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If you have any questions or concerns please email me at:

[heartandmindteaching@gmail.com](mailto:heartandmindteaching@gmail.com)

♥  
Ashley

# 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  [Mindful Me](#)

**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 \(youtube video\)](#)

# Mindful Me

## Session Objective:

\*Students will practice mindfulness techniques.

## Materials:

\*Handouts, scissors, pencils.

## Guiding Questions:

\*What are the benefits of using deep breathing techniques?

\*How can grounding yourself help when you are feeling stressed?

## ASCA Standards Alignment:

\*Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)

\*Behavior: Self-Management: Ability to identify and overcome barriers. (B-SMS 6)

\*Behavior: Self-Management: Effective Coping Skills. (B-SMS 7)

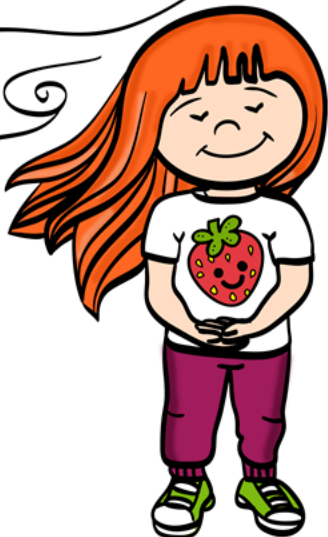
## SEL Competencies:

\*Self-Management: Stress Management.

## Session Details

\*Say "Today we are going to practicing mindfulness techniques. Mindfulness involves being intentionally aware of the present moment and we can develop this skill through breathing methods, guided imagery, yoga, and grounding. These techniques help relax the body and mind to reduce stress." Pass out the breathing techniques cards. Say "Let's start with breathing techniques, this involves focusing on your breathing, making sure its deep and slow breathing." Go through each card. Pass out the grounding card. Say "The 5-4-3-2-1 Grounding Technique will help take you through your five senses to help remind you of the present." Go through the card. Pass out the guided visualization cards out. Say "Guided Visualization is a relaxation technique that involves focusing on a positive mental image or scene." Go through each card. Pass out the meditation cards. Say "Meditation focuses the mind on a particular thought or activity to train attention and awareness." Go through each meditation card. Pass out the Yoga cards. Say "Yoga helps reduce stress because it promotes relaxation and impacts our body, mind, and breathing." Go through the yoga cards. Say "Now that we have practiced breathing techniques, grounding, guided visualization, meditation, and yoga let's reflect on the ones that we liked the most and felt the most calm while using." Complete the handout on page 35.

Practice Deep Breathing



Use Grounding

# Mindful Me



Visualize a calm place.



Do Yoga



Meditate

## Breathing Techniques

Breathe in slowly through your nose and out through your mouth, and feel your breath move through your body. On the next in-breath, repeat the phrase, I am safe and on the out-breath, I am calm.



## Breathing Techniques

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



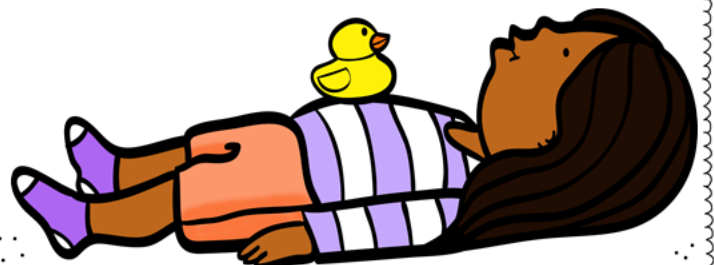
## Breathing Techniques

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



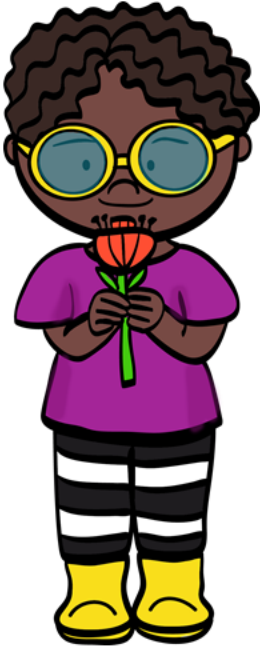
## Breathing Techniques

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.



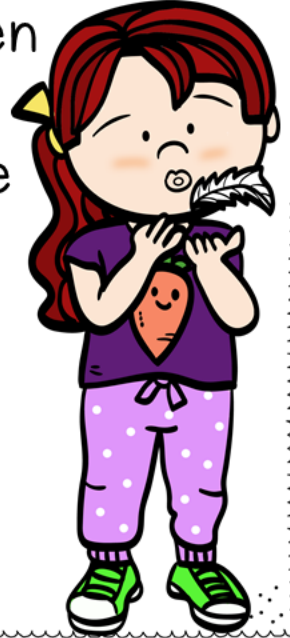
## Breathing Techniques

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



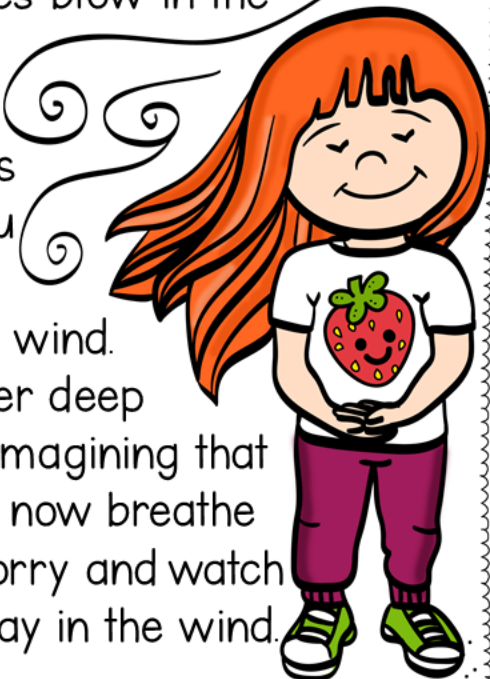
## Breathing Techniques

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.



## Breathing Techniques

Imagine a breeze blowing through your hair. Imagine that breeze as your worries blow in the wind. Feel that worry as it passes through you and you let it go in the wind. Take another deep breath in, imagining that worry, and now breathe out that worry and watch it blow away in the wind.



## Breathing Techniques

Imagine you have a wand to blow bubbles with. Take a deep breath in through your nose. Slowly breathe out through the mouth pretending to blow through the wand to make bubbles.



# Grounding



4 things you can feel



3 things you can hear



2 things you can smell



5 things you can see



1 thing you can taste

# Guided Visualization

Imagine lying at the bottom of the ocean. There is nothing but sand and seashells. The sand is squishy in your toes, and the quiet of the water is relaxing you. Focus on each area of your body from your toes to the top of your head, feel them relax.



What can you imagine you would feel?



What can you imagine you would see?



What can you imagine you would smell?



What can you imagine you would hear?



What can you imagine you would taste?

# Guided Visualization

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



What can you imagine you would feel?



What can you imagine you would see?



What can you imagine you would smell?



What can you imagine you would hear?



What can you imagine you would taste?

# Guided Visualization

Imagine a river raging around you with things to do and all your worries. Slowly begin to make the river calmer and calmer until it is a quiet, gently flowing stream. Imagine it getting smaller and smaller until it is a small, serene pond.



What can you imagine you would feel?



What can you imagine you would see?



What can you imagine you would smell?



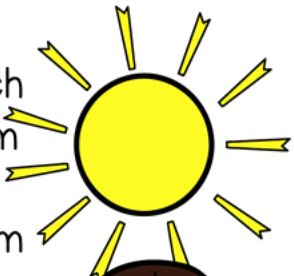
What can you imagine you would hear?



What can you imagine you would taste?

## Guided Visualization

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. Focus on each area of your body, from your toes to the top of your head, and feel them relax.



- What can you imagine you would feel?
- What can you imagine you would see?
- What can you imagine you would smell?
- What can you imagine you would hear?
- What can you imagine you would taste?

## Guided Visualization

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. Focus on each area of your body from your toes to the top of your head, feel them relax.



- What can you imagine you would feel?
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## Meditation

Feel your breath slowly come in and out. Try to put all thoughts from your mind and just focus on how your body feels. Feel the muscles in your feet, ankles, and legs relax. Now feel the muscles in your hips and tummy relax. Relax the muscles in your shoulders and chest. Feel the muscles in your face relaxing around your jaw, cheeks, and eyes. Feel your body go smooth and soft. Feel the muscles of your neck and head relax.



## Meditation

Think of someone you love. Picture their face and their smile. Send them these good wishes: May you be happy, may you be healthy, may your heart be filled with love. Imagine your heart growing bigger each time you say the good wishes.



# Meditation

Think of yourself. Picture your face and your smile. Send yourself these good wishes: May I be happy, may I be healthy, may my heart be filled with love.

Imagine your heart growing bigger each time you say the good wishes.



