



## Thinking about somebody else's tank

**Narrator:** Think of the people you come into contact with each day; your family, your neighbors, your classmates, your teachers, people you work with. Today we are going to think about relationships and how relationships with others affect our thinking, feelings and mood.



**Narrator:** Today we are going to do an exercise similar to the activity we have done before with the Happiness Tank. This time instead of focusing on ourselves, we are going to focus on someone else in your life. Think of someone in your life that you have interactions with every day. For this exercise, choose someone you have difficulties with, someone who makes you feel bad, or someone you don't like that much.

**Narrator:** Close your eyes and imagine this. Every car has a gas tank inside of it. If the gas tank is very full, the car runs really great. If the gas tank is close to empty, the car doesn't run as well as it could.

**Say:** Imagine this person you thought of has a gas tank inside of them. But instead of this tank needing to be filled with gas for a person to function really well, it has to be filled with Love and Happiness. We are going to call this image a Love and Happiness Tank. The effects of a full Love/Happy Tank are:

- We feel better about ourselves
- We feel motivated
- We perform better
- We act and react in a positive manner
- We show love and support to others
- We are happy most of the time

# MindCloud



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This is a Love/Happy Tank. At the top of the tank, write the name of the person you are thinking of. Shade in how full or empty you think their tank is.

**Narrator:** Now, let's think about the things that have a connection to how full or empty their tank is. On this paper to the right side of the neck put a title that says "Makes it go up". On the left side next to the head write a title that says "Makes it go down." Under each title write the things you think make their tank fuller and the things that make your tank less full.

