

CHARACTER EDUCATION

MINDFULNESS



MINDFULNESS

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MINDFULNESS

PARENT LETTER

Hello Parents,

We are learning all about Mindfulness. We defined mindfulness as: Tuning into what we are thinking, feeling, or sensing in the present moment, without judgement.

Here are some ways you can teach Mindfulness to your child at home:



Use simple deep and slow breathing exercises to help your child calm down. Get them to focus on each breath and the rise and fall of their stomach and chest as they breathe.



Before bedtime, talk about what you are both thankful for today. Reflect on what went well and what did not.



Go outside for a nature walk. Find a spot to sit and be still. Focus on what you can hear, try to limit talking and instead focus on the world around you.



Do yoga and/or meditate together. You can use a meditation app to help do quick 5 minute guided meditations together.

Mindfulness practices can help control emotions, and help your child become more self-aware, non-judgmental, patient, and grateful.

MINDFULNESS

WRITING PROMPTS

1. What does it mean to be show mindfulness?
2. What does it mean to be in the present moment?
3. What are 5 things you can see, smell, taste, touch, and hear right now?
4. What are some positive effects of mindfulness?
5. What are some ways to calm yourself when you are feeling upset?
6. How can using sensory objects, meditation, yoga, deep breathing, and guided imagery help you?
7. Think of a time when you had a chance to show that you were mindful. What happened because of your mindfulness? How did it make you feel?

MINDFULNESS

RECOMMENDED READ ALOUDS

Check out my blog post: [Children's Books about Mindfulness](#) to read reviews of these books.

- *I am Peace by Susan Verde
- *Mop rides the wave of life by Jaimal Yogis
- *Listening with my heart by Gabi Garcia
- *What does it mean to be present? By Rana DiOrio
- *Puppy Mind by Andrew Jordan Nance
- *Find your calm by Gabi Garcia
- *A handful of quiet by Thich Nhat Hanh
- *My Magic Breath by Nick Ortner
- *Breathe like a bear by Kira Willey
- *Bee calm by Frank J. Sileo
- *The cat on the mat by Bonnie Worth
- *Listening to my body by Gabi Garcia
- *Mindful moments at bedtime by Paloma Rossa

MINDFULNESS

MORNING ANNOUNCEMENTS

Name: _____

Date: _____

***Week 1:** We are learning all about Mindfulness. We defined being mindful as tuning into what we are thinking, feeling, or sensing in the present moment, without judgement. Some ways you can show mindfulness at school are meditating, using deep breathing, controlling your emotions and thoughts, focusing on your senses using sensory objects, using calming strategies, and being present and focused in the moment.

***Week 2:** We are continuing to learn all about Mindfulness. Being mindful means tuning into what we are thinking, feeling, or sensing in the present moment, without judgement. Some ways that you can be mindful at home are by being grateful, doing something creative, using mindfulness apps, eating slowly, and taking a relaxing bath.

***Week 3:** We are continuing to learn all about Mindfulness. Remember being mindful means tuning into what we are thinking, feeling, or sensing in the present moment, without judgement. Some ways that you can show mindfulness in your community is by noticing the small things, accepting change, practicing gratitude and compassion, forgiving yourself and others, go outside and observe nature, go for a walk, and do yoga.

***Week 4:** As we continue to learn about Mindfulness, let's reflect on this quote by Anne Lamott, "Almost everything will work again if you unplug it for a few minutes, including you." This means that mindfulness can help us function better by taking a moment to stop and be present. What is one way you will be mindful today?

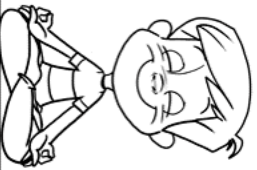
***Week 5:** Mindfulness is an essential trait to have for many careers. Meditation or Mindfulness Instructors for example show a lot of mindfulness. They focus on teaching students how to meditate and practice other mindfulness techniques. They teach in a variety of settings, such as wellness facilities, spas, yoga studios, and meditation retreat facilities. Some mindfulness professionals work with Doctors or Psychologists to help patients with conditions like anxiety and PTSD. Think of a career you may be interested in and how you can show mindfulness within that career.

***Week 6:** Mindfulness is also shown by many leaders throughout history and is an important feature of being a leader. One such leader is Oprah Winfrey, a talk show host, producer, actress, author, and philanthropist. Oprah believes that mindfulness changed her life. She meditates twice a day for 20 minutes, being still in body and mind and repeating a mantra. She brought a teacher into her company, to teach the employees how to meditate, the staff would take breaks during the day to meditate. She also helped co-create a free online meditation experience to help people cope with the stress of the pandemic. She showed us the importance of being a mindful leader, she said "I believe that the entry point for living a more conscious life is mindfulness, or, put another way, staying present in this moment." Think about how you can be a leader in your classroom by showing mindfulness.

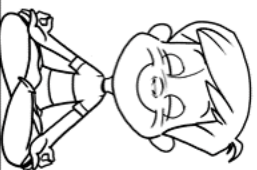
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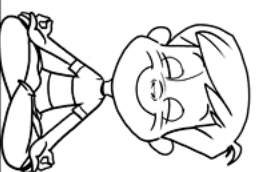
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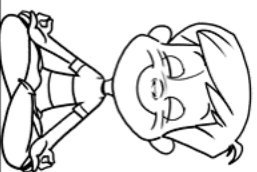
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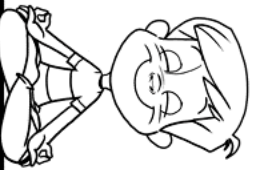
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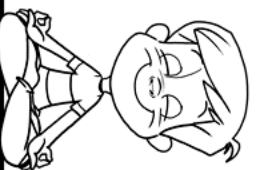
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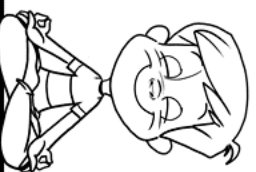
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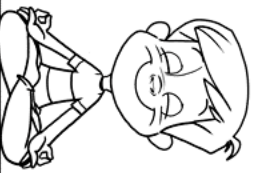
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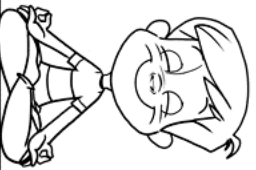
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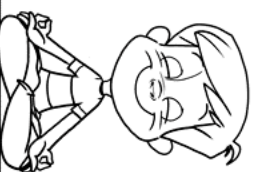
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MINDFULNESS**



**I SHOWED
MINDFULNESS**



I CAN BE MINDFUL

BY TUNING

INTO WHAT I AM

thinking,

feeling,

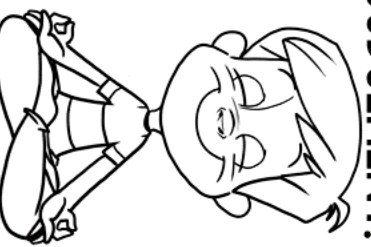
OR *sensing*

IN THE

present moment,

WITHOUT

JUDGEMENT.



CHARACTER EDUCATION

I CAN BE MINDFUL

BY TUNING

INTO WHAT I AM

thinking,

feeling,

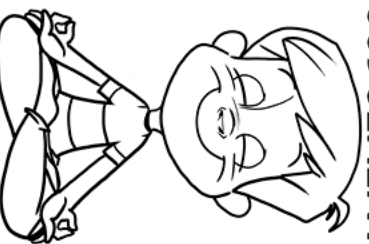
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CHARACTER EDUCATION

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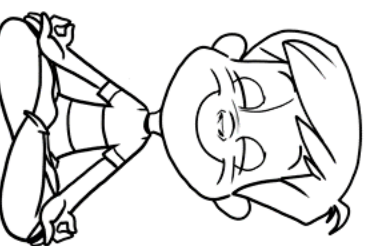
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CHARACTER EDUCATION

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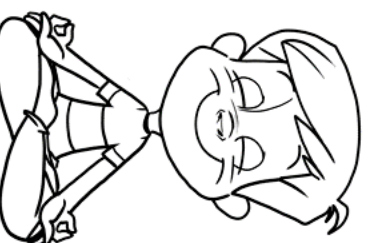
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CHARACTER EDUCATION

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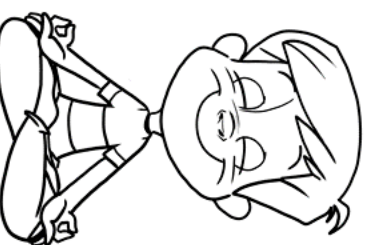
OR *sensing*

IN THE

present moment,

WITHOUT

JUDGEMENT.



CHARACTER EDUCATION

MINDFULNESS

PRE-SURVEY

Name: _____

Date: _____

I am learning to show mindfulness.



Always



Sometimes



Hardly



Never

I can define what mindfulness means.				
I can identify ways to show mindfulness.				
I can recognize mindfulness behavior.				
I show mindfulness in the classroom.				
I show mindfulness at home.				
Showing mindfulness is important to me.				
I think about showing mindfulness before I do something.				

MINDFULNESS

POST-SURVEY

Name: _____

Date: _____

I am learning to show mindfulness.



Always



Sometimes



Hardly



Never

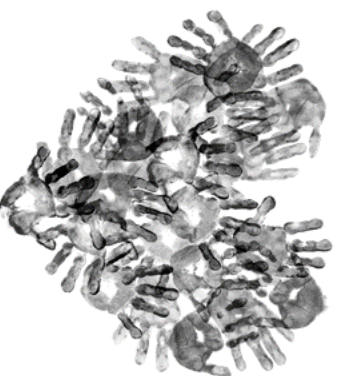
I can define what mindfulness means.				
I can identify ways to show mindfulness.				
I can recognize mindfulness behavior.				
I show mindfulness in the classroom.				
I show mindfulness at home.				
Showing mindfulness is important to me.				
I think about showing mindfulness before I do something.				

ATTNDEFULNES

GOOD CHARACTER AWARD

Presented to:

Teacher

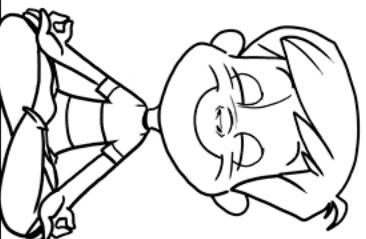


Date

MINDFULNESS GOOD CHARACTER AWARD

Presented to:

Teacher



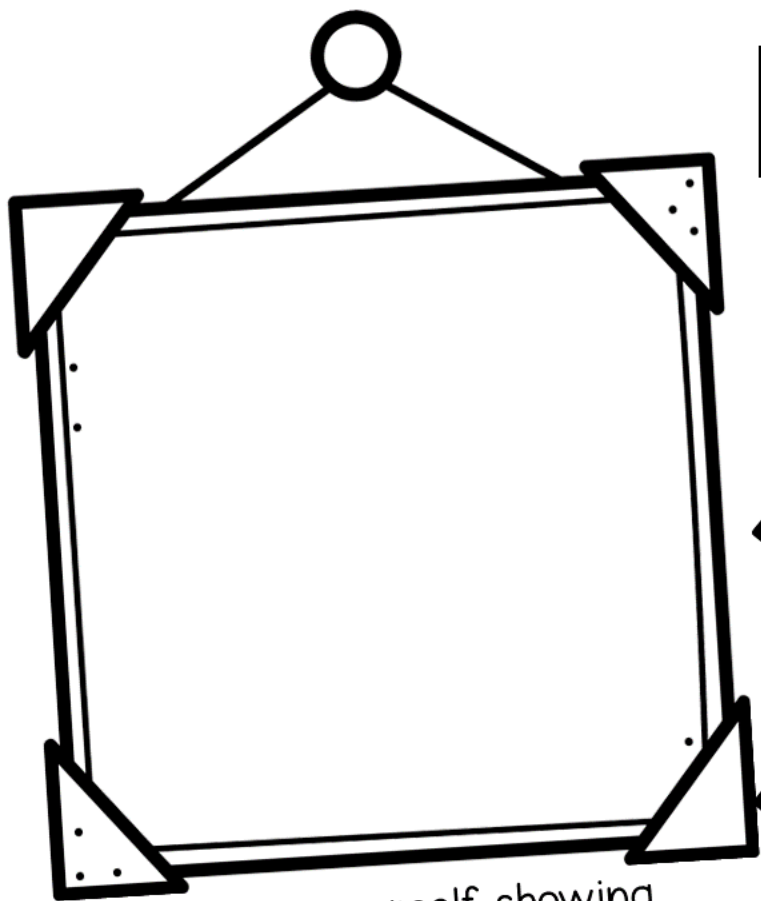
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MINDFULNESS

WAYS TO SHOW MINDFULNESS

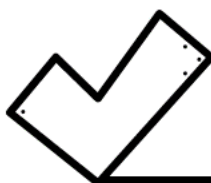
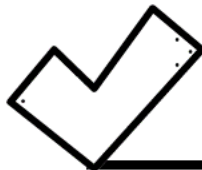
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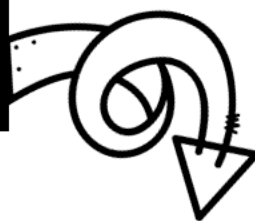


Draw yourself showing mindfulness.

I can be mindful by...



What does Mindfulness mean to me?



MINDFULNESS

WAYS TO SHOW MINDFULNESS

Name: _____

Date: _____



Ways I can show mindfulness at School

Meditate.



Practice
deep
breathing.



Control your
emotions and
thoughts.



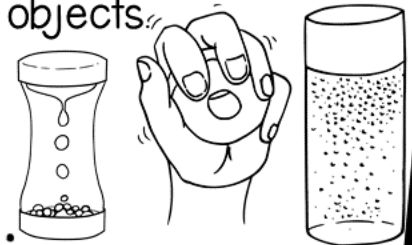
Take pretend
journeys
using guided
imagery.



Use calming
strategies.



Focusing on your
senses, using sensory
objects.