# Yoga

## 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.



# Yoga

## 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.

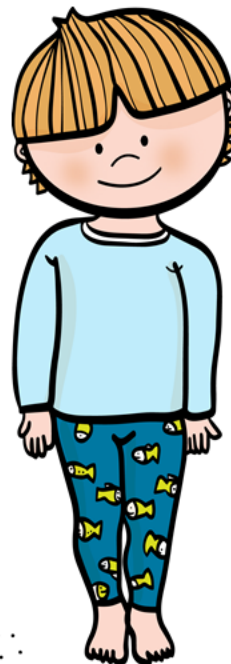
Gently flutter your legs.



# Yoga

## 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.



## Yoga

### Warrior 1 Pose

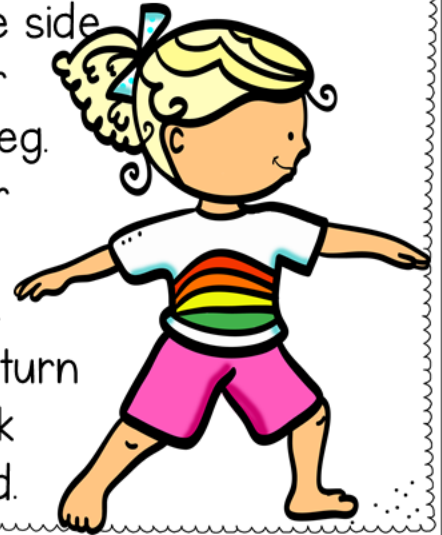
Begin in mountain pose. With one foot, take a big step forward. Leave the other foot in place. Raise your hands over your head with palms facing each other. Turn your back foot to point your toes away from your body. Bend your front knee.



## Yoga

### 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.



## Yoga

### Cobra Pose

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



## Yoga

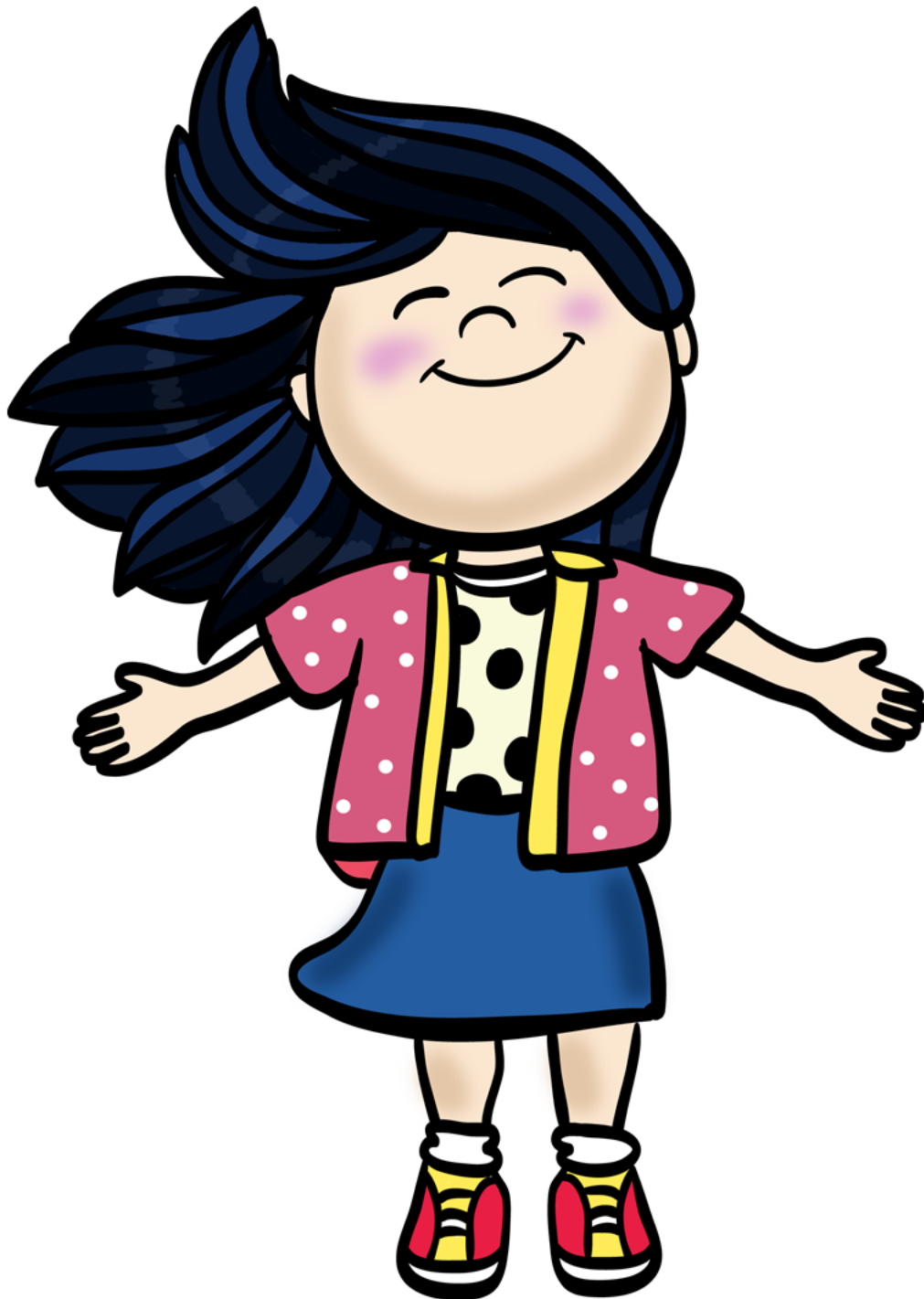
### Child's Pose

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



# Breathing Techniques

Breathe in slowly through your nose and out through your mouth, and feel your breath move through your body. On the next in-breath, repeat the phrase, I am safe and on the out-breath, I am calm.



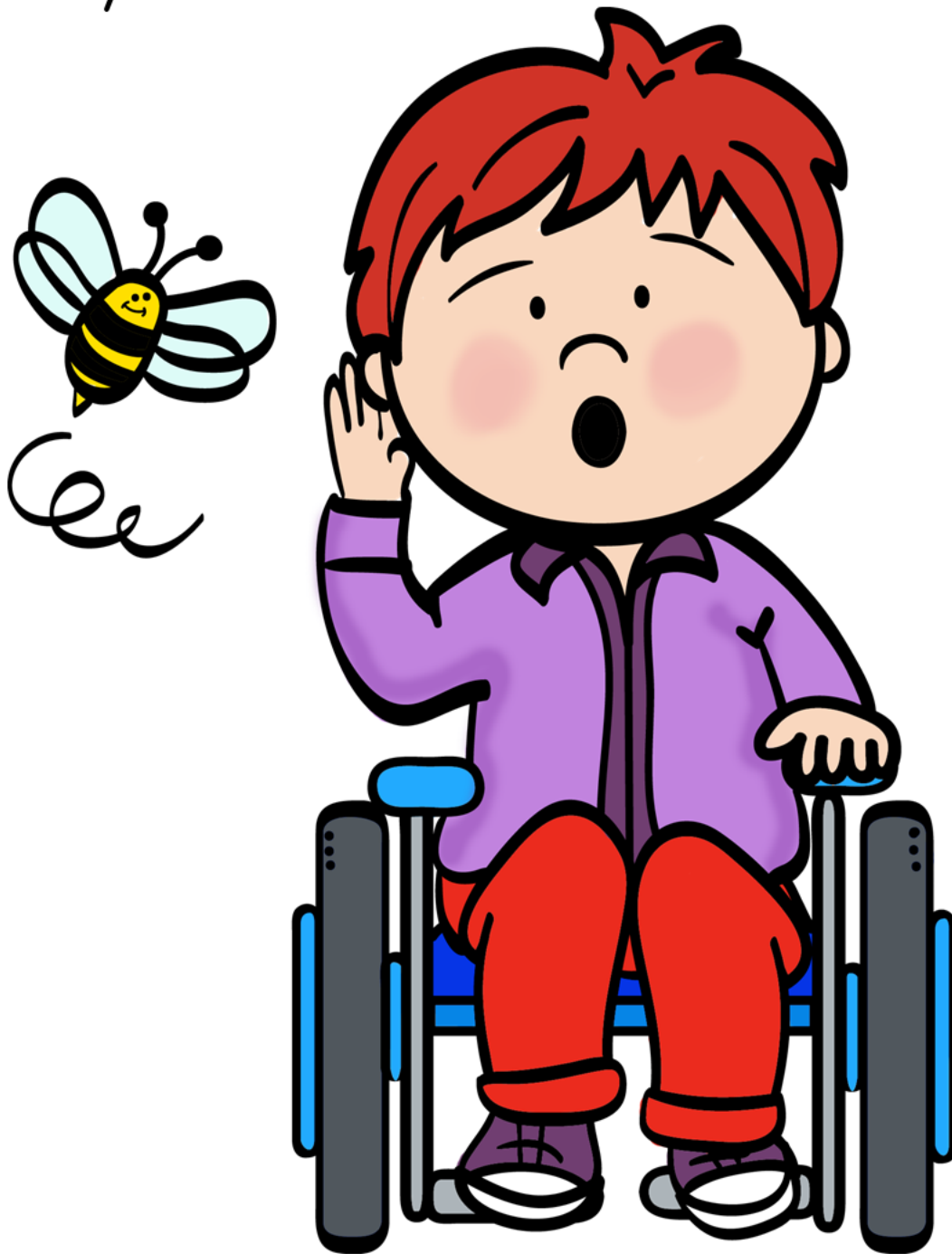
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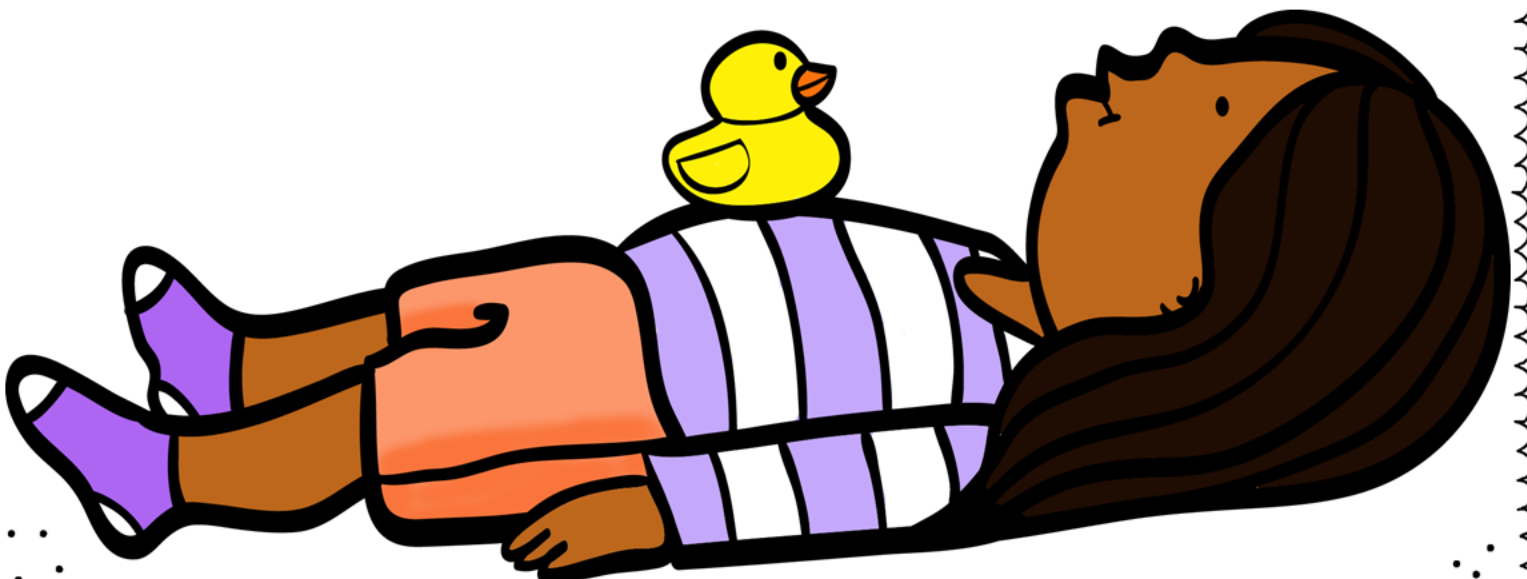
# Breathing Techniques

