



## Activity 7.3

# Let's SIFT!

### Objective:

- Practice the SIFT (Sensations, Images, Feelings, Thoughts) Technique.

### Steps:

1. Explain that the purpose of this activity is to take a moment to calm the brain.
2. Invite participants to close their eyes if they choose to do so.
3. Guide the participants:
  - Register your sensations. Is your heart raising?
  - Identify the images that are running through your head in this moment. Do they relate to past experiences? Are they valid?
  - Name your feelings related to your thoughts and images.
  - Observe and identify your thoughts.
4. Discuss:
  - This technique was originally created for parents and other adults to calm their brains before speaking to their children.
  - With time and practice, brains can be rewired through repetition. This rewiring of the brain is called neuroplasticity.
  - How can this practice be helpful when working with students?