Write your
current
thoughts
and feelings
in a journal.



Listening
to
calming
sounds/
music.



Be
present
and
focused
in the
moment.



MINDFULNESS

WAYS TO SHOW MINDFULNESS

Name: _____

Date: _____



Ways I can show mindfulness at Home



Appreciate what makes you and others unique.



Do something creative.



Eat slowly, enjoy each mouthful of food.

Find a quiet space, use white noise or headphones to block noise.



Set time for mindfulness in your routine.



Take a relaxing bath.



Wake up and set an intention.



Use mindfulness apps or websites.

Be grateful for what you have.



MINDFULNESS

WAYS TO SHOW MINDFULNESS

Name: _____

Date: _____



Ways I can show mindfulness in my Community

Smell the flowers.



Practice gratitude and compassion.



Accept change.



Forgive yourself and others.



Notice the small things.



Go for a walk in nature.



Go outside and get some fresh air.



Observe nature.



Do some Yoga.





CUT AND



PASTE ONTO NEXT PAGE

Meditate.

Be present and focused
in the moment.

Do some Yoga.

Go for a walk in nature.

Listening to calming
sounds/music.

Smell the flowers.

Wake up and
set an intention.

Do something
creative.

Write your current thoughts
and feelings in a journal.

Practice deep
breathing.

Eat slowly, enjoy each
mouthful of food.

Set time for mindfulness
in your routine.

Control your emotions
and thoughts.

Focus on your senses,
using sensory objects.

Take a relaxing bath.

Observe nature.

Practice gratitude and
compassion.

Use mindfulness
apps or websites.

MINDFULNESS

WAYS TO SHOW MINDFULNESS SORT

Name: _____

Date: _____

Ways I can show
mindfulness in my School

Ways I can show
mindfulness in my Home

Ways I can show mindfulness
in my Community

MINDFULNESS

STUDENTS WITH CHARACTER

Name: _____

Date: _____

Mindful Students

STRESSING THE TEST



Isabelle has a big state test today and is very nervous and stressed about it. Her hands are sweating and her mind is racing. Her teacher guides the class in a breathing meditation before the test to help reduce their stress so they can focus on the test. The teacher instructs them to take three deep and slow breaths counting 1, 2, 3, for each breath and to focus solely on their breathing. Isabelle breathes deeply and clears her mind of negative thoughts and emotions. As she continues to breathe, she starts to feel calmer and less stressed. Her hands are no longer sweating and her mind is calm.

How did this student show Mindfulness?



MINDFULNESS

LEADERS WITH CHARACTER

Name: _____

Date: _____

Mindful Leaders

OPRAH



Oprah Winfrey is a talk show host, producer, actress, author, and philanthropist. She is best known for her talk show which was the highest rated TV program of its kind running for 25 years. She is considered one of the most influential women in the world. Oprah believes that meditation and mindfulness changed her life. She meditates twice a day for 20 minutes, being still in body and mind and repeating a mantra. She brought a teacher into her production company at the time, to teach the employees how to meditate, the staff would take two breaks during the day to meditate. She also helped co-create a free online meditation experience to help people cope with the stress of the pandemic. She showed us the importance of being a mindful leader, she said "I believe that the entry point for living a more conscious life is mindfulness, or, put another way, staying present in this moment."

How does Oprah show Mindfulness?



MINDFULNESS

CAREERS WITH CHARACTER

Name: _____

Date: _____

Mindful Careers



MEDITATION INSTRUCTOR

Meditation or Mindfulness Instructors focus on teaching students how to meditate and practice other mindfulness techniques. They teach in a variety of settings, such as wellness facilities, spas, yoga studios, and meditation retreat facilities. They also may provide mindfulness or meditation training for employees of organizations, companies, and business executives. Some mindfulness professionals work with Doctors or Psychologists to help patients with conditions like anxiety and PTSD. They also may be responsible for teaching related practices, such as yoga, in addition to meditation.

How do Meditation Instructors show Mindfulness?



MINDFULNESS

DIGITAL CHARACTER

Name: _____

Date: _____

Digital Mindfulness

VIRTUAL MINDFULNESS



Nicolas has had challenges doing schooling from home. As he sits looking at a computer screen, he struggles to feel a true sense of connection. His teacher gave him some tips to use Mindfulness to help be more focused. When he notices that he is losing focus, he gets up, stretches, and moves his body a bit. During the break or when he is doing homework he plays calming music and takes a break to re-focus. He does this by sitting still for at least 30 seconds and listening to the sounds around him. This helps him to be more productive, less stressed and more connected to what he is doing.

How did he show digital Mindfulness?





Practicing
gratitude.

Letting
your
breathing
get out of
control.



Focusing on your
senses, using sensory
objects.



Checking in
with your
emotions.



Letting
your
thoughts
race.



Having
an
anger
outburst.



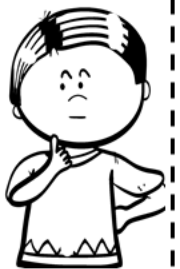
Meditating.



Worrying
so much
about the
future you
ruin the
present



Not acknowl-
edging your
emotions.



Practicing
deep
breathing.



Listening
to
calming
sounds/
music.



Losing focus
because you are
thinking
about
other
things



MINDFULNESS

MINDFUL OR NOT? SORT

Name: _____

Date: _____



THIS IS SHOWING MINDFULNESS



THIS IS NOT SHOWING MINDFULNESS

MINDFULNESS

CAUSE & EFFECT

Name: _____

Date: _____

CAUSE

Read the situations and determine what effect that decision will have.

EFFECT

You are feeling stressed so you take a moment to breathe slowly.

You are irritated and let your anger build until you lash out at someone.

You are overwhelmed with the many tasks on your plate, but you take a few minutes to meditate.

MINDFULNESS

CAUSE & EFFECT

Name: _____

Date: _____

CAUSE

Read the situations and determine what effect that decision will have.

EFFECT

You know that math is not your strongest subject, you accept it and work hard to improve.

You are so worried about the upcoming state test you can hardly think of anything else.

You are not very good at running and in P.E. you have to run a mile today. You dread going.

MINDFULNESS

CAUSE & EFFECT

Name: _____

Date: _____

CAUSE

Read the situations and determine what effect that decision will have.

EFFECT

The last time you tried to make a friend you were rejected, so now you are too worried to try again.

You are nervous about the spelling bee competition tonight so you tell yourself some positive self-affirmations.

You know you made a huge mistake. You accept that you are not perfect and will keep going.

MINDFULNESS

CAUSE & EFFECT

Name: _____

Date: _____

CAUSE

Read the situations and determine what effect that decision will have.

EFFECT

You are feeling tense so you use your stress ball to squeeze until you feel calmer.

Your friend apologizes for a mistake they made, and you forgive them.

You know you made a huge mistake. You cannot forgive yourself and keep replaying it in your mind.

MINDFULNESS

CAUSE & EFFECT

Name: _____

Date: _____

CAUSE

Read the situations and determine what effect that decision will have.

EFFECT

You have been studying for 3 hours straight with no breaks.

You have been studying for a while, so you decide to take a break and use guided imagery to relax.

You take a moment before you start your day to list your goals and intentions for the day.

MINDFULNESS

CAUSE & EFFECT

Name: _____

Date: _____

CAUSE

Read the situations and determine what effect that decision will have.

EFFECT

It's bedtime and your mind is racing, you can't seem to fall asleep. You do some deep breathing and pretend in your mind to be on a relaxing beach.

You take a moment while you are eating dinner to reflect on your day and what went well.

You take a moment at the end of the day to think about what you are grateful for.

MINDFULNESS

ROAD TO MINDFULNESS

Name: _____

Date: _____

ROAD TO MINDFULNESS: COLOR THE CAR OF YOUR ANSWER.

You are upset
because you lost a
game.



Breathe and count to ten.



Scream at the top of your lungs.



Demand you play again.

You are very
stressed about an
upcoming test.



Do nothing.



Study all night for it.



Take a few minutes to calm your breathing
and say some positive affirmations.

You are feeling very
negative lately.



Ignore it.



Make a list of all the things you are
grateful for.



It's justified because things
have been bad lately.

MINDFULNESS

ROAD TO MINDFULNESS

Name: _____

Date: _____

ROAD TO MINDFULNESS: COLOR THE CAR OF YOUR ANSWER.

You are having
trouble focusing in
class.



Ignore it.



Stay present in the moment.



Let your mind wander.

You are upset
because you got
new shoes for
your birthday but
they were not the
ones you wanted.



Complain that you did not get
what you want.



Tell your parents to return it.



Be grateful for what you did get.

You wake up in the
morning and feel
tense and stressed
about the upcoming
day.



Ignore it.



Take a few minutes to calm
yourself with slow deep breathing.



Take it out on your sibling.

MINDFULNESS

ROAD TO MINDFULNESS

Name: _____

Date: _____

ROAD TO MINDFULNESS: COLOR THE CAR OF YOUR ANSWER.

You are having a
hard time falling
asleep because your
mind is racing.



Listen to calming music.



Do nothing.



Let your mind race because
you have a lot to think about.

You are angry
with your friend
over something
they did.



Hold it against them.



Forgive your friend and let it go.



Tell them to apologize to you.

You are angry with
yourself over a
mistake you made.



Let your mind replay what you
did over and over.



Keep blaming yourself and focusing
on what you did wrong.



Forgive yourself and let it go.

MINDFULNESS

ROAD TO MINDFULNESS

Name: _____

Date: _____

ROAD TO MINDFULNESS: COLOR THE CAR OF YOUR ANSWER.

You forgot your homework at home and feel your breathing quicken as you start to panic.



Let the panic take over.



Worry about it later.



Focus on slowing your breathing with slow deep breaths.

You are trying to do a new yoga move and keep messing it up.



Keep trying and be patient with yourself.



Give up on yoga.



Feel bad about your lack of abilities.

You are standing in line at a store and are starting to feel irritated.



Complain to everyone around you.



Be patient and use that time to do some mindful breathing.



Yell at the cashier to hurry up.

MINDFULNESS

ROAD TO MINDFULNESS

Name: _____

Date: _____

ROAD TO MINDFULNESS: COLOR THE CAR OF YOUR ANSWER.

You notice that everyone else has something that you do not have.



Complain to your parents that you don't have it.



Throw a temper tantrum.



Make a list of all the things you do have to be grateful for.

A lot of people are talking all at once and you start to feel overwhelmed.



Do nothing.



Yell loudly for them to stop.



Clear your mind and focus on your senses.

You know you need to relax but you are in the middle of lunch in the cafeteria.



Do some mindful eating by slowing down and breathing deeply.



Ignore it and hope you feel better later.



Hide in the bathroom.

MINDFULNESS

ROAD TO MINDFULNESS

Name: _____

Date: _____

ROAD TO MINDFULNESS: COLOR THE CAR OF YOUR ANSWER.

You are outside
taking your dog for a
walk.



Look at your phone the whole
time.



Look around at nature, listen to the
sounds.



Hurry your dog up so you can
go back inside.

Your teacher
shows you a new
mediation and it is
not the one you
are used to.



Be open to trying something
new.



Refuse to do it differently.



Do it the old way instead.

You notice that you
are starting to feel
angry about
something.



Take it out on your friend.



Count to ten, find a quiet place and
use a sensory object to calm down.



Ignore it.

MINDFULNESS

A MINDFUL WORLD

Name: _____

Date: _____

Mindfulness through Sensory Experiences

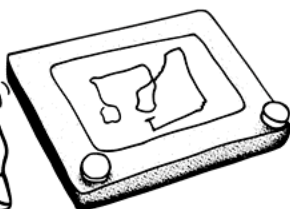
Sensory experiences help children focus and relax by stimulating one or more of their senses. Put a checkmark on the ones that you feel help you to be mindful.



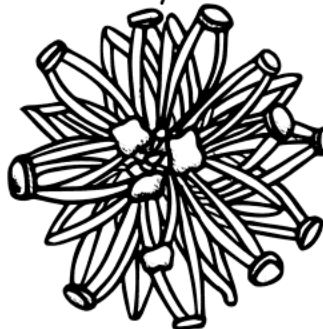
☐ Watch a sand timer.



☐ Squeeze a pool noodle.



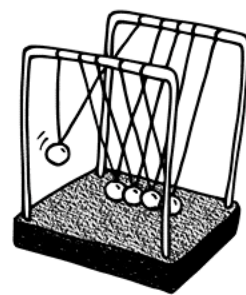
☐ Draw.



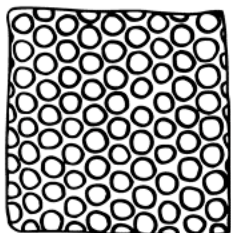
☐ Use a Hoberman Sphere.



☐ Use a fidget toy.



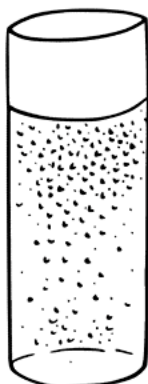
☐ Watch a Newton's cradle.



☐ Pop bubble wrap.



☐ Stretch an exercise band.



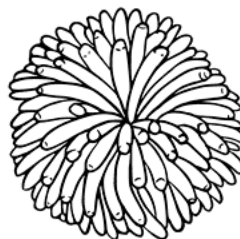
☐ Shake a glitter bottle.



☐ Squeeze clay.



☐ Watch a liquid timer.



☐ Feel a rubber string ball.



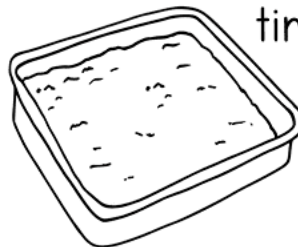
☐ Squeeze a stress ball.



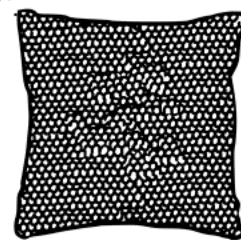
☐ Twist a tangent curves toy.



☐ Squeeze something squishy.



