutes if time allows. If you are busy, walk for as long as time permits. Even one minute of mindful walking will help bring you back into the present moment.



# Bear outline



## De-stress cue card



1. Sit or lie down in a comfortable, quiet location
2. Gently rest your hands on your stomach
3. Take 10 slow deep breaths, breathing in through your nose for a count of 3, hold for 4, and out through your mouth for the count of 7
4. As you breathe in, feel your stomach rise and as you breathe out, feel your stomach fall
5. As you breathe out, say to yourself: 'RELAX'
6. Keep your mind focused on breathing and counting each breath
7. If your mind wanders, just gently bring your attention back to your breathing



# Life tree



# Life tree



**The Fruits:** represent your children.

Draw them on your tree in a way that says something about each child.

**The Leaves:** represent your values and your skills.

**The Branches:** represent your hopes and wishes for your children.

**The Trunk:** represents your strongest supports.

**The Earth:** Represents all those things which keep you 'grounded' and make you feel stable.

**The Roots:** represent where you have come from, your family history and important places and people from your past.