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



# Breathing Techniques

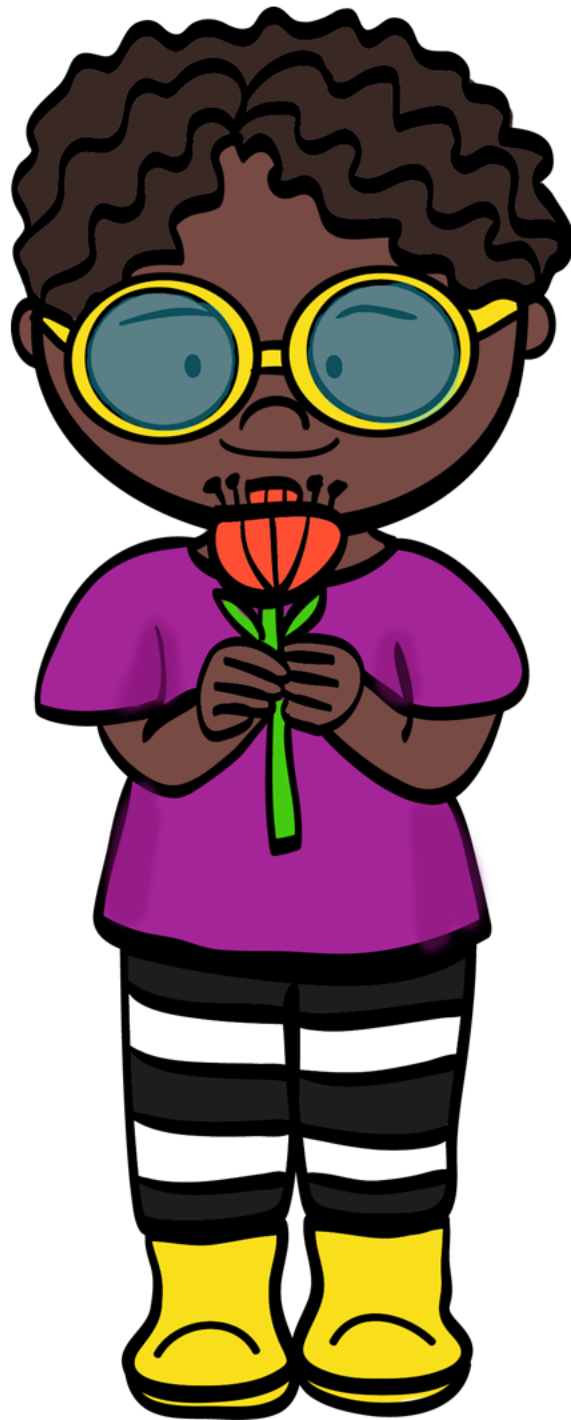
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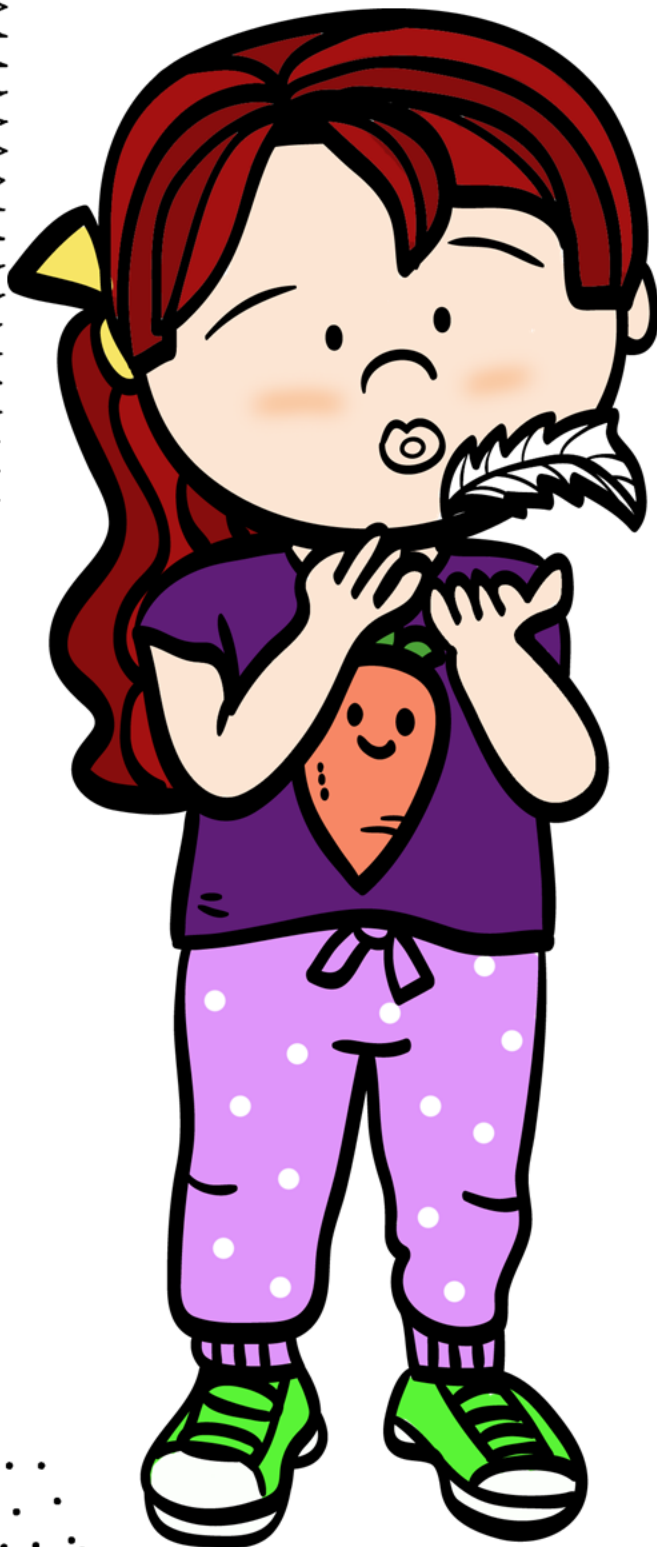
# Breathing Techniques

Imagine smelling a flower.