☐ Play with Kinetic sand.



☐ Feel a sequin pillow.



☐ Look through a kaleidoscope.



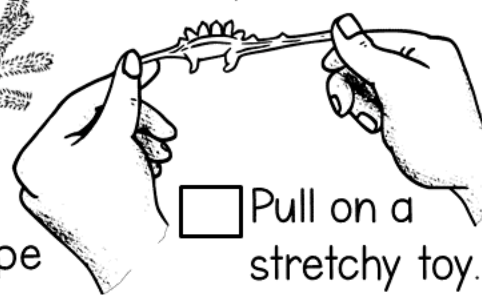
☐ Spin a spinning top.



☐ Use a walking spring.



☐ Feel Pipe cleaners.



☐ Pull on a stretchy toy.

MINDFULNESS

A MINDFUL WORLD

Name: _____

Date: _____

Mindfulness through Sensory Experiences

Sensory experiences help children focus and relax by stimulating one or more of their senses. Put a checkmark on the ones that you feel help you to be mindful.



☐ Feel the dirt or sand.



☐ Smell a flower.



☐ Touch something slimy.



☐ Listen to the hum of insects.



☐ Listen to music.



☐ Feel the wind blow.



☐ Touch clay or Play-doh.



☐ Listen to the rain.



☐ Blow on a feather.



☐ Crush leaves.



☐ Feel the mud on your feet.



☐ Listen to nature sounds.



☐ Bounce on a ball.



☐ Blow on a pinwheel.



☐ Squeeze something soft.



☐ Blow Bubbles.

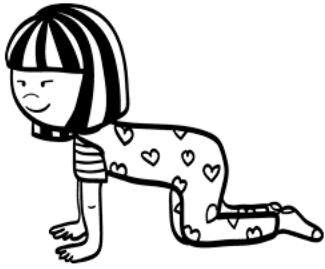


☐ Rip a blank paper.



☐ Blow on a dandelion.

YOGA Poses



Tabletop Pose

Resting on your hands and knees, bring knees hip width apart (the feet should be in line with the knees). Palms should be directly under the shoulders with the fingers facing forward; back is flat. This is the starting pose for many other poses.

Cat and Cow Poses

For cat pose, while in the tabletop position, round the back and tuck the chin into the chest. For cow, sink the belly toward the floor and arch the back, looking up. Alternate between the two poses.



Child's Pose

Sit back on the heels and slowly bring the forehead down in front of the knees. Rest the arms alongside the body.



Cobra Pose

Lie on your belly and place palms flat next to your shoulders. Press and lift your head and shoulders off the floor.



Happy Baby Pose

Lie on your back and hug your knees into your chest. Grab the outer part of your feet with both hands and rock side to side like a baby.



Bridge Pose

Lie on your back with knees bent and feet flat on the floor. Rest arms alongside the body and lift the butt and back off the floor, creating a bridge, while tucking chin into chest.



YOGA Poses



Upward Facing Dog Pose

Lie on your tummy and press your outstretched legs into the ground. Place your palms flat under your shoulders and draw your shoulder blades together.

Horse Stance

Stand with your legs apart, feet facing slightly outwards, bend your knees, and stand firm like a horse.



Tree Pose

While standing on one leg, bend the other knee and place the sole of the foot on your inner thigh. Raise your arms into the air and sway like a tree.



Sun Salutation

Bring your arms up over your head and place your palms together. Bring your palms down to the center of your chest. This can be done standing or sitting.



Butterfly Pose

From a sitting position, bend your legs together so that the soles of your feet touch together. Place your hands at your heart. Gently flutter your legs.



Flower Pose

From a sitting position, lift up your legs and weave your arms under your legs so that the soles of your feet touch together.



YOGA Poses



Boat Pose

Balance on your buttocks with your legs up. Then rock in the water like a boat.

Bow Pose

Lie on your tummy, bend your knees, lift your chest, reach your arms back towards your toes, and hold onto your feet.



Frog Pose

Begin in mountain pose, step your feet apart and bend your knees. Place your hands on the floor between your feet. Keep your hands on the floor and straighten your legs and say RIBBIT! Return to squatting position.



Legs up the wall



Lie flat on your back then slowly raise your legs up straight towards the sky, making an L shape with your body. Flex your feet, keep your legs together, spread your arms out to either side, and keep your neck in a neutral position. You could rest your legs on a wall instead.

Half Shoulder Stand

Lie on your back with your knees bent, feet flat on the floor, arms resting alongside your body, and chin tucked in. On an exhale, push your palms down and lift your legs straight up, making an L shape with your body. Stay in this position or squeeze your belly and raise your hips. Then, bend your elbows and place your palms on your lower back for a half shoulder stand.



Giraffe Pose

Start in table pose. Keeping one hand on the mat, reach the other hand to the sky. Hold this pose for a few breaths.



YOGA Poses



Mountain Pose

Stand with your toes touching and feet slightly apart. Sway your body gently back and forth. Slowly bring it to a standstill with your weight balanced evenly. Breathe deeply.

Warrior 1 Pose

Begin in mountain pose. With one foot, take a big step forward. Leave the other foot in place. Raise your hands over your head with palms facing each other.

Turn your back foot to point your toes away from your body. Bend your front knee



Chair Pose

Stand tall in Mountain Pose with your feet hip-width apart, bend your knees, and hop like a kangaroo.



Warrior 2 Pose

Start in Mountain Pose. Step with your feet wide apart and stretch your arms out to either side, palms facing down. Turn one foot, so it is pointing to the side, and bend your knee on that leg. Look past your fingertips. Straighten the front leg, and turn your toes back facing forward.



Airplane Pose

Starting in Mountain Pose, extend your arms out to either side. When you are balanced, lean forward lifting one leg straight behind you. Hold this pose. Then repeat with other leg.



Turtle Pose

Sit with your legs stretched straight in front of you. Place your feet flat and slide your feet close to your body so your knees are bent. Let your knees fall open, and slide your hands under your ankles. Lean forward into a turtle shell.



YOGA Poses



Mermaid Pose

Begin in table pose, bring one knee forward, behind your hands. Lower yourself to sitting, and allow your front leg to fall open. Keep your back leg bent comfortably. Lift your hand on the side of your front leg up to the sky and rest your other hand on your back leg. Look up at your fingers.

Rabbit Pose

Sit on your heels, lace your fingers behind your back. Lift your rabbit ears to the sky, as you lean forward and rest the top of your head in front of your knees.



Rock and Roll

Lying on your back, hug knees into your chest. Wrap both arms around your shins with clasped hands. Inhale and rock your body up to sit, then exhale as you roll back.



Half Pigeon Pose



Start on all fours and place your hands in front of you on the mat (palms down). Press into your hands and feet, straighten your legs, and raise your hips up towards the sky. Bring right knee to rest behind right hand, placing right foot slightly inwards, and perch like a bird.

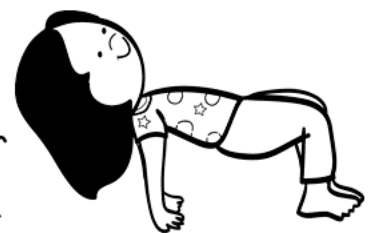
Wide angle seated forward bend

Sit with your legs in front of you, spread apart comfortably. Rest your hands between your legs, and slide them forward. Hold the position for a few breaths.



Reverse Table

Sit with your legs straight in front of you. Bend your knees, and place your feet flat on the floor in front of you. Put your hands flat on the floor behind you. Straighten your arms and lift your hips to the ceiling.



YOGA Poses



Star Pose

Begin in Mountain Pose. Place your feet wide apart and stretch your arms to the sides.

Downward Dog

Start in table pose, curl your toes under and straighten your knees while lifting your hips. Put your head in between your arms.



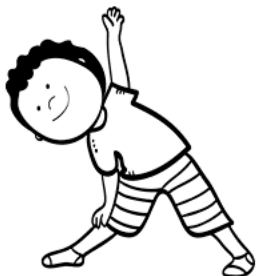
Ragdoll Pose

Standing, reach your arms up to the sky. Let your knees relax, as your arms fall towards the floor slowly. Gently, nod your head yes, then no. Take deep breaths and try to get closer to the floor.



Triangle Pose

Begin in star pose, turn one foot so its pointing to the side. Keep your arms straight and bend through your hips, over your foot with your toes pointing out. Put one hand on your shin and stretch the upper arm to the sky.



Tiger Pose

On your hands and knees in Table pose, inhale while moving the right knee to the forehead, rounding the spine. Exhale reach the right foot up towards the ceiling, arching the spine and looking up at the ceiling.



Windmill Pose

Start in star pose, and keeping your arms and legs as straight as you can, bend down to touch one hand to your opposite foot. Bring your body upright into star pose and touch your other hand to the opposite foot.



YOGA Poses

Boat



Bow



Tabletop

Giraffe



Warrior 1



Warrior 2



Downward Dog



Mountain



Airplane



Rock and Roll

Happy Baby



Butterfly



Upward Facing Dog



Tree



Half Shoulder Stand



Mermaid



Sun Salutation



Horse



Child's Pose



Turtle



Star



Chair



Legs up the wall

Flower



Triangle



Frog



Cat and Cow



Cobra



Ragdoll



Half Pigeon Pose



Wide angle seated forward bend



Tiger



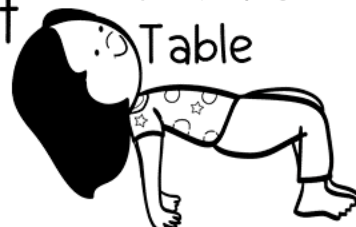
Bridge



Windmill



Reverse Table



Rabbit



MINDFULNESS

A MINDFUL WORLD

Name: _____

Date: _____

My Yoga Progress

Yoga is meant to be done at your own pace, based on your flexibility, strength, and experience. Breathe deeply in each pose. Go slow, and don't rush the poses. After you try each pose, put a checkmark on your progress of mastering that pose.



	GOT IT	ALMOST	NEED MORE PRACTICE
Tabletop Pose			
Happy Baby Pose			
Cobra Pose			
Child's Pose			
Bridge Pose			
Cat and Cow Poses			
Upward Facing Dog Pose			
Horse Stance			
Tree Pose			
Sun Salutation			
Butterfly Pose			
Flower Pose			
Half Shoulder Stand			
Legs up the wall			
Frog Pose			
Giraffe Pose			
Boat Pose			
Bow Pose			

MINDFULNESS

A MINDFUL WORLD

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Mountain Pose			
Warrior 1 Pose			
Warrior 2 Pose			
Airplane Pose			
Chair Pose			
Turtle Pose			
Mermaid Pose			
Rabbit Pose			
Half Pigeon Pose			
Rock and Roll			
Wide angle seated forward bend			
Reverse Table			
Downward Dog			
Ragdoll Pose			
Triangle Pose			
Windmill Pose			
Tiger Pose			
Star Pose			

MINDFULNESS

A MINDFUL WORLD

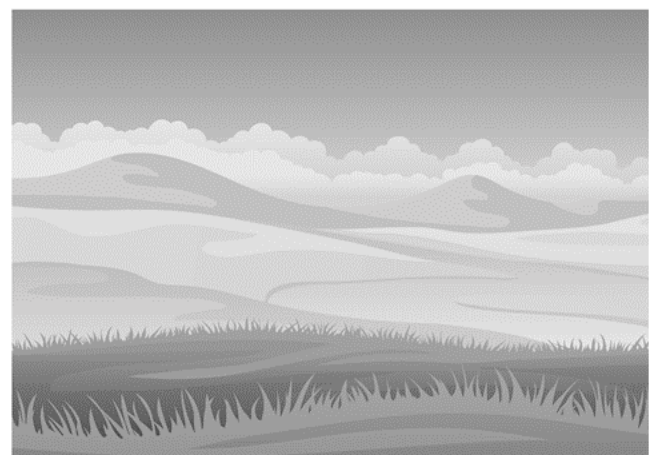
Guided Imagery

Close your eyes and take yourself
to these places in your mind.



You are at the beach. The sun is shining on you, the waves are crashing in the distance. A seagull flies by overhead. There is a boat in the distance. You feel the ocean breeze blow your hair.

What can you imagine you would hear?



You are in the mountains. You hear the trees swaying together in sync. They make a rustling noise. There is a bird chirping in the distance. The sound of a nearby stream flowing mixes with the smell of flowers and wood.

What can you imagine you would smell?



You are in space. There is no sound, and no movement. Everything is still and calm. There are stars in the distance and earth is behind you. You are weightless and floating. There is light from the sun and the darkness from the moon.

What can you imagine you would see?



You are on a glacier. You feel the cold air as it hits your cheek. You see your breath come out. There is a stillness in the water and sky. The clouds and not moving, the ice is not moving. The world has seemingly froze for a moment.

What can you imagine you would touch?

Coping Strategies



Blow bubbles.



Cuddle a pet.



Hug a stuffed animal.



Visualize a calm place.



Listen to music.



Blow a pinwheel.



Draw.



Hug a pillow.



Pop bubble wrap/poppers.



Do something fun.



Go to a quiet, calm place.



Go for a walk.



Get a drink of water.



Squeeze a stress ball.



Walk in nature.



Talk to someone.



Read a book.



Stretch.



Meditate.



Write in a journal.



Make a silly face.



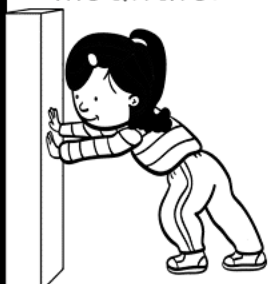
Do something creative.



Get some fresh air.



Count to 10.



Push a wall.



Do Yoga.



Focus on your senses.



Exercise.



Dance.



Belly Breathe.

MINDFULNESS

A MINDFUL WORLD

Name: _____

Date: _____

Coping Strategies for me

Everyone copes differently, read the coping strategies below and determine if you would use that strategy or not. Put a checkmark on your answer.



