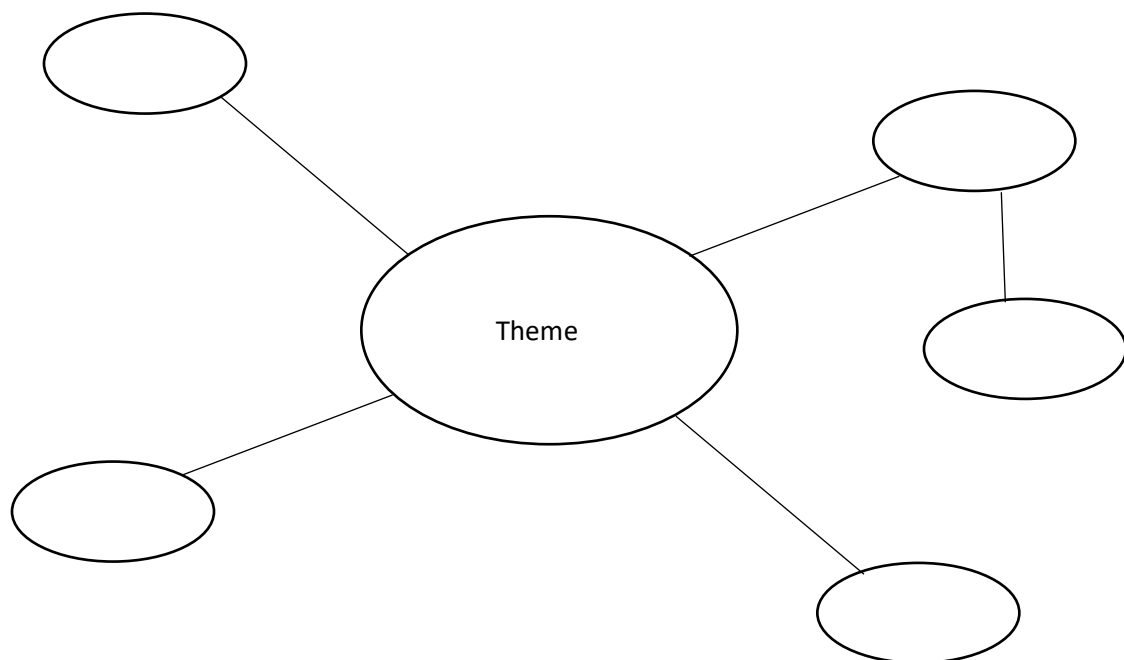# Clustering

1. <u>Check-in with yourself:</u> If your thinking brain is not turned on, belly breathe (or choose another grounding strategy) first to turn it on. If you're feeling shut down, move your body mindfully first or connect with your senses.
2. On the top of your page, write 3 words that describe how you are feeling right now and where you feel them in your body.
3. Choose a theme. Write the theme of your cluster in the middle of your page with a circle around it. See ideas for themes on the next page of this handout.
4. Start writing:
   - If writing until you feel done is overwhelming, setting a timer for 3-5 minutes should suffice.
   - Build a web with whatever thoughts come to mind.
   - Don't edit your thoughts regardless of whether a thought seems like it relates to your theme or not. Write quickly.
   - Write until your timer goes off, your paper is full, or you feel done.
   - You may have moments of pause, in which just take a moment to glance over what you've written to see if any more thoughts come before deciding you are done.
5. Take a moment to look over what you've written. Notice any themes or patterns. If you have, use colours to circle bubbles of the same theme or pattern.
6. Do a post-writing reflection.
7. After writing and reading over your post-writing reflection, write 3 feeling words that describe how you're feeling now.

Ideas for themes to use as prompts:

- Something that's been on your mind
- Stress
- A conflict
- A problem
- A decision
- A relationship with someone
- Things you're grateful for

• Clustering works really well to help us sort our thoughts out when they are overwhelming or seem disorganized. It can also help us sort our feelings about a decision, problem, or conflict.

Tools to use:

- Use the Feelings Vocabulary handout to help you in identifying feelings
- If during your write, you want to describe how your feelings are experienced in your body, use the Feeling Into Our Bodies handout to help
- Post-writing reflection handout

Adapted from the works of Kathleen Adams.