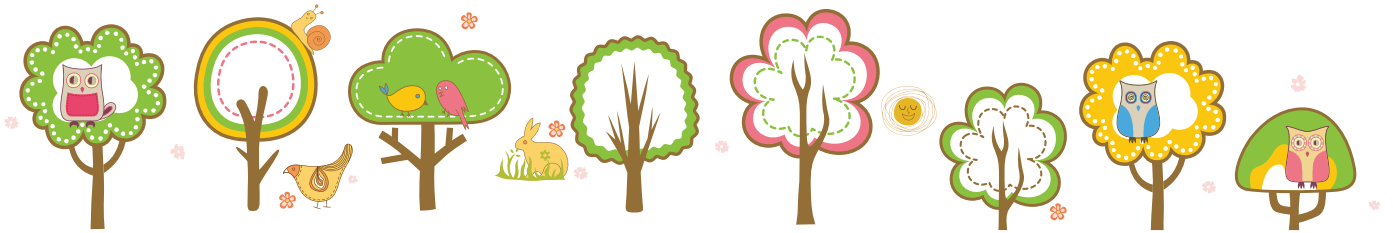


# Umbalakiki

for younger children

An exercise that teaches children how to put away worries or negative feelings and to free themselves to live and perform more joyfully.



## Get Ready!

### Resources

Audio Track # 5

### Teaching Point

We can make ourselves happier and get rid of bad feelings or worries by looking for good things or Highlights; by doing something happy every day; and by putting our worries away somewhere – like in a tree or in a jar or in an envelope.

### Other Ideas

► Use “props” such as a worry jar, worry tree or garbage can where children can place angry feelings, worries or frustrations.

## Get Going!

### Activity

✓ Listen to the audio.

### Wrap-up

What did the story called Umbalakiki talk about? What was the voice saying? Probe for details.

How can you use what you heard in this story? Probe for examples of when and how children could use Umbalakiki or Tree It.

### Homework

If something worries you or makes you feel unhappy today or tomorrow, see if you can Umbalakiki it. Tree It. If you have a really big worry or something has made you very unhappy, it may be too big to put on the tree. The best way to deal with really big worries or troubles is to talk about them with someone you trust, like your parents, a teacher, a counselor or a doctor.

This activity is provided with the permission of Dr. Terry Orlick. His newest book: *“Positive Living Skills: Joy and Focus for Everyone”* can be found at [www.zoneofexcellence.ca/index\\_new.html](http://www.zoneofexcellence.ca/index_new.html) or [www.zoneofexcellence.ca/products\\_new.html#books](http://www.zoneofexcellence.ca/products_new.html#books), and is also available on Amazon.com.