



The Sanctuary at The Woodlands

TRANSITIONS PROGRAM: Daily Schedule Anger, Sadness, and Worry Week

TIME	Monday	Tuesday	Wednesday	Thursday
9:45-10:00	Gathering	Gathering	Gathering	Gathering
10:00-10:20	Mindfulness Check-in and processing	Visualization exercise and processing	Mindfulness Check-in and processing	Visualization exercise and processing
10:20-10:50	Psych-ed: What are emotions? Feelings wheel	Psych-ed: How do thoughts affect feelings?	Psych-ed: When are feelings useful? When unhelpful?	Psych-ed: What are coping skills?
10:50-11:00	Break	Break	Break	Break
11:00-Noon	Processing Group	Processing Group	Processing Group	Processing Group
Noon-1:00	Lunch Garden and Reflection Room open	Lunch Garden and Reflection Room open	Lunch Garden and Reflection Room open	Lunch Garden and Reflection Room open
1:00-1:20	Toss'n Talk: Emotions	Songwriting/Art: Emotions	Role Play: Finding useful thoughts	Game: Coping skills

1:20-1:45	Daily Review: Identifying emotions homework	Daily Review: Identifying thoughts homework	Daily Review: Making useful thoughts homework	Daily Review: Coping skills homework
1:45-2:00	Recognition and Final Thoughts	Recognition and Final Thoughts	Recognition and Final Thoughts	Recognition and Final Thoughts