YES

MAYBE

NO

Blow bubbles.			
Cuddle a pet.			
Hug a stuffed animal or pillow.			
Do something fun.			
Squeeze a stress ball.			
Talk to someone.			
Listen to music.			
Make a silly face.			
Get a drink of water.			
Pop bubble wrap/poppers.			
Meditate.			
Blow a pinwheel.			
Write in a journal.			
Draw or do something creative..			
Go for a walk.			
Push a wall.			
Focus on your senses.			
Read a book.			
Go to a quiet, calm place.			
Stretch or do Yoga.			
Exercise.			
Count to 10.			
Get some fresh air.			
Belly Breathe.			
Visualize a calm place.			

MINDFULNESS

A MINDFUL WORLD

Name: _____

Date: _____

Mindfulness throughout our day

Making time for mindfulness in your day is important. In each of the times of day below, think of one way you can take a moment to be mindful.

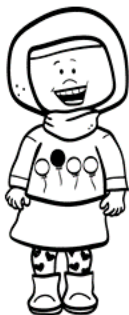
Before/After Bedtime.



During a meal



In the car



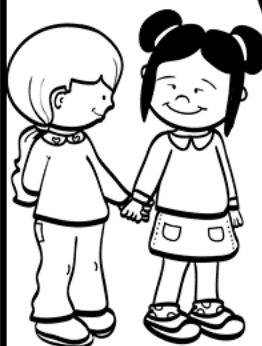
On a walk.



During a break from studying.



With a friend



Exercising.



During a creative time



Deep Breathing Exercises

Try the different breathing exercises, find one that helps you feel calm. Cut out the card and keep it with you as a reminder to practice your breathing.



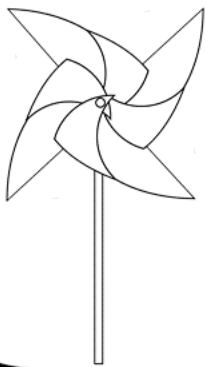
Trace your finger along a color of the rainbow.



Breathe in through your nose as your finger climbs up, and out through your mouth as it comes down.



Open the palm of a hand wide. Use the pointer finger of the other hand to slowly trace your fingers while breathing. Breathe in and trace up your thumb, and count to 3. Then breathe out and trace down the other side while counting. Repeat on all fingers.



Holding a pin wheel, take a deep breath in through your nose and breathe out through your mouth blowing the pinwheel.



Sitting comfortably with your legs crossed, breathe in through your nose, then with fingers in your ears hum out your exhalation.



Slowly trace the symbol above while breathing in and out deeply.



Interlace your fingers underneath your chin. Inhale and lift the elbows up to frame the face.

Exhale, lifting your head up making a whispered 'hah' sound towards the sky, like a dragon breathing fire.

Deep Breathing Exercises

Try the different breathing exercises, find one that helps you feel calm. Cut out the card and keep it with you as a reminder to practice your breathing.

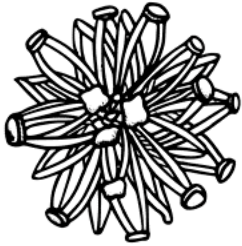
Lay on your back and put a stuffed animal on your belly. Breathe in and move the stuffed animal up, and breathe out bringing the stuffed animal back down.



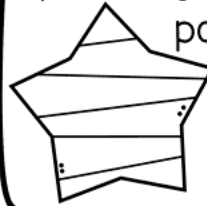
Imagine you're holding a lemon in your hands. Make fists with your hands, take a deep breath in and squeeze your lemons. Hold the squeeze for 3 seconds, release your grip as your exhale.



Holding a Hoberman sphere, breathe in as you open it slowly, and out as you close it.



Trace your finger over a side of the point. Hold your breath when your finger gets to the tip of the point. Breathe out as you trace your finger over the other side. Continue to complete the star.



Cup your hands round your mouth. Take a deep breath in through your nose and slowly start to blow out through your mouth, growing your hands outwards in time with your exhale as if you are blowing up a hot air balloon.



Sit in a cross-legged position, interlacing your fingers behind your head and twisting from your core side to side going "wishy washy wishy washy" as you twist each way.



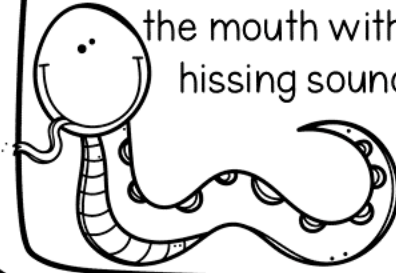
Deep Breathing Exercises

Try the different breathing exercises, find one that helps you feel calm. Cut out the card and keep it with you as a reminder to practice your breathing.

Imagine smelling a flower. Breathe in through your nose, out through your mouth.



Inhale slowly through the nose and breathe out through the mouth with a long, slow hissing sound like a snake.



Imagine a birthday candle. Take in a deep breath through the nose and then exhale through the mouth to blow out the candle.



Take three quick sniffs (like a bunny) through the nose and one long exhale through the nose.



Combine the Flower Breath (on the inhale) with the Blow Out the Candle Breath (on the exhale).



Hold a feather in your hand and inhale for a count of three. Feel your breath entering you, then slowly, exhale through the nose blowing gently up and down the feather.



MINDFULNESS

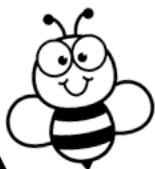
A MINDFUL WORLD

Name: _____

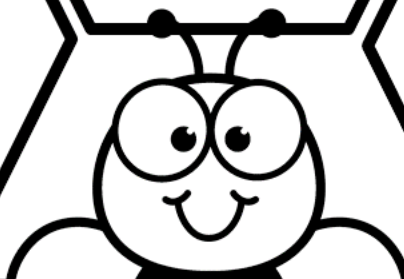
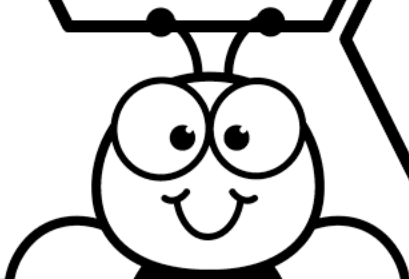
Date: _____

BEE Grateful

Combining Mindfulness and Gratitude allows you to acknowledge your blessings in that present moment. During hard times, this can help keep your perspective balanced and positive. In each of the hexagons, write one thing you are grateful for.



A grid of 12 empty hexagons arranged in a honeycomb pattern, intended for writing gratitude notes.



MINDFULNESS

A MINDFUL WORLD

Name: _____

Date: _____

What are some examples of mindfulness you have seen
from others?

Teachers

•		•	•
○			•
○			
○			

Strangers

•		•	•
○			•
○			
○			

Parent/Guardian

•		•	•
•			•
			○
			○
			○

Friends

•		•	•
•			•
			○
			○
			○

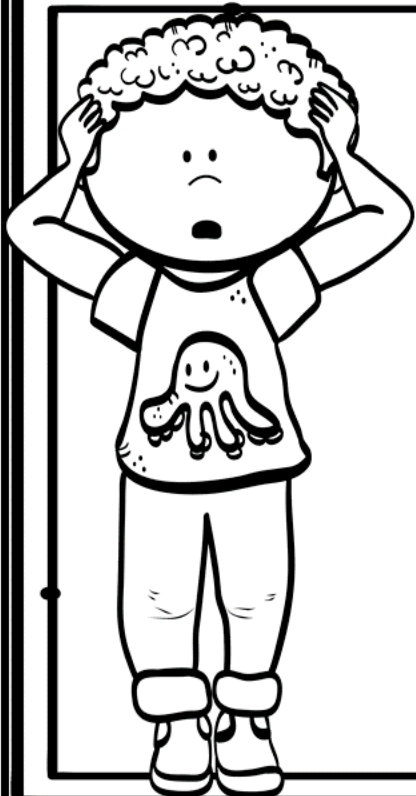
MINDFULNESS

A MINDFUL WORLD

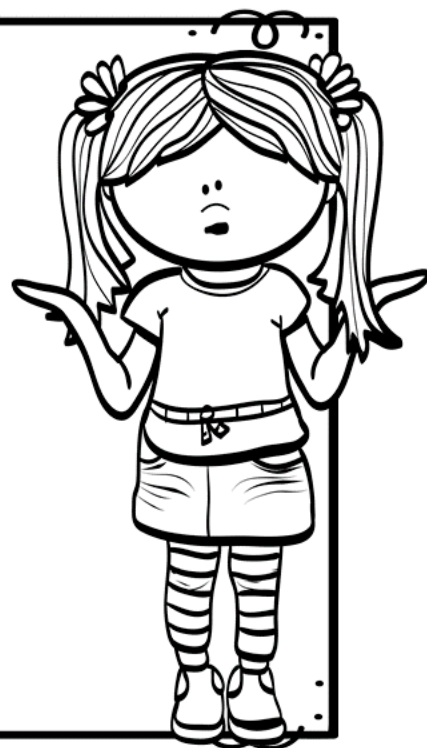
Name: _____

Date: _____

What would society look like if no one was mindful?



Would you want to live in this society, why or why not?



MINDFULNESS

A MINDFUL WORLD

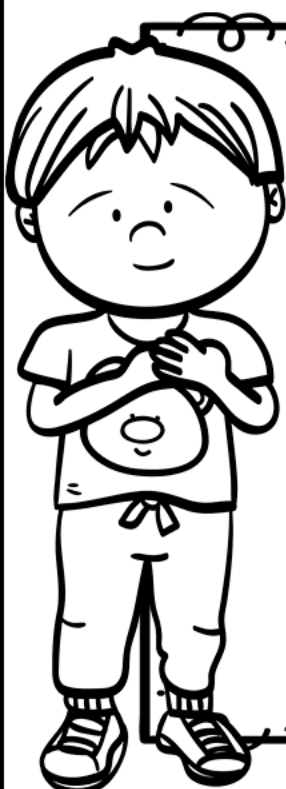
Name: _____

Date: _____

What would society look like if everyone was mindful?



Would you want to live in this society, why or why not?



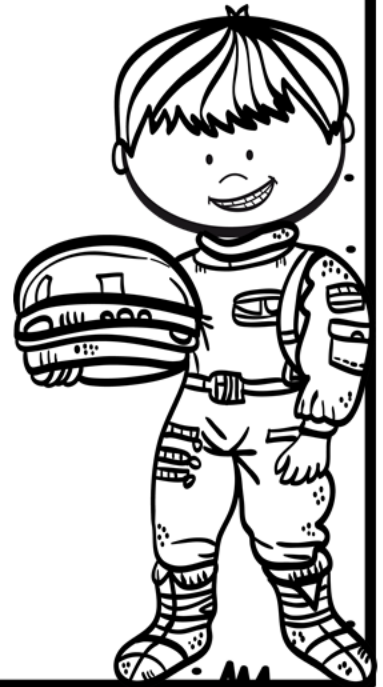
MINDFULNESS

A MINDFUL WORLD

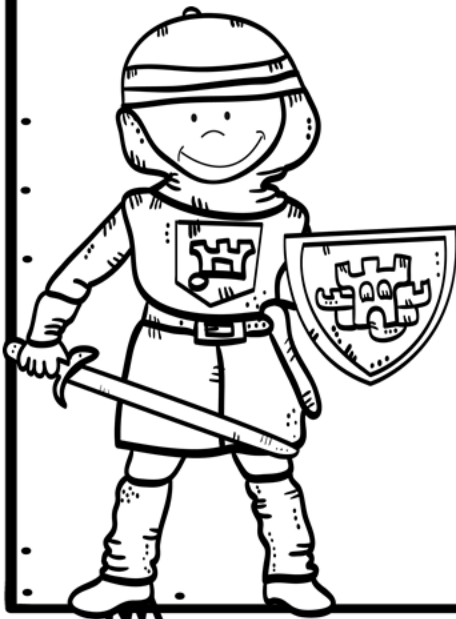
Name: _____

Date: _____

Let's time travel to the future, what is one way you would want people to be more mindful? Why?



Let's time travel to the past, what is one way you would have wanted people to be more mindful? Why?



MINDFULNESS

SELF-REFLECTION

Name: _____

Date: _____

We all make mistakes, that is how we learn! Think of one example of a time where you did NOT show mindful behavior.

I was NOT mindful when I...

○

○

.

What I learned...

○

○

.

This is how I will be more mindful...

○

○

.

MINDFULNESS

SELF-REFLECTION

Name: _____

Date: _____

Think about what mindfulness means to you and how you like to show mindfulness or have others show mindfulness to you.

One way I would like to be mindful



One way I would others to be mindful



Being mindful is important to me because



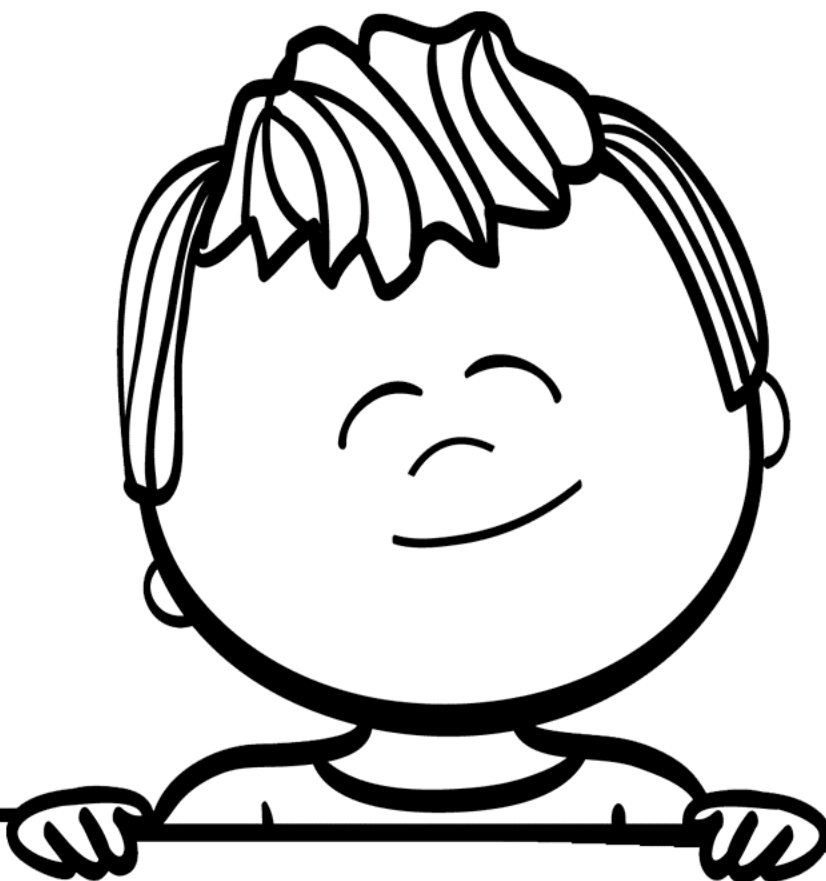
MINDFULNESS

SELF-REFLECTION

Name: _____

Date: _____

Think about the ways you show mindfulness, pick one that you feel you are consistent in doing and reflects your good character.