Breathe in through your nose,  
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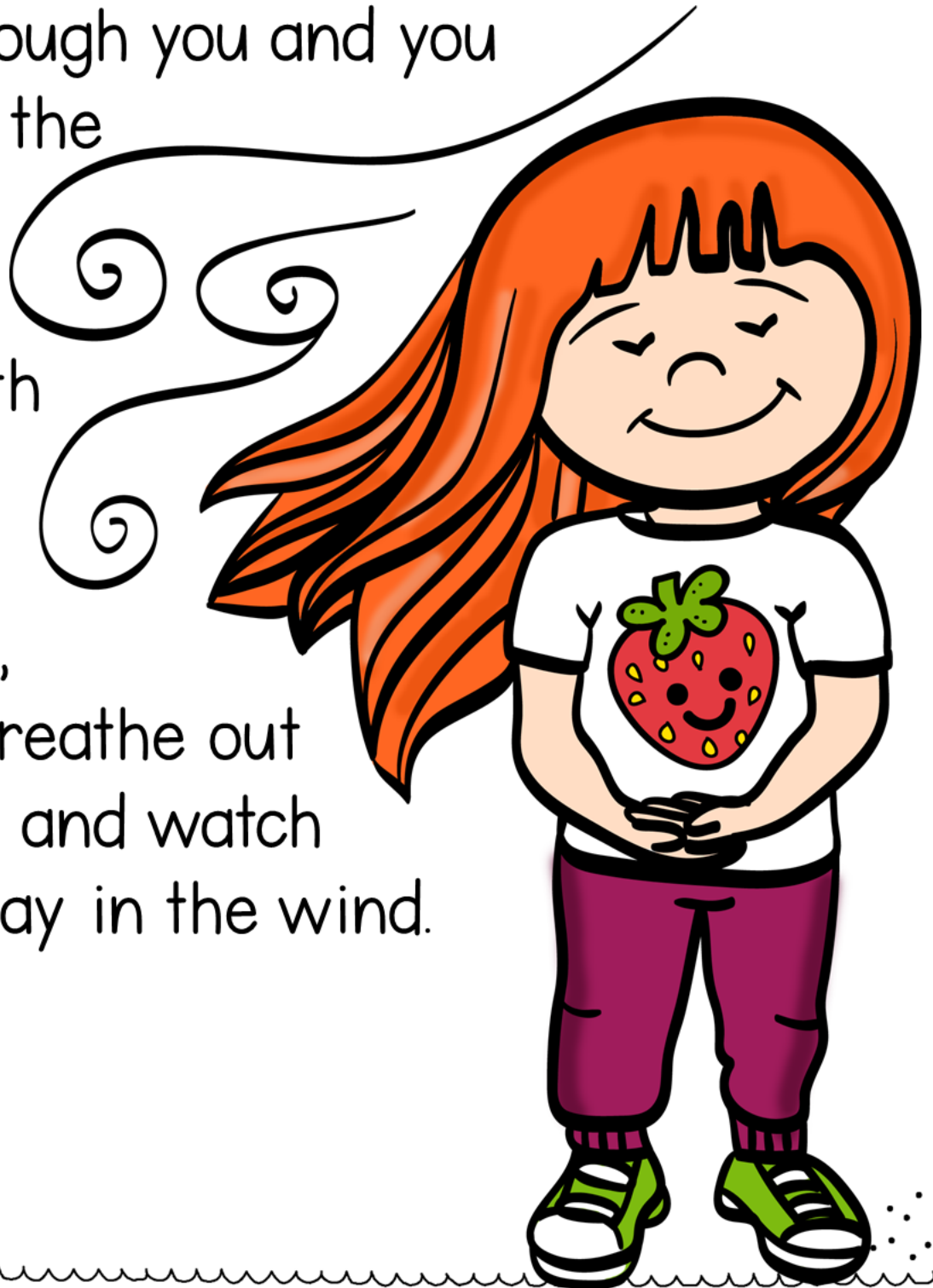
# Breathing Techniques



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.

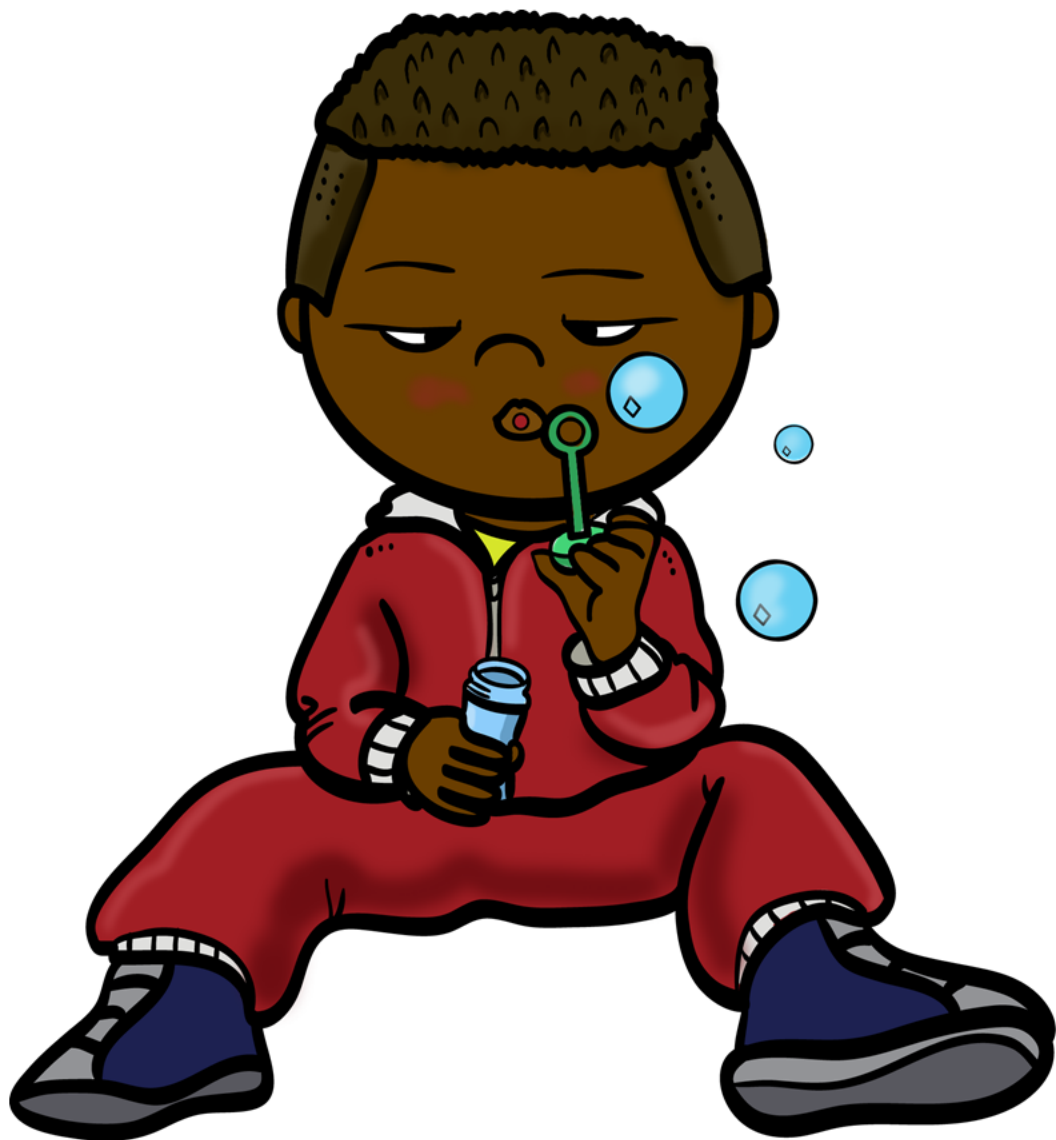
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# Grounding



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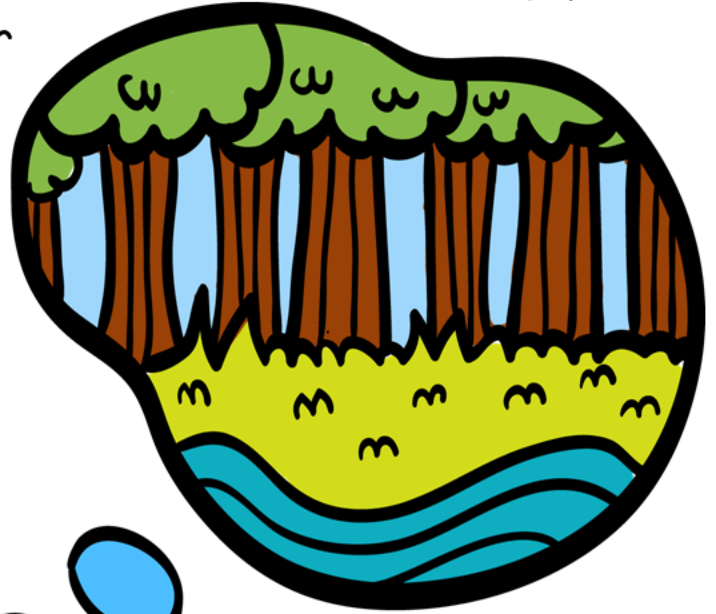
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# Guided Visualization

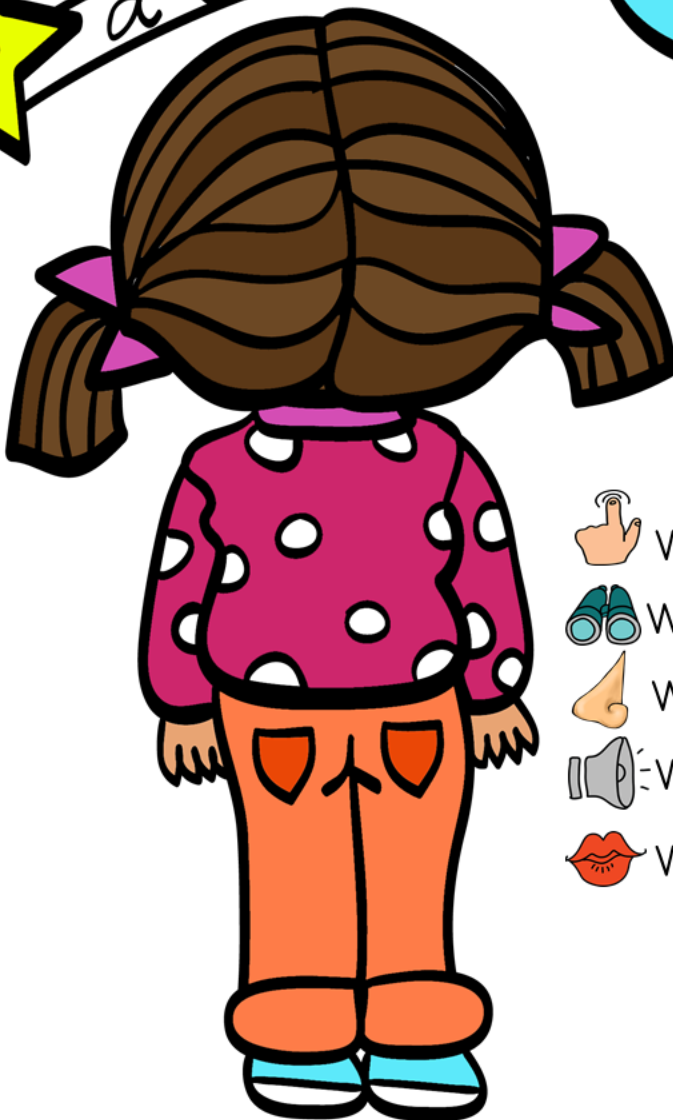
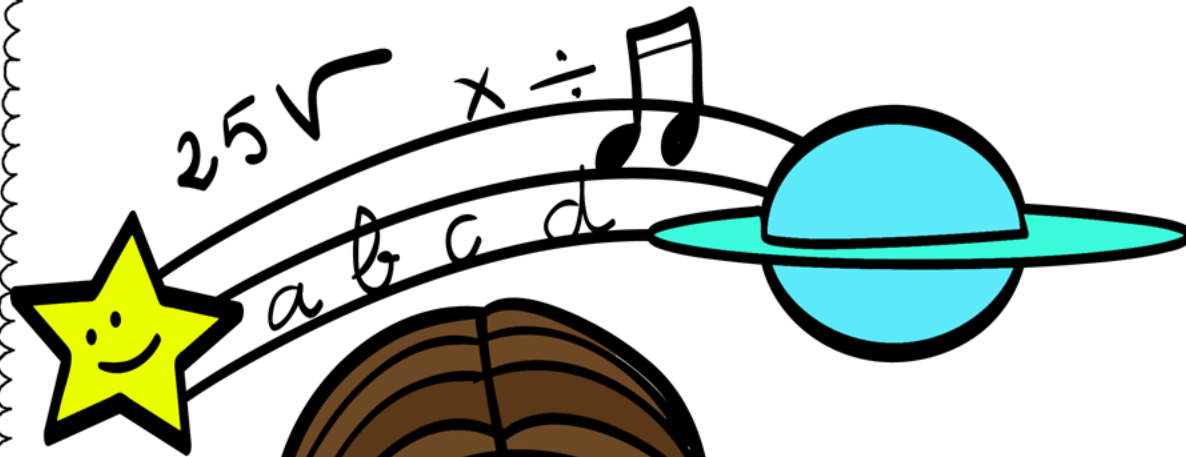
Imagine lying at the bottom of the ocean. There is nothing but sand and seashells. The sand is squishy in your toes, and the quiet of the water is relaxing you. Focus on each area of your body from your toes to the top of your head, feel them relax.








-  What can you imagine you would feel?
-  What can you imagine you would see?
-  What can you imagine you would smell?
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-  What can you imagine you would taste?

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



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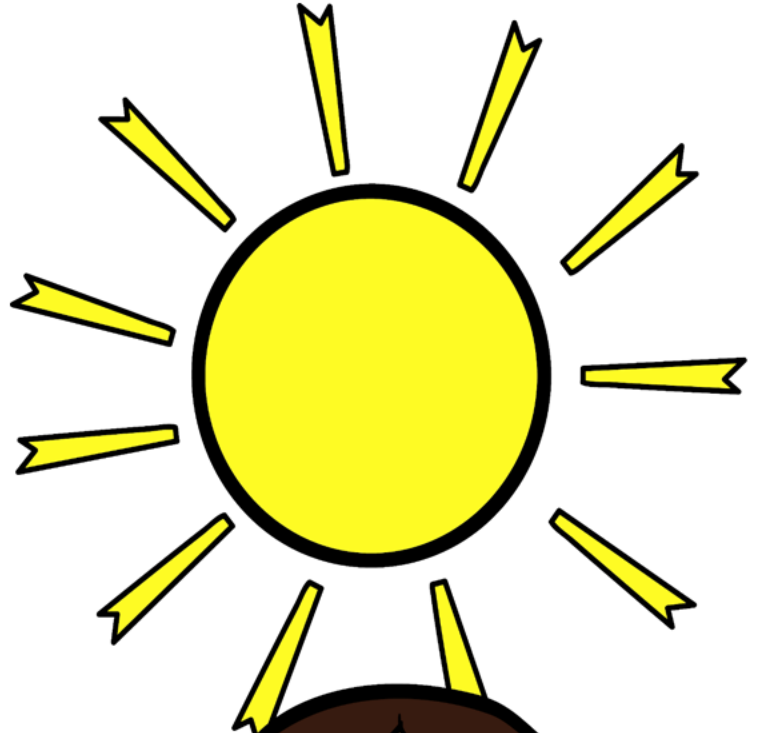
What can you imagine you would hear?



What can you imagine you would taste?

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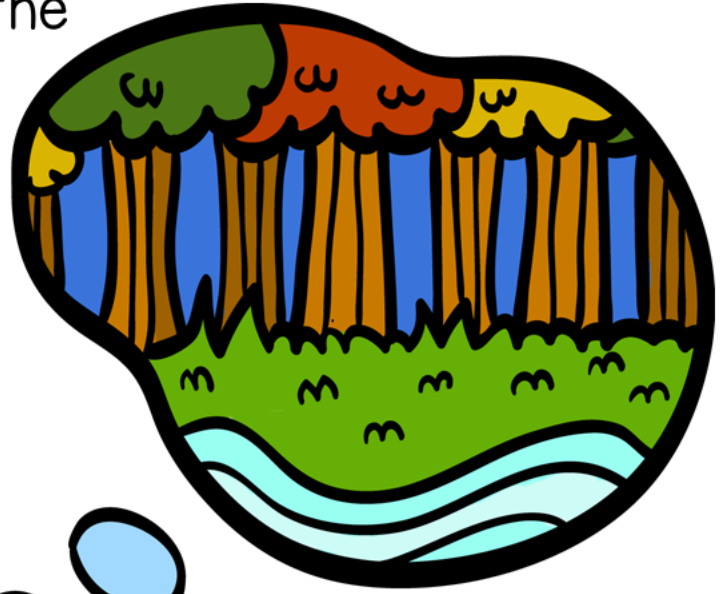
What can you imagine you would hear?








