



Notes for Using Mental Time Travel High Fives



Meet the
Human Brain

In the Taming Tools Menu in Unit Five you were given the High Five Tool as a way to use gratitude to help train both Myg and Buster to be less reactive:

Meet the Human Brain

Taming Tools: Gratitude

High Five Your Life
Count off on your fingers as you list 5 things you are looking forward to. Share your High Five with your neighbor.

1 2 3 4 5
High Five

Daily Gratitude Journal
Date: _____
Today I am grateful for:
1.
2.
3.

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This tool is based on brain research which shows that thinking about pleasant things supports the creation of dopamine, a "happy" chemical your brain uses to self-regulate. Now, in Unit Seven, you can use these worksheets:

Meet the Human Brain

Mental Time Travel High Fives

High Five Your Future
Count off on your fingers as you list 5 things you are looking forward to.

1 2 3 4 5
High Five
I plan...

High Five Your Dreams
Count off on your fingers as you list 5 things you hope your future holds.

1 2 3 4 5
High Five
I hope...

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Mental Time Travel High Fives

High Five Your Past
Count off on your fingers as you list 5 things you are thankful for from the past.

1 2 3 4 5
High Five
I remember...

High Five This Moment
Count off on your fingers as you list 5 things you are thankful for in this present moment.

1 2 3 4 5
High Five
I notice...

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These worksheets incorporate the High Five Tool as a way to practice the language of Mental Time Travel: "I plan...I hope... I remember," and the language of present observation: "I notice."



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High Five Your Dreams

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High Five Your Past

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High Five This Moment

Count off on your fingers as you list 5 things you are thankful for in this present moment.