I show mindfulness by:

**I AM
MINDFUL**

MINDFULNESS

SELF-REFLECTION

Name: _____

Date: _____

Think about the ways you show mindfulness, pick one that you feel you are consistent in doing and reflects your good character.



I show mindfulness by:

**I AM
MINDFUL**

MINDFULNESS

SELF-REFLECTION

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I show mindfulness by:

**I AM
MINDFUL**

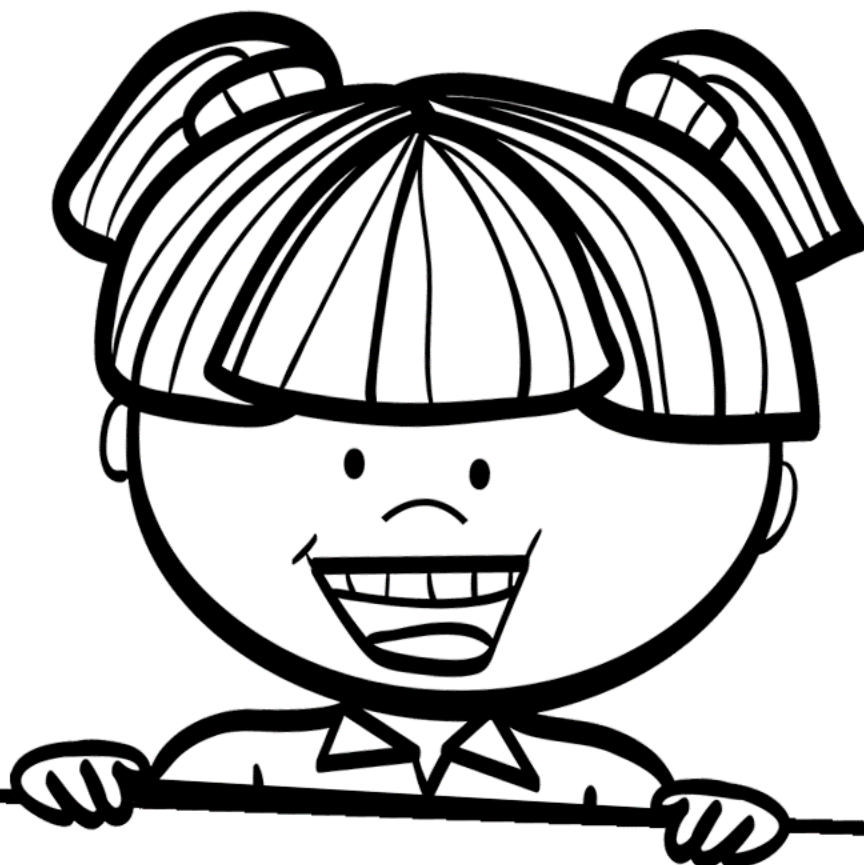
MINDFULNESS

SELF-REFLECTION

Name: _____

Date: _____

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I show mindfulness by:

**I AM
MINDFUL**

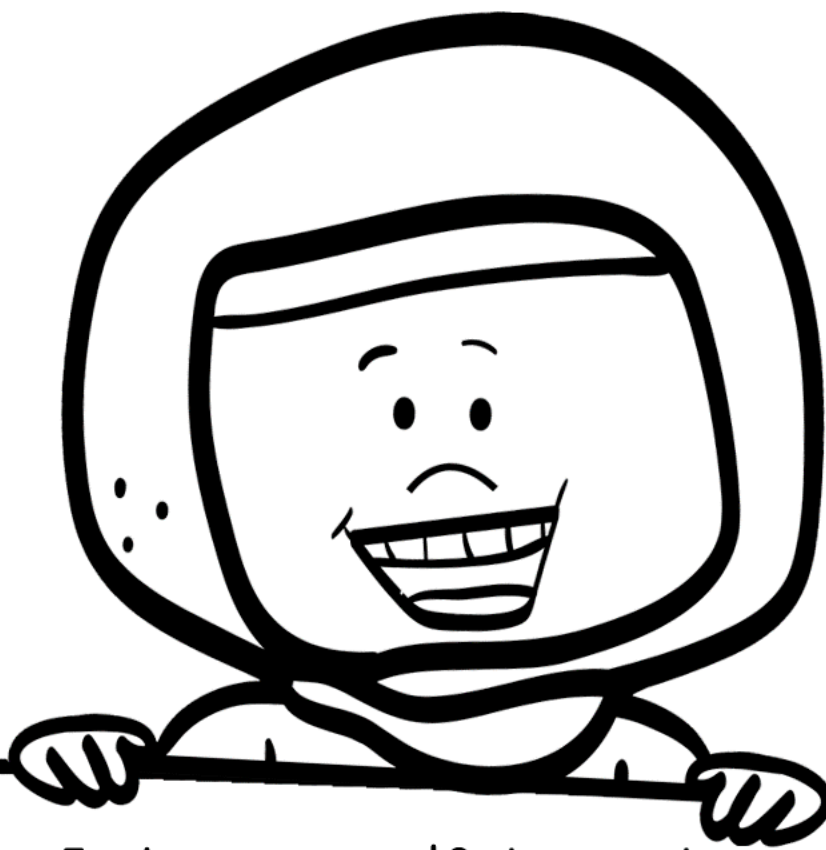
MINDFULNESS

SELF-REFLECTION

Name: _____

Date: _____

Think about the ways you show mindfulness, pick one that you feel you are consistent in doing and reflects your good character.



I show mindfulness by:

**I AM
MINDFUL**

TASK

THINK & DISCUSS

CARDS



TIPS FOR USING TASK CARDS

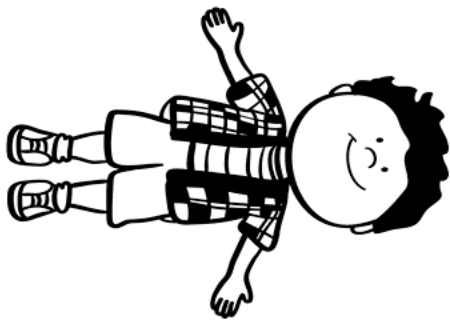
- Encourage students to think about each question and share their response.
- Pair students together to have them take turns answering the task cards.
- Use the task cards as a center activity.
- To make it a writing activity, have students write their responses on paper.
- To make it a class wide activity, read the card out loud and encourage student responses. (see included PowerPoint slides to display on board)

DIG DEEPER QUESTIONS

- Are there multiple answers that could be considered mindful?
- How are your responses different or similar to other students?
- Why are some of our responses similar or different?
- What impacts our decision to be mindful or not?
- Does one non-mindful decision make you an non-mindful person?
- What will happen if you do not choose to be mindful repeatedly?

MINDFULNESS

What does
mindfulness
mean to you?



THINK & DISCUSS

MINDFULNESS

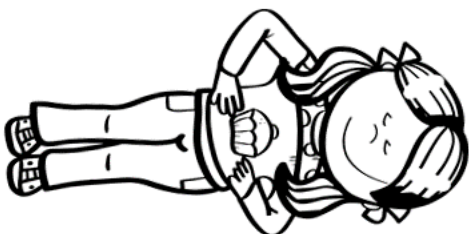
What are ways to
show mindfulness as
a friend?



THINK & DISCUSS

MINDFULNESS

What are
some positive
effects of
mindfulness?



THINK & DISCUSS

MINDFULNESS

What are ways you can
be mindful when you
are online?



THINK & DISCUSS

MINDFULNESS



THINK & DISCUSS

Think of someone
who is mindful.
How do they
show
mindfulness?



MINDFULNESS



THINK & DISCUSS

What are
ways to
show
mindfulness
as a
student?

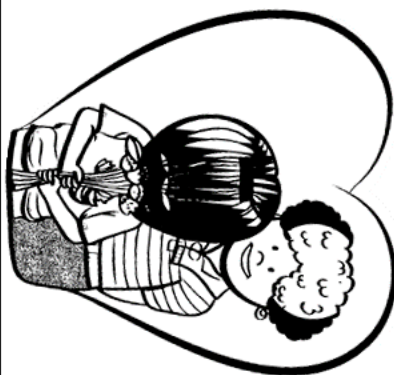


MINDFULNESS



THINK & DISCUSS

What are ways
to show
mindfulness
as a family
member?

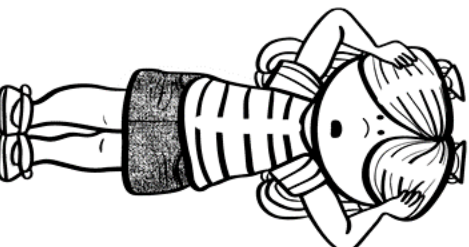


MINDFULNESS



THINK & DISCUSS

Are you showing
mindfulness if
you are thinking
about the past or
worrying about
the future?

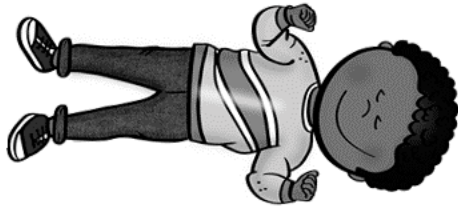


MINDFULNESS

What is one
way you
show
mindfulness
in your life?



THINK & DISCUSS



MINDFULNESS

How can you
show
mindfulness
during
bedtime?



THINK & DISCUSS

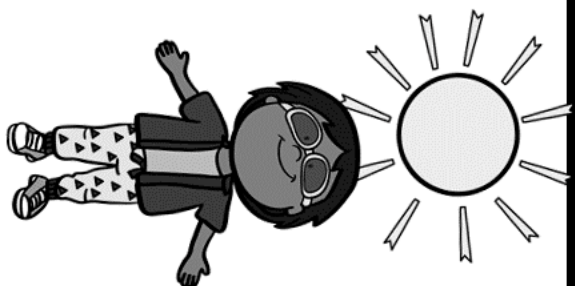


MINDFULNESS

How can you
show
mindfulness
outdoors?



THINK & DISCUSS

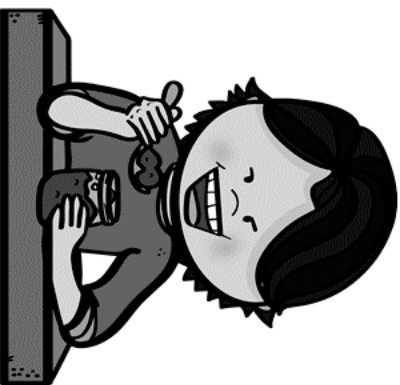


MINDFULNESS

How can you show
mindfulness in the
cafeteria?



THINK & DISCUSS



MINDFULNESS

How can
you show
mindfulness
in the music
room?



THINK & DISCUSS

MINDFULNESS

How can
you show
mindfulness
in the
library?



THINK & DISCUSS

MINDFULNESS

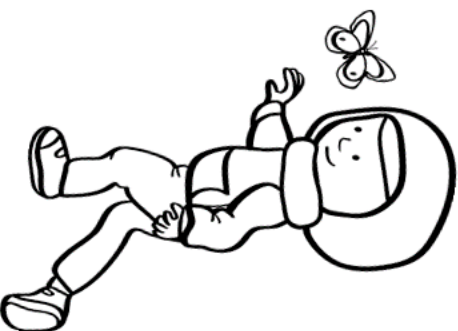
How can
you show
mindfulness
in the art
room?



THINK & DISCUSS

MINDFULNESS

How can you
show
mindfulness
on the
playground?



THINK & DISCUSS

MINDFULNESS

How can you
show
mindfulness at
P.E.?



THINK & DISCUSS

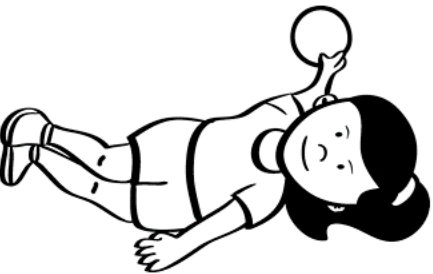


MINDFULNESS

How can you
show
mindfulness at
Recess?



THINK & DISCUSS

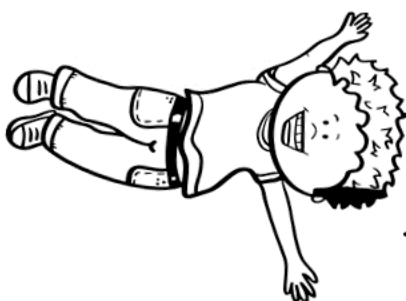


MINDFULNESS

How can setting an intention
at the start of your day help
make your words
and actions
more mindful?