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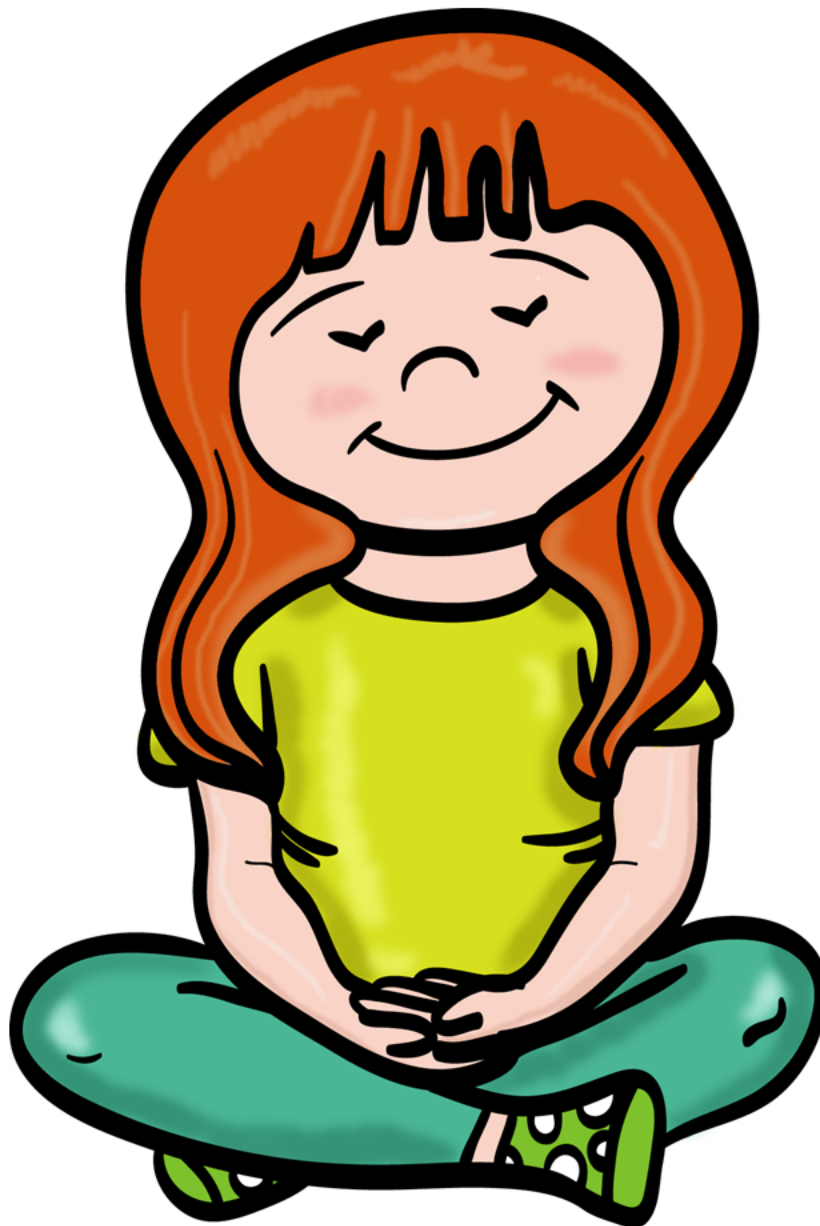
# Meditation

Feel your breath slowly come in and out. Try to put all thoughts from your mind and just focus on how your body feels. Feel the muscles in your feet, ankles, and legs relax. Now feel the muscles in your hips and tummy relax. Relax the muscles in your shoulders and chest. Feel the muscles in your face relaxing around your jaw, cheeks, and eyes. Feel your body go smooth and soft. Feel the muscles of your neck and head relax.



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# Meditation

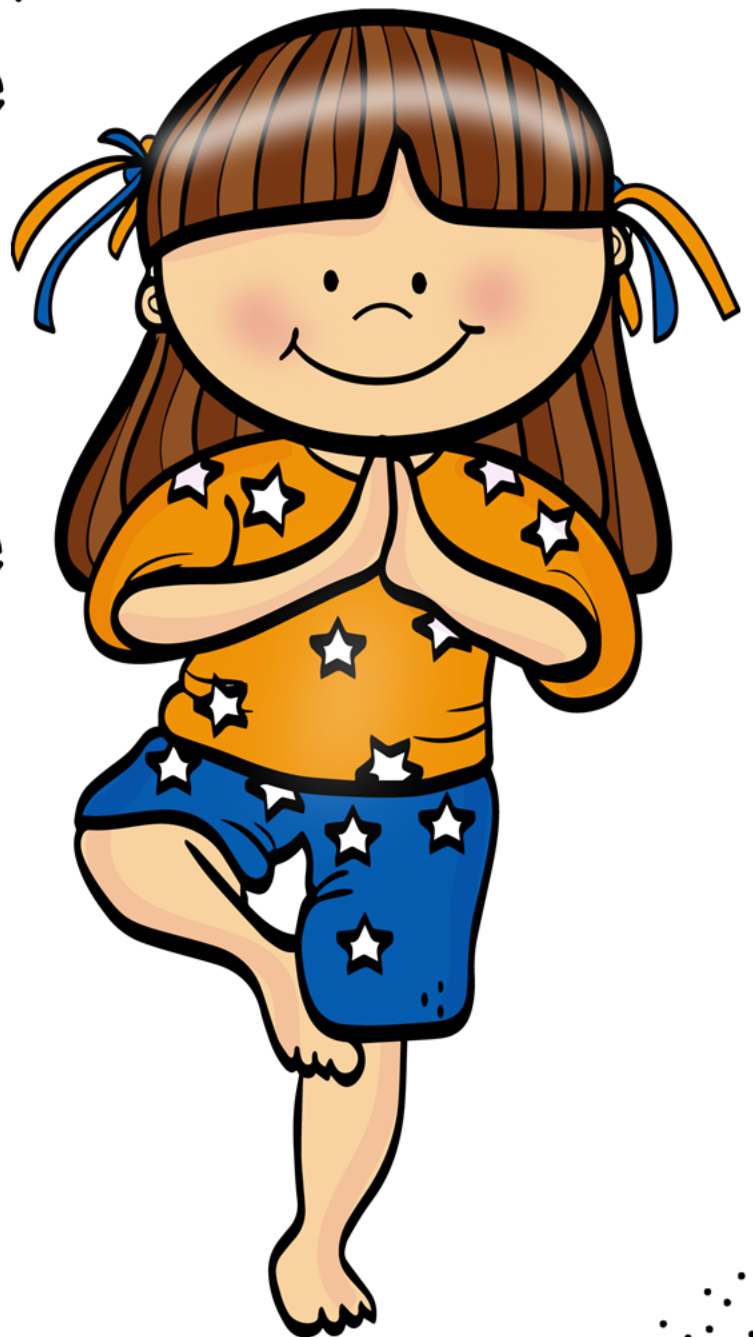
Think of yourself. Picture your face and your smile. Send yourself these good wishes: May I be happy, may I be healthy, may my heart be filled with love. Imagine your heart growing bigger each time you say the good wishes.



# Yoga

## 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.



# Yoga

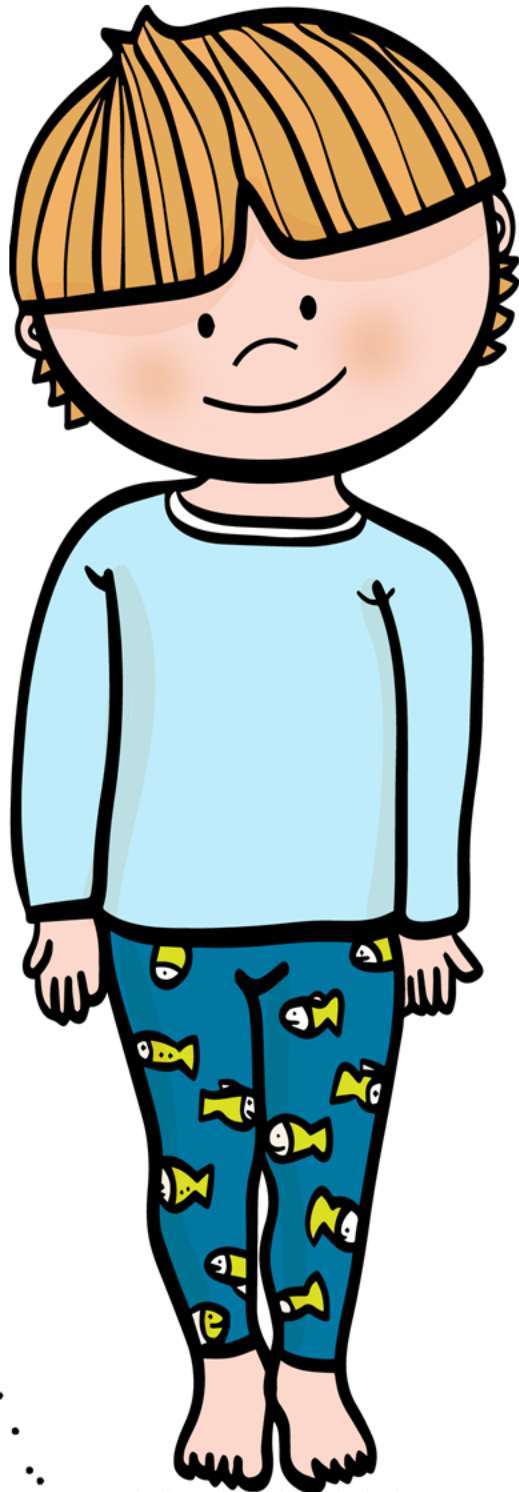
## Butterfly Pose

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.