THINK & DISCUSS

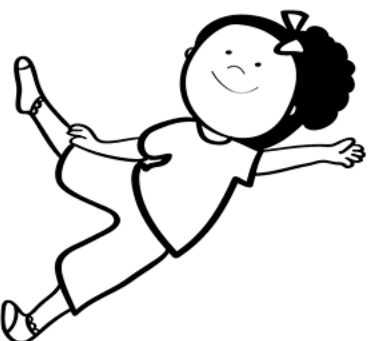


MINDFULNESS

How can you show
mindfulness during
exercise?



THINK & DISCUSS



MINDFULNESS

What is one way
you wish people
would be more
mindful?



THINK & DISCUSS



MINDFULNESS

What is one
way that you
want to be
more mindful?

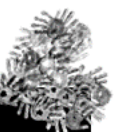


THINK & DISCUSS



MINDFULNESS

Is it showing
mindfulness to
be patient with
others?
Why?



THINK & DISCUSS

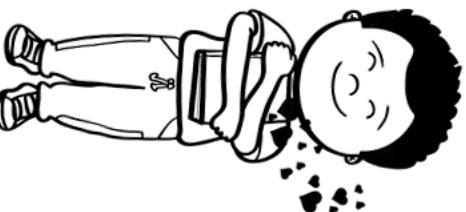


MINDFULNESS

Is it showing
mindfulness to
be grateful?
Why?



THINK & DISCUSS

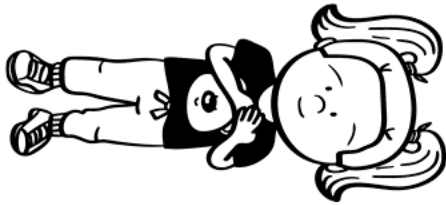


MINDFULNESS

Is it showing
mindfulness to
hold a grudge?
Why?



THINK & DISCUSS

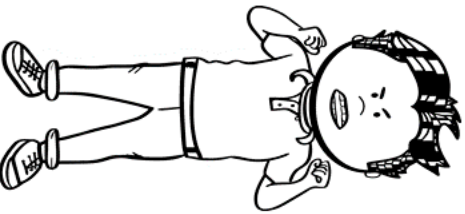


MINDFULNESS

Is it showing
mindfulness to
lose your
temper? Why?

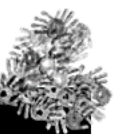


THINK & DISCUSS

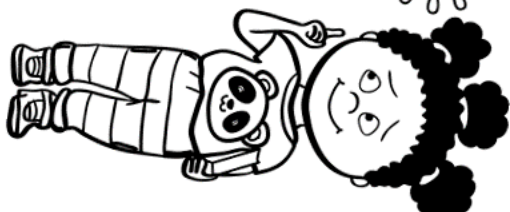


MINDFULNESS

Is it showing
mindfulness to
have an
open mind?
Why?



THINK & DISCUSS

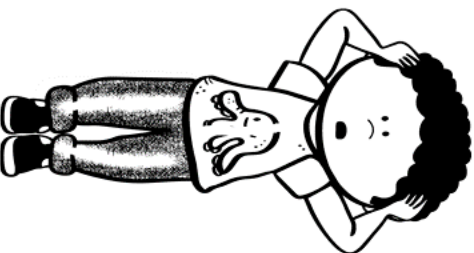


MINDFULNESS

Is it showing
mindfulness to
overly stress
something?
Why?



THINK & DISCUSS



MINDFULNESS

Is it showing mindfulness
to breathe too
quickly?
Why?



THINK & DISCUSS

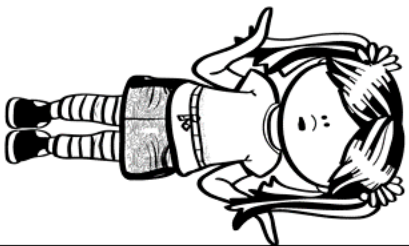


MINDFULNESS

Is it showing
mindfulness to be
distracted and not
present in the
moment? Why?



THINK & DISCUSS



MINDFULNESS

How does Yoga help
someone to practice
Mindfulness?



THINK & DISCUSS



MINDFULNESS

How does Meditation help
someone to practice
Mindfulness?



THINK & DISCUSS

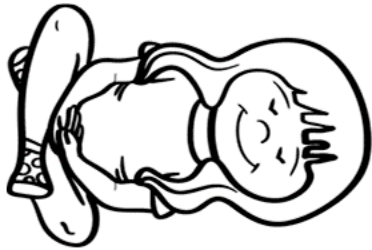


MINDFULNESS

How can
showing
mindfulness
change the way
that others view
you?



THINK & DISCUSS

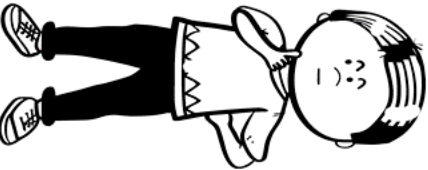


MINDFULNESS

Is judging someone
showing
mindfulness?

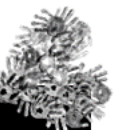


THINK & DISCUSS

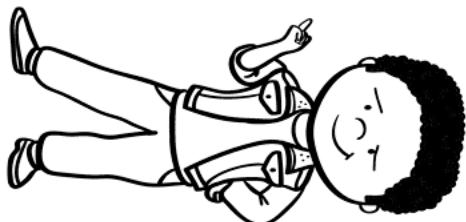


MINDFULNESS

When someone
lacks mindfulness,
how do they look
to others?



THINK & DISCUSS



MINDFULNESS

Is showing mindfulness
an important character
trait to have
in a friend?

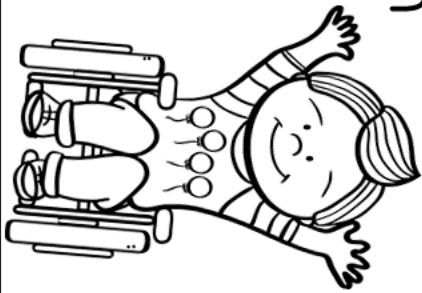


THINK & DISCUSS



MINDFULNESS

Is showing
mindfulness an
important
character trait
for a leader to
have?



THINK & DISCUSS

MINDFULNESS

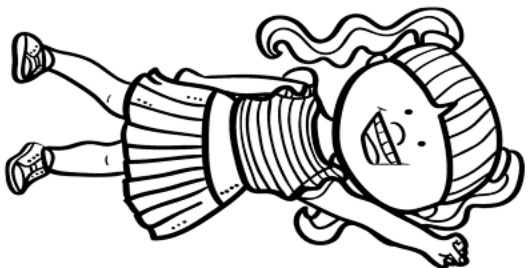
Is showing mindfulness
an important
character trait
to have when
using a phone or
computer?



THINK & DISCUSS

MINDFULNESS

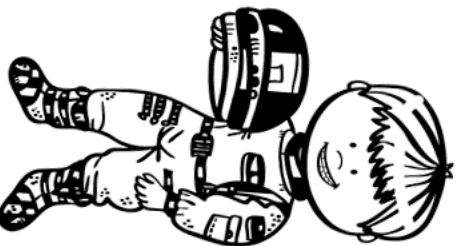
Is showing
mindfulness an
important
character trait
for a student to
have?



THINK & DISCUSS

MINDFULNESS

Is showing
mindfulness an
important
character trait
to show
working
in a career?



THINK & DISCUSS

MINDFULNESS

SITUATION CARDS

SITUATION

WHAT WOULD YOU DO?

CARDS

TIPS FOR USING CARDS

- Encourage students to think about each scenario and what they would do.
- Pair students together to have them take turns answering the task cards.
- Use the task cards during centers having students answer in small groups.
- To make it a writing activity, have students write their responses on paper or in their journals.
- For a class wide activity or morning meeting, use the included PowerPoint slides



DIG DEEPER QUESTIONS

- What is the mindful thing to do and why?
- What are the possible consequences of this decision?
- What are the possible positive results of this decision?
- What would happen if an alternative decision was made?
- Does your decision help or hurt others?
- Is what you want to do different than the mindful thing to do? Why?
- What are all the different decisions that could be made?

MINDFULNESS

WHAT WOULD YOU DO?

You are stressed about an upcoming test.

How can you show mindfulness?

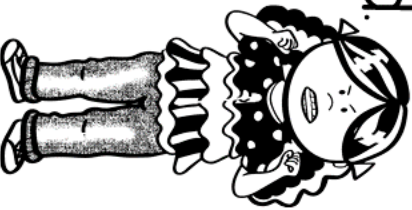


MINDFULNESS

WHAT WOULD YOU DO?

You wake up feeling tense and irritated.

How can you show mindfulness?

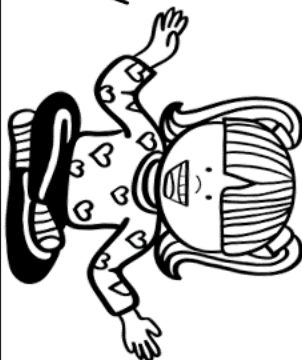


MINDFULNESS

WHAT WOULD YOU DO?

You are in the middle of a morning meditation with your class.

How can you show mindfulness?



MINDFULNESS

WHAT WOULD YOU DO?

You are trying to do a new yoga move and cannot seem to get it.

How can you show mindfulness?

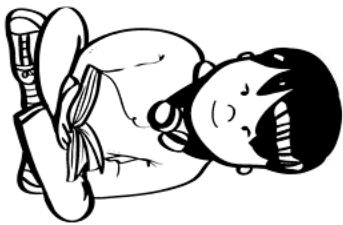


MINDFULNESS

WHAT WOULD YOU DO?

Reading is not your best skill,
you start to feel bad about
this.

How can you show
mindfulness?

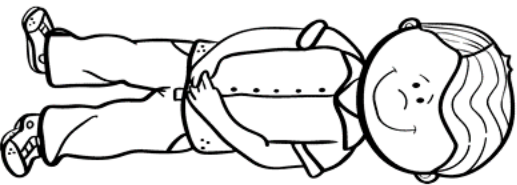


MINDFULNESS

WHAT WOULD YOU DO?

You embarrassed
yourself yesterday
and keep replaying
it in your mind.

How can you show
mindfulness?



MINDFULNESS

WHAT WOULD YOU DO?

You are upset at your friend
and have been for a while.

How can you show
mindfulness?



MINDFULNESS

WHAT WOULD YOU DO?

You have tried to meditate
but you don't think you are
very good at it.

How can you show
mindfulness?



MINDFULNESS

WHAT WOULD YOU DO?

You are playing chess with your friend and something is distracting you.

How can you show mindfulness?



MINDFULNESS

WHAT WOULD YOU DO?

You have been studying non-stop without breaks.

How can you show mindfulness?



MINDFULNESS

WHAT WOULD YOU DO?

You notice yourself starting to get stressed.

How can you show mindfulness?

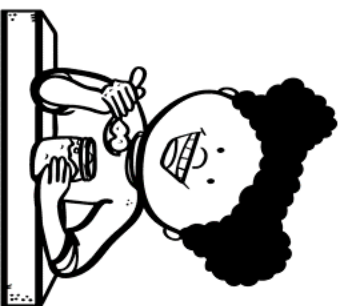


MINDFULNESS

WHAT WOULD YOU DO?

You are rushing through eating your meal.

How can you show mindfulness?



MINDFULNESS

WHAT WOULD YOU DO?

You are in the middle of art class and start to feel like things are out of control.

How can you show mindfulness?



MINDFULNESS

WHAT WOULD YOU DO?

You are feeling jealous of what others have, and wish you could have it.

How can you show mindfulness?

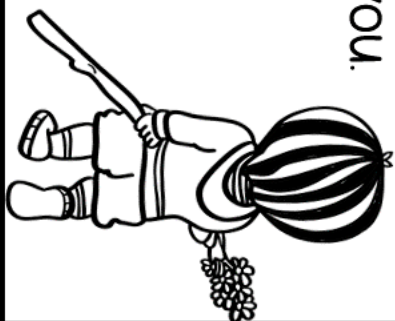


MINDFULNESS

WHAT WOULD YOU DO?

You are walking around outside and not noticing anything around you.

How can you show mindfulness?

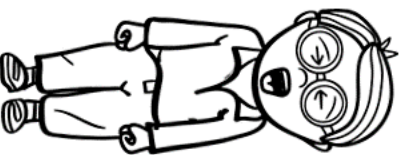


MINDFULNESS

WHAT WOULD YOU DO?

You are overwhelmed and your parent asks you to do one more thing.

How can you show mindfulness?



MINDFULNESS

WHAT WOULD YOU DO?

You are tired but can't seem to sleep.

How can you show mindfulness?

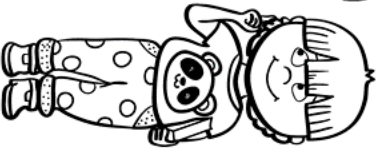


MINDFULNESS

WHAT WOULD YOU DO?

Your teacher shows you a new way to solve a math problem but it is not the way you are used to.

How can you show mindfulness?

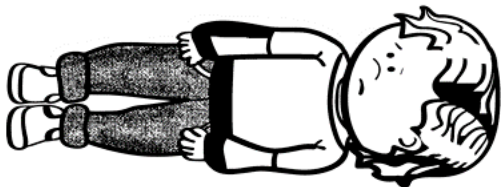


MINDFULNESS

WHAT WOULD YOU DO?

You are not feeling confident in your abilities.

How can you show mindfulness?

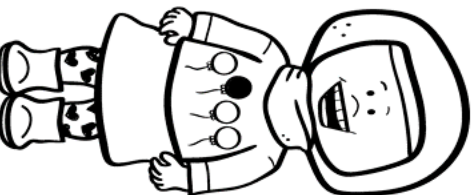


MINDFULNESS

WHAT WOULD YOU DO?

You are feeling pressure to make a deadline you have for school.

How can you show mindfulness?



MINDFULNESS

WHAT WOULD YOU DO?

You are focusing on a mistake you made in the past so much it's all you can think about.

How can you show mindfulness?



MINDFULNESS

WHAT WOULD YOU DO?

You are in the middle of a guided meditation and something distracts you.

How can you show mindfulness?



MINDFULNESS

WHAT WOULD YOU DO?

You notice your mind drifting away from what your friend is talking about.

How can you show mindfulness?

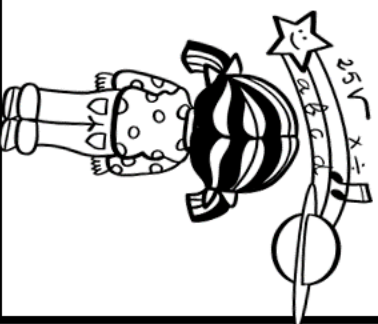


MINDFULNESS

WHAT WOULD YOU DO?

You start to daydream in the middle of a class lesson.

How can you show mindfulness?

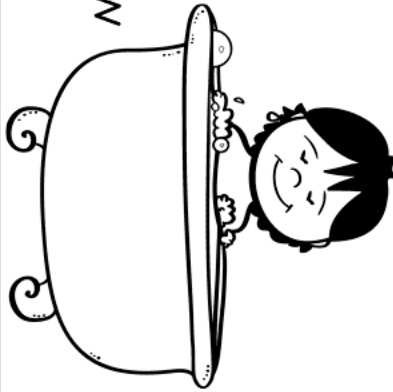


MINDFULNESS

WHAT WOULD YOU DO?

The only free time you have is during your bath.

How can you show mindfulness?



MINDFULNESS

WHAT WOULD YOU DO?

You are feeling sad and not able to see anything good in your life.

How can you show mindfulness?



MINDFULNESS

WHAT WOULD YOU DO?

You are so mad you feel like you are about to scream.

How can you show mindfulness?

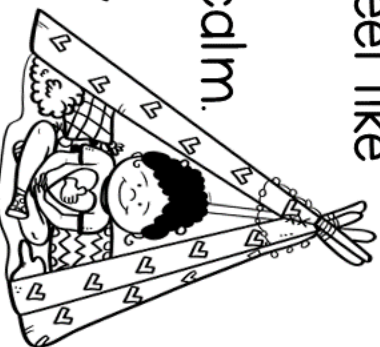


MINDFULNESS

WHAT WOULD YOU DO?

You have a calm down corner in your classroom and feel like you need a few minutes to get calm.

How can you show mindfulness?



MINDFULNESS

WHAT WOULD YOU DO?

Your teacher is leading the class in the guided imagery scenario.

How can you show mindfulness?

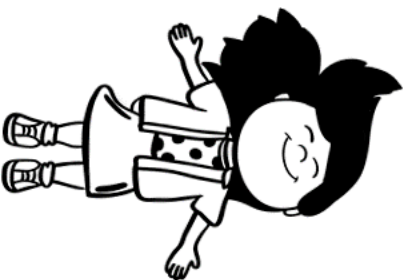


MINDFULNESS

WHAT WOULD YOU DO?

You have been having a hard time lately, it seems like nothing is going right.

How can you show mindfulness?

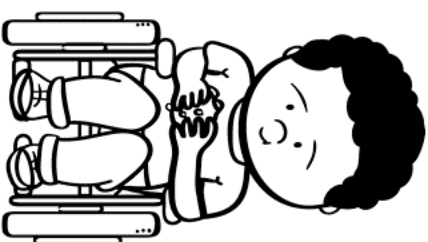


MINDFULNESS

WHAT WOULD YOU DO?

You regret something you said yesterday at recess that made you look silly.

How can you show mindfulness?



MINDFULNESS

WHAT WOULD YOU DO?

Your class started journaling on how they feel. You are not sure what to write.

How can you show mindfulness?



MINDFULNESS

WHAT WOULD YOU DO?

You are worried that you are not good enough to make the team.

How can you show mindfulness?



MINDFULNESS

WHAT WOULD YOU DO?

You make a mistake on your paper and start to rip it up in anger.

How can you show mindfulness?

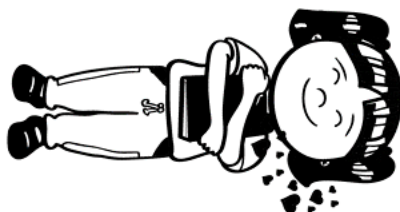


MINDFULNESS

WHAT WOULD YOU DO?

You lost something valuable to you and you are starting to panic.

How can you show mindfulness?



MINDFULNESS

WHAT WOULD YOU DO?

You wake up in the morning and feel that you lack a sense of purpose for the day.

How can you show mindfulness?

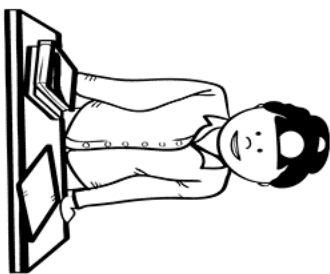


MINDFULNESS

WHAT WOULD YOU DO?

You can see that your teacher is having a bad day.

How can you show mindfulness?

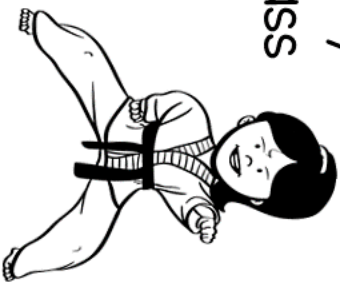


MINDFULNESS

WHAT WOULD YOU DO?

Your karate instructor tells you to quiet your mind and bring awareness to your body before the class begins.

How can you show mindfulness?



MINDFULNESS

WHAT WOULD YOU DO?

You are sad that your friend has not text you back. You keep checking your phone every few minutes.

How can you show mindfulness?

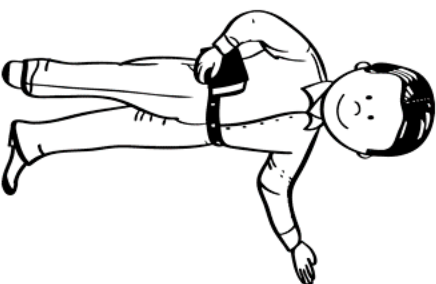


MINDFULNESS

WHAT WOULD YOU DO?

You notice your parent is very stressed lately.

How can you show mindfulness?



MINDFULNESS

TUNING INTO WHAT

WE ARE *thinking,*
feeling, OR *sensing*

IN THE

present moment,
WITHOUT JUDGEMENT.

CHARACTER EDUCATION

MINDFULNESS
TUNING INTO WHAT WE
ARE *thinking, feeling,*
OR *sensing*
IN THE *present*
moment,
WITHOUT
JUDGEMENT.



CHARACTER EDUCATION

MINDFULNESS

TUNING INTO WHAT

WE ARE *thinking,*

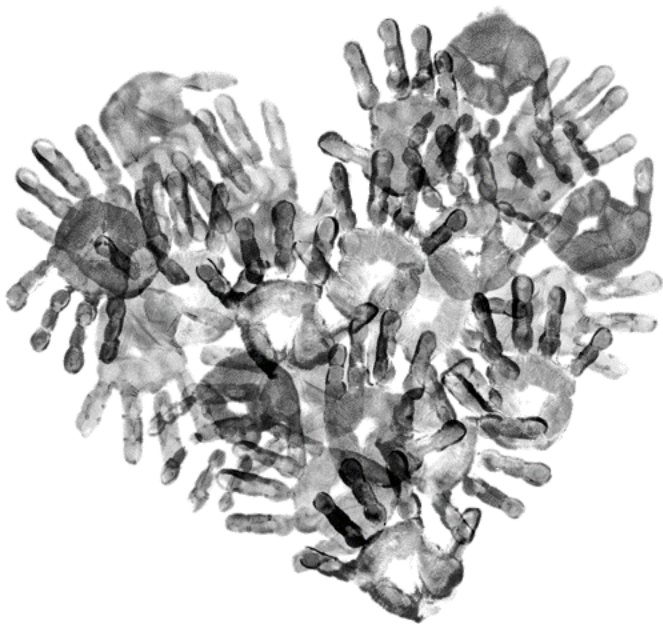
feeling, OR

sensing

IN THE

present moment,

WITHOUT JUDGEMENT.



CHARACTER EDUCATION

MINDFULNESS

TUNING INTO WHAT WE ARE *thinking, feeling, or sensing*
IN THE *present moment*, WITHOUT JUDGEMENT.

Practice deep
breathing.

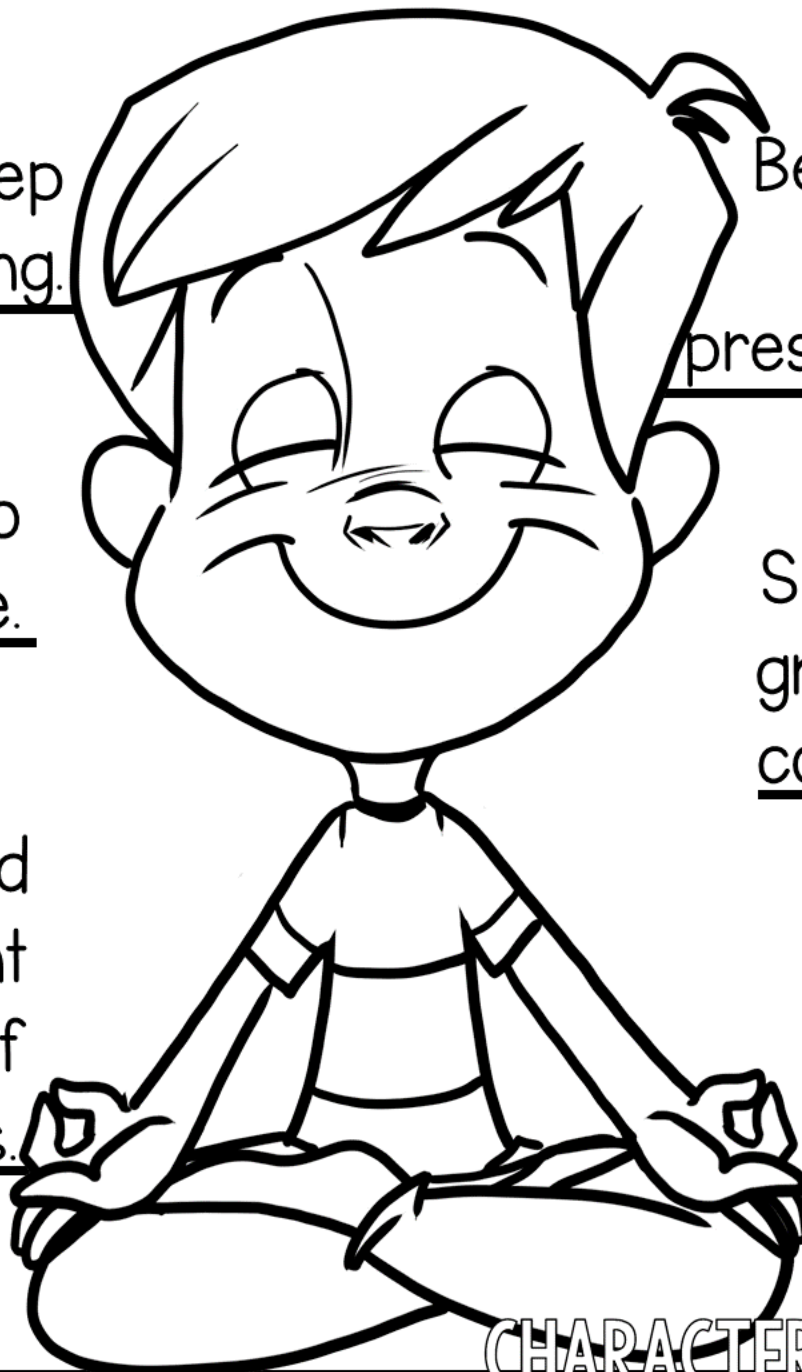
Be relaxed and
fully in the
present moment.

Be open to
change.

Show
gratitude and
compassion.

Accept and
be patient
with self
and others.

Be aware of
feelings,
thoughts,
and senses.



CHARACTER EDUCATION

QUOTE ABOUT

ATTNDEFULNESS

**“ALMOST EVERYTHING WILL
WORK AGAIN IF YOU UNPLUG IT
FOR A FEW MINUTES,
INCLUDING YOU.”**

- ANNE LAMOTT

CHARACTER EDUCATION

STUDENTS WITH



ATTENDINGNES

LEARN TO TRAIN THEIR ATTENTION TO THE PRESENT MOMENT.

- ✱ Are aware of their feelings, thoughts, and senses.
- ✱ Recognize when they need to take a break.
- ✱ Use deep breathing and mindful exercises.
- ✱ Are patient, compassionate, and grateful.

CAREERS WITH

ATTENDFULNES MEDITATION INSTRUCTOR



Meditation or Mindfulness Instructors focus on teaching students how to meditate and practice other mindfulness techniques. They teach in a variety of settings, such as wellness facilities, spas, yoga studios, and meditation retreat facilities. They also may provide mindfulness or meditation training for employees of organizations, companies, and business executives. Some mindfulness professionals work with Doctors or Psychologists to help patients with conditions like anxiety and PTSD. They also may be responsible for teaching related practices, such as yoga, in addition to meditation.

CHARACTER EDUCATION

LEADERS WITH

MINDFULNESS OPRAH



Oprah Winfrey is a talk show host, producer, actress, author, and philanthropist. She is best known for her talk show which was the highest rated TV program of its kind running for 25 years. She is considered one of the most influential women in the world. Oprah believes that meditation and mindfulness changed her life. She meditates twice a day for 20 minutes, being still in body and mind and repeating a mantra. She brought a teacher into her production company at the time, to teach the employees how to meditate, the staff would take two breaks during the day to meditate. She also helped co-create a free online meditation experience to help people cope with the stress of the pandemic. She showed us the importance of being a mindful leader, she said "I believe that the entry point for living a more conscious life is mindfulness, or, put another way, staying present in this moment."