# Yoga

## Mountain Pose



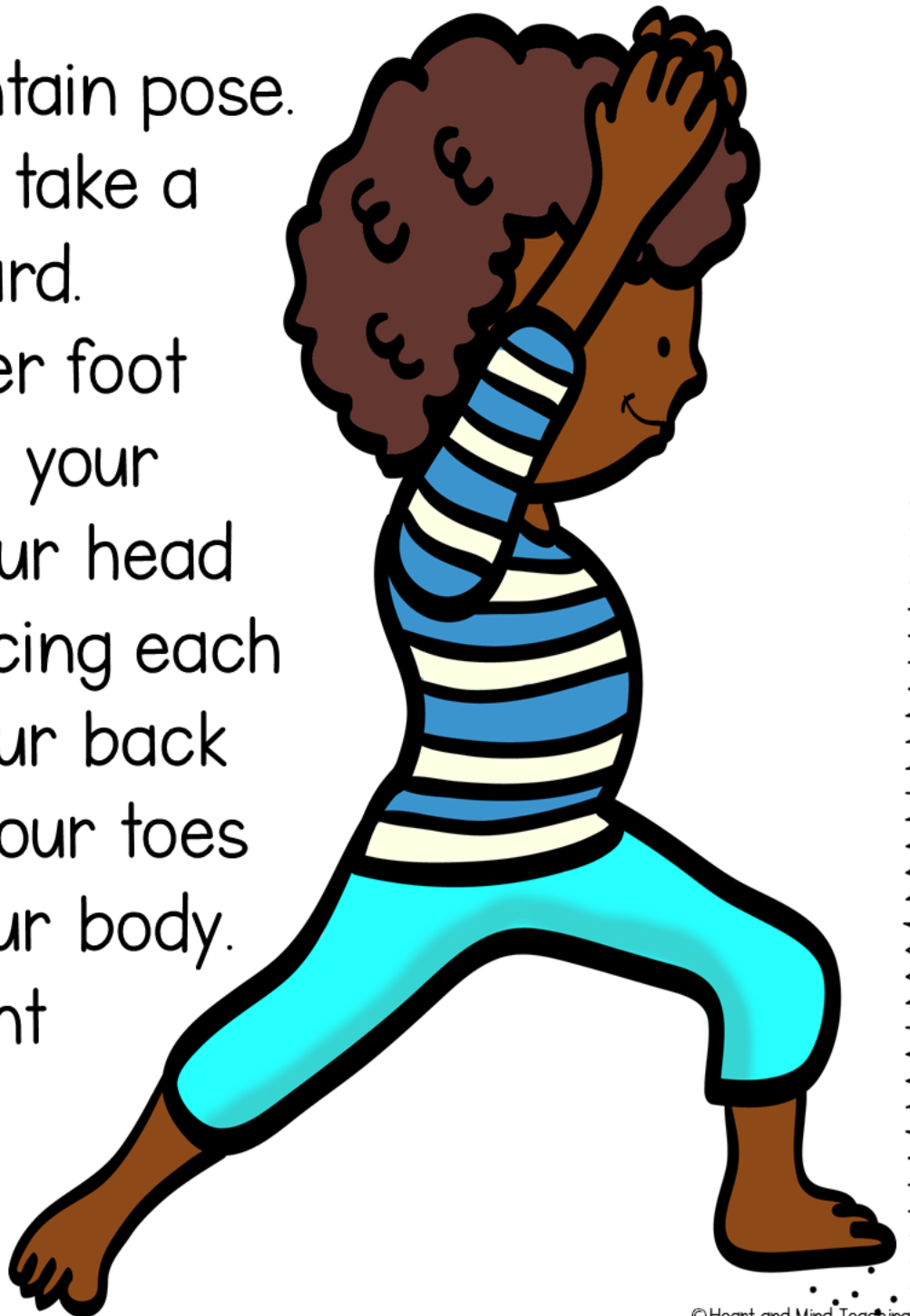
Stand with your toes touching and feet slightly apart. Sway your body gently back and forth.

Slowly bring it to a standstill with your weight balanced evenly. Breathe deeply.

# Yoga

## Warrior I 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.



# Yoga

## 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.



# Yoga

## Cobra Pose

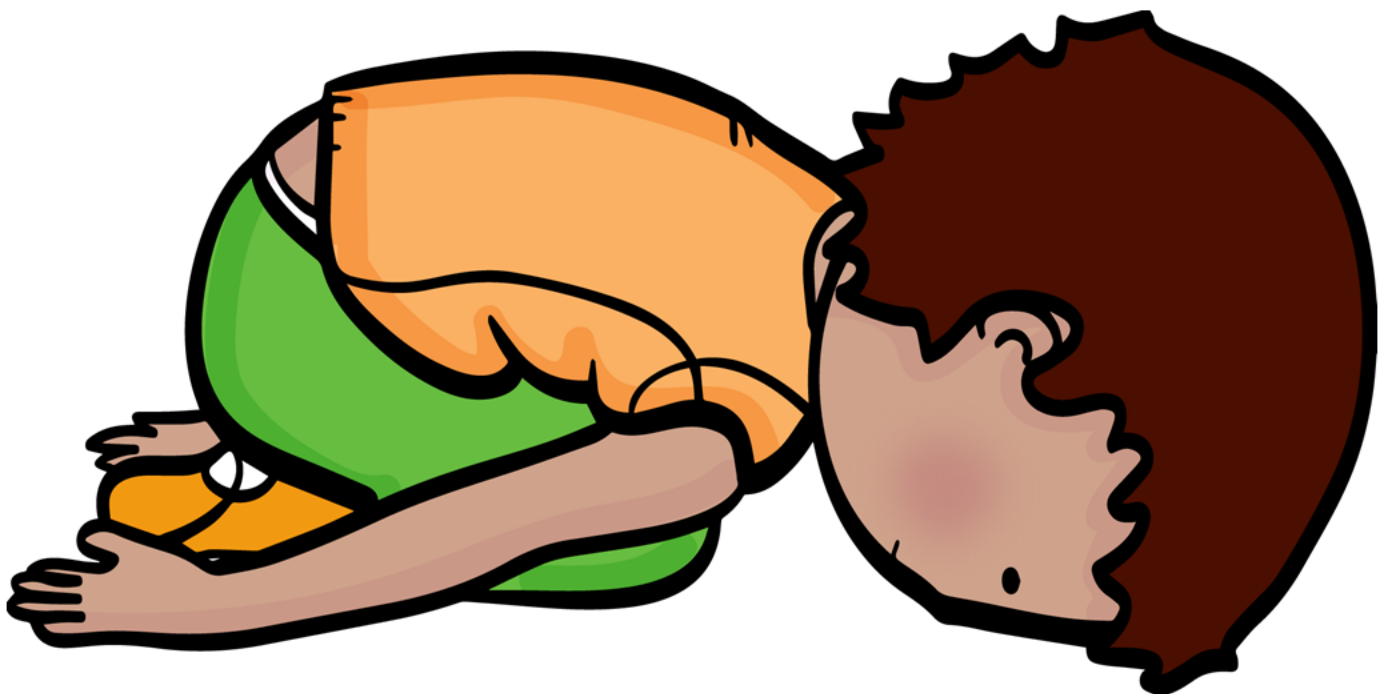
Lie on your belly and place palms flat next to your shoulders. Press and lift your head and shoulders off the floor.



# Yoga

## 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.





# Mindful Me



This is the **Mindful Technique** I like the most:

This is the **Mindful Technique** I like the least:

This is the **Mindful Technique** I want to practice more:

When using these **Mindful Techniques** I felt:



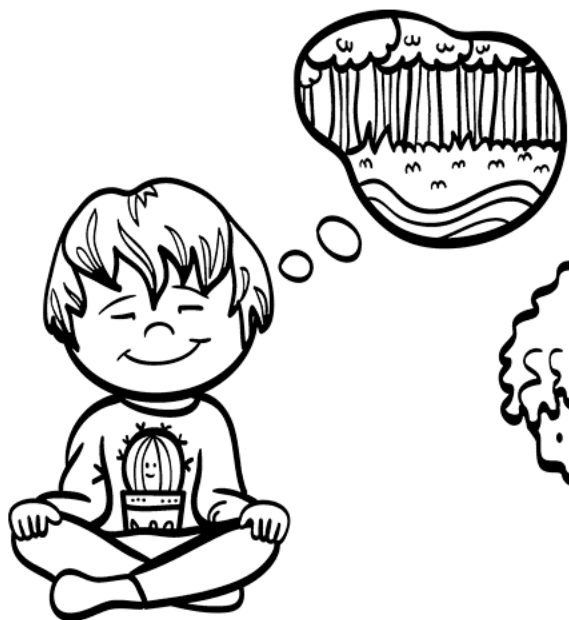
# Black & White Version

Practice Deep Breathing

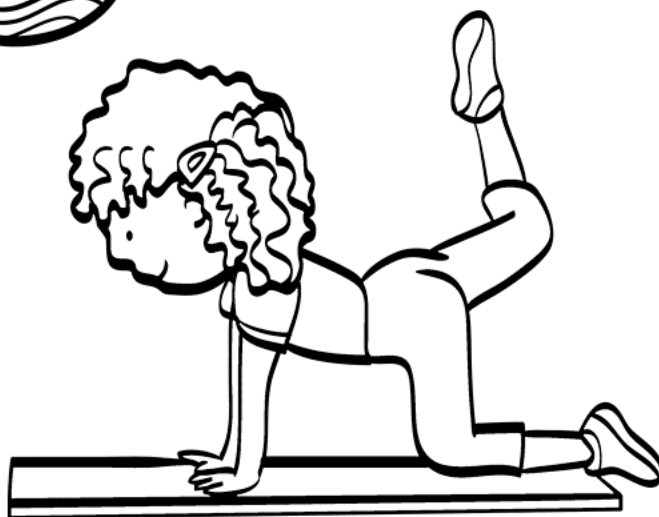


Use Grounding

# Mindful Me



Visualize a calm place.



Do Yoga



Meditate

## Breathing Techniques

Breathe in slowly through your nose and out through your mouth, and feel your breath move through your body. On the next in-breath, repeat the phrase, I am safe and on the out-breath, I am calm.



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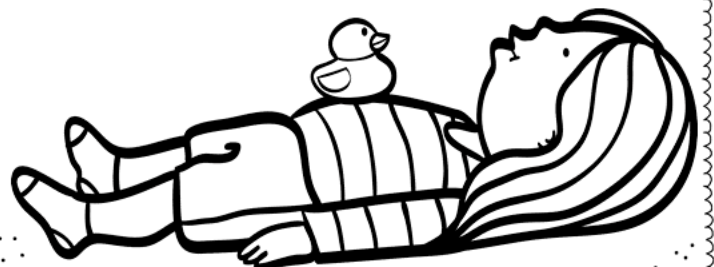
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Sitting comfortably with your legs crossed, breathe in through your nose, then with fingers in your ears, hum out your exhalation.



## Breathing Techniques

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.



## Breathing Techniques

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



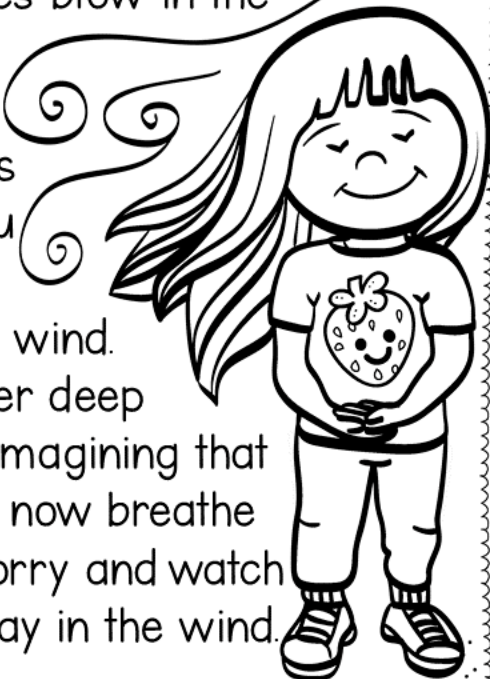
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# Guided Visualization

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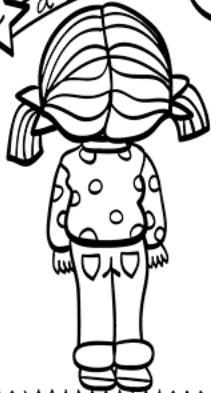
What can you imagine you would hear?



What can you imagine you would taste?

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



What can you imagine you would taste?

## Guided Visualization

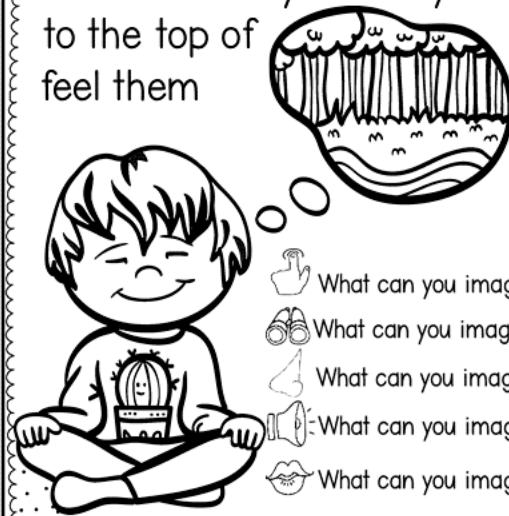
You are at the beach. The sun is shining on you, the waves are crashing in the distance. A seagull flies by overhead. There is a boat in the distance. You feel the ocean breeze blow your hair. Focus on each area of your body, from your toes to the top of your head, and feel them relax.








-  What can you imagine you would feel?
-  What can you imagine you would see?
-  What can you imagine you would smell?
-  What can you imagine you would hear?
-  What can you imagine you would taste?

## Guided Visualization

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. Focus on each area of your body from your toes to the top of your head, feel them relax.



-  What can you imagine you would feel?
-  What can you imagine you would see?
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-  What can you imagine you would hear?
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## Meditation

Feel your breath slowly come in and out. Try to put all thoughts from your mind and just focus on how your body feels. Feel the muscles in your feet, ankles, and legs relax. Now feel the muscles in your hips and tummy relax. Relax the muscles in your shoulders and chest. Feel the muscles in your face relaxing around your jaw, cheeks, and eyes. Feel your body go smooth and soft. Feel the muscles of your neck and head relax.



## Meditation

Think of someone you love. Picture their face and their smile. Send them these good wishes: May you be happy, may you be healthy, may your heart be filled with love. Imagine your heart growing bigger each time you say the good wishes.



# Meditation

Think of yourself. Picture your face and your smile. Send yourself these good wishes: May I be happy, may I be healthy, may my heart be filled with love.

Imagine your heart growing bigger each time you say the good wishes.



# Yoga

## 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.



# Yoga

## 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.

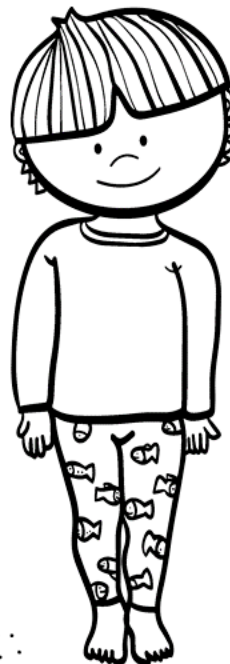
Gently flutter your legs.



# Yoga

## 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.



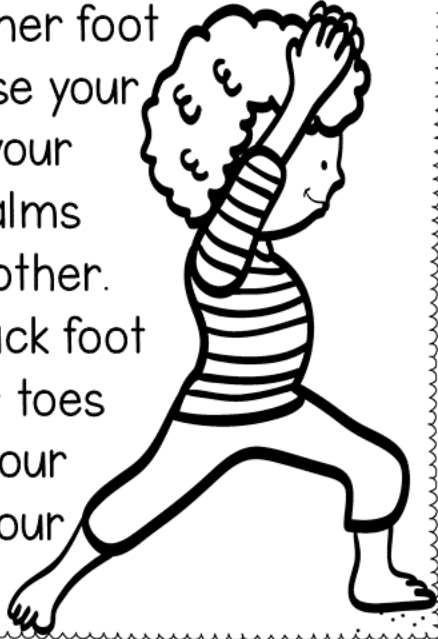
# Yoga

## 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.



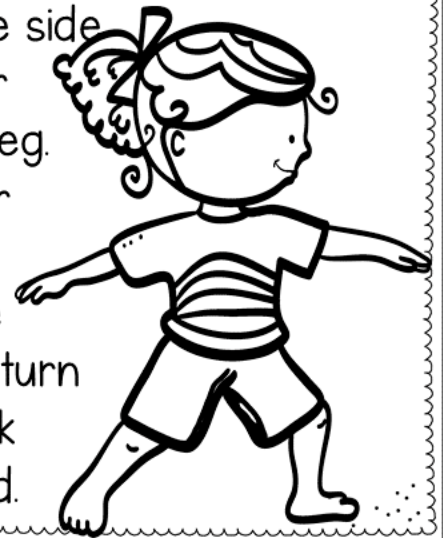
# Yoga

## 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.

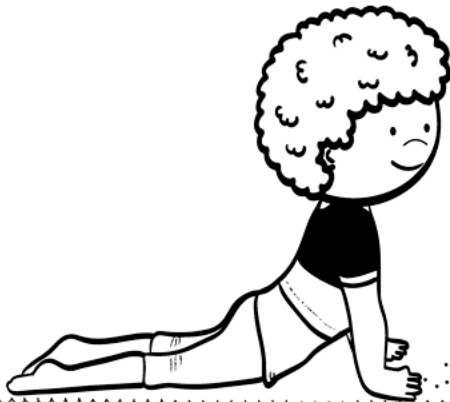
Straighten the front leg, and turn your toes back facing forward.



# Yoga

## Cobra Pose

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



# Yoga