CHARACTER EDUCATION

DIGITAL

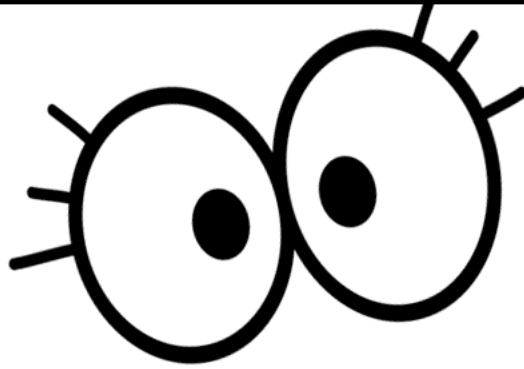
ATTNDFULNESS



BEING AWARE OF THE ROLE OF TECHNOLOGY IN
YOUR LIFE AND HOW IT'S AFFECTING YOU.

- ✱ Before you press send, pause and think about the impact of your words and how they will be received.
 - ✱ Use a meditation app.
- ✱ Track screen time and know when to disconnect.
- ✱ Eliminate distractions (silence devices).

MINDFULNESS LOOKS LIKE



- * I look relaxed and peaceful.
- * I notice things around me.
- * I pay attention to my senses.
- * I am aware of my feelings and thoughts.
- * I am focused and observant.
- * I show gratitude for the good moments and I show grace for the bad ones.

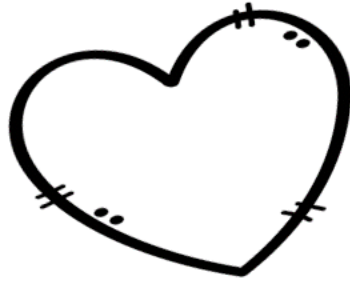
MINDFULNESS SOUNDS LIKE



- * I practice deep breathing.
- * I am patient with others.
- * I forgive myself and others.
- * I am non-judgmental.
- * I am compassionate to others.
- * I listen to calming sounds, music, or sit in a quiet area.

MINDFULNESS

FEELS LIKE



- * I feel calm and at peace.
- * I accept myself and my flaws.
- * I am open and accepting of change.
- * I let things go.
- * I feel grateful.
- * I embrace vulnerability by trusting myself and others.

MY MINDFULNESS PLEDGE

This is how I am going to show mindfulness:

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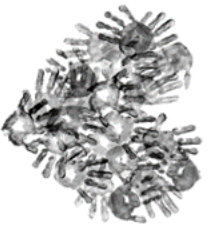


Pledge by: _____

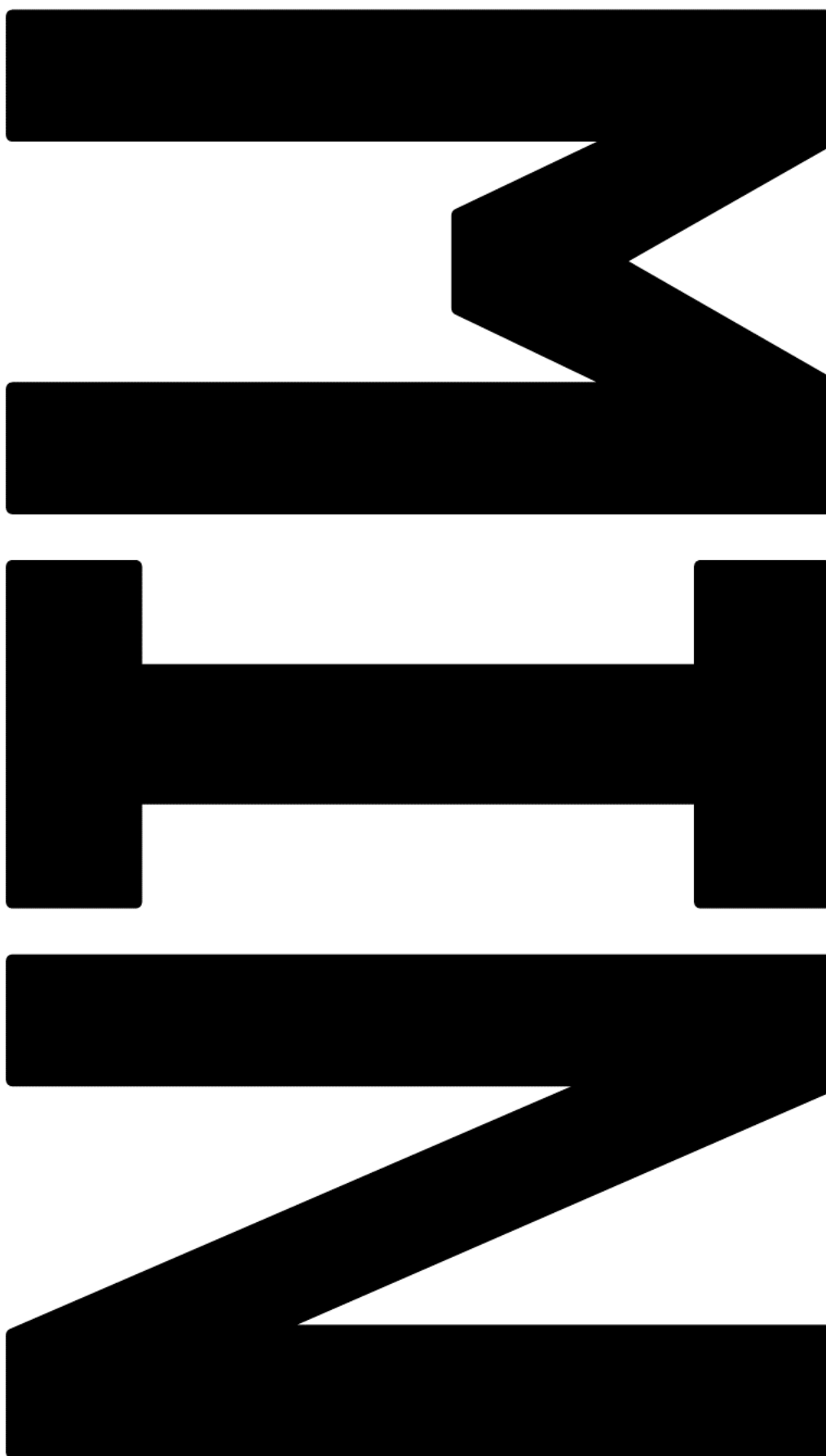
MY MINDFULNESS PLEDGE

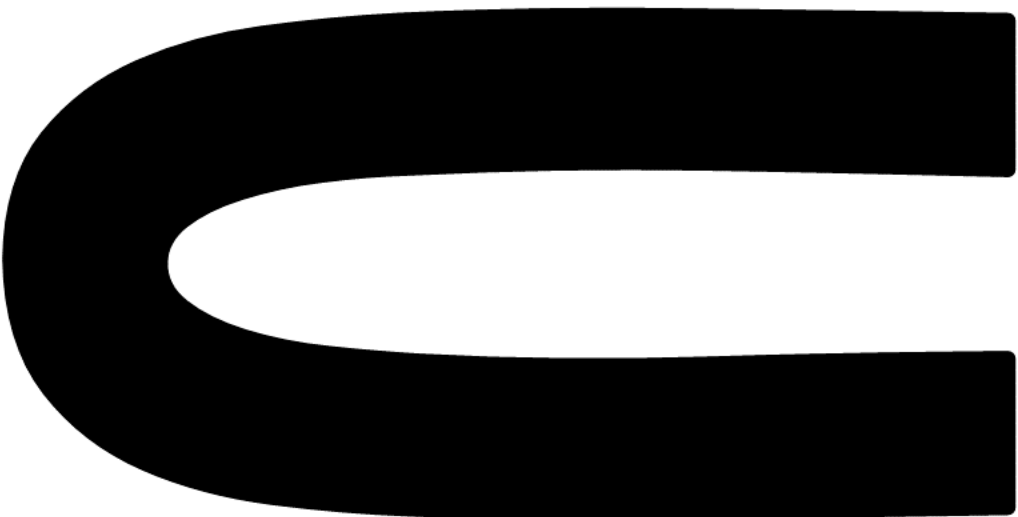
This is how I am going to show mindfulness:

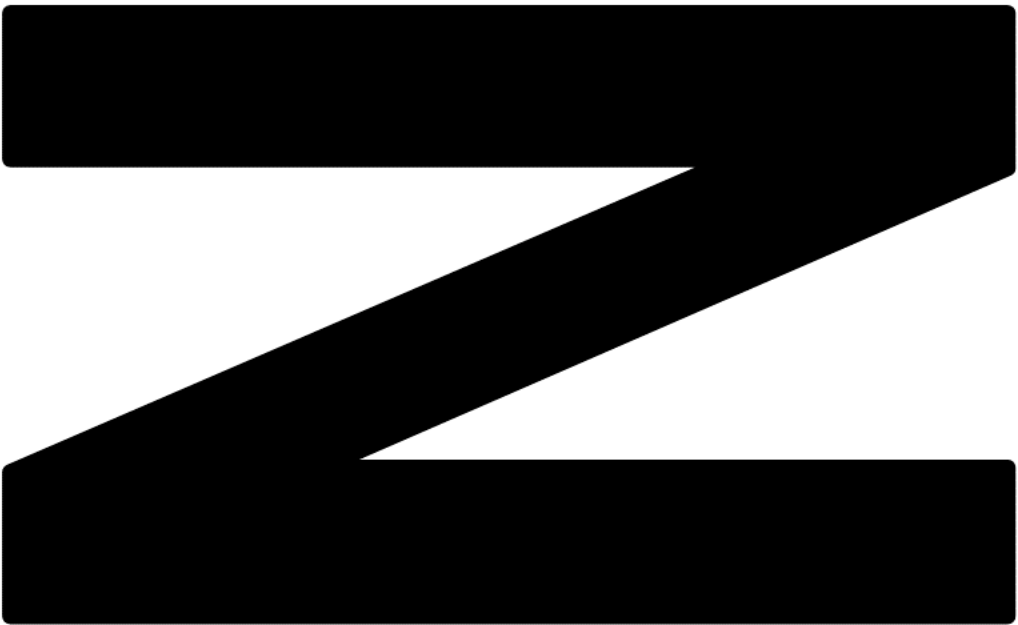
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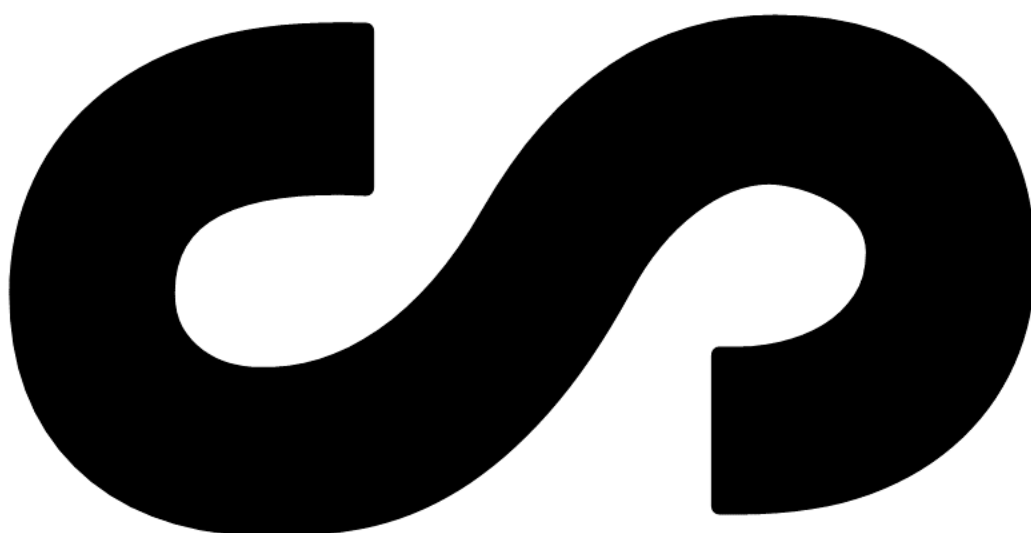


Pledge by: _____









GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Character Education: Mindfulness](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says "Make a copy" and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says "Students can view file." Click the grey box. A dropdown menu should appear. Select, "Make a copy for each student."

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click "Assign" in the top right corner if you're ready to post!

This product is meant to be used in "edit" mode (not "presentation" mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)



Thank you for supporting my little shop!

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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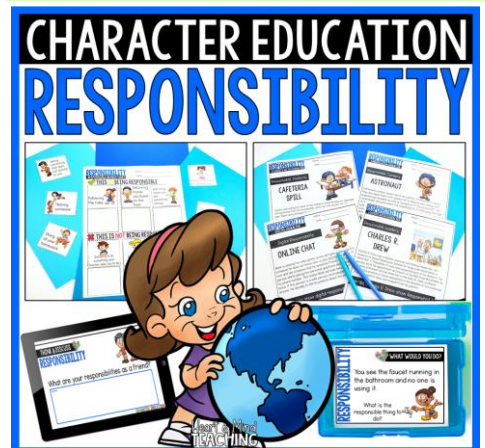
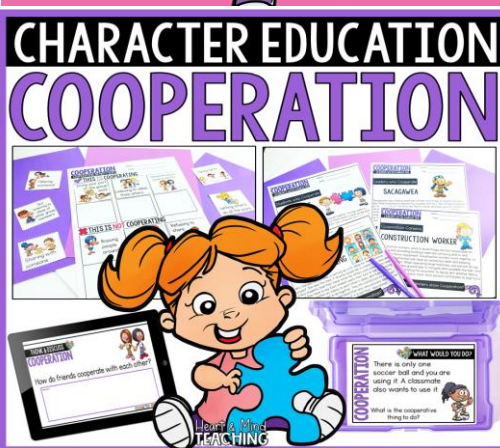


CLICK HERE



Check out the other available Character Education traits!

*Also available as [BOOM CARDS](#)



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HeartandMindTeaching@gmail.com



Ashley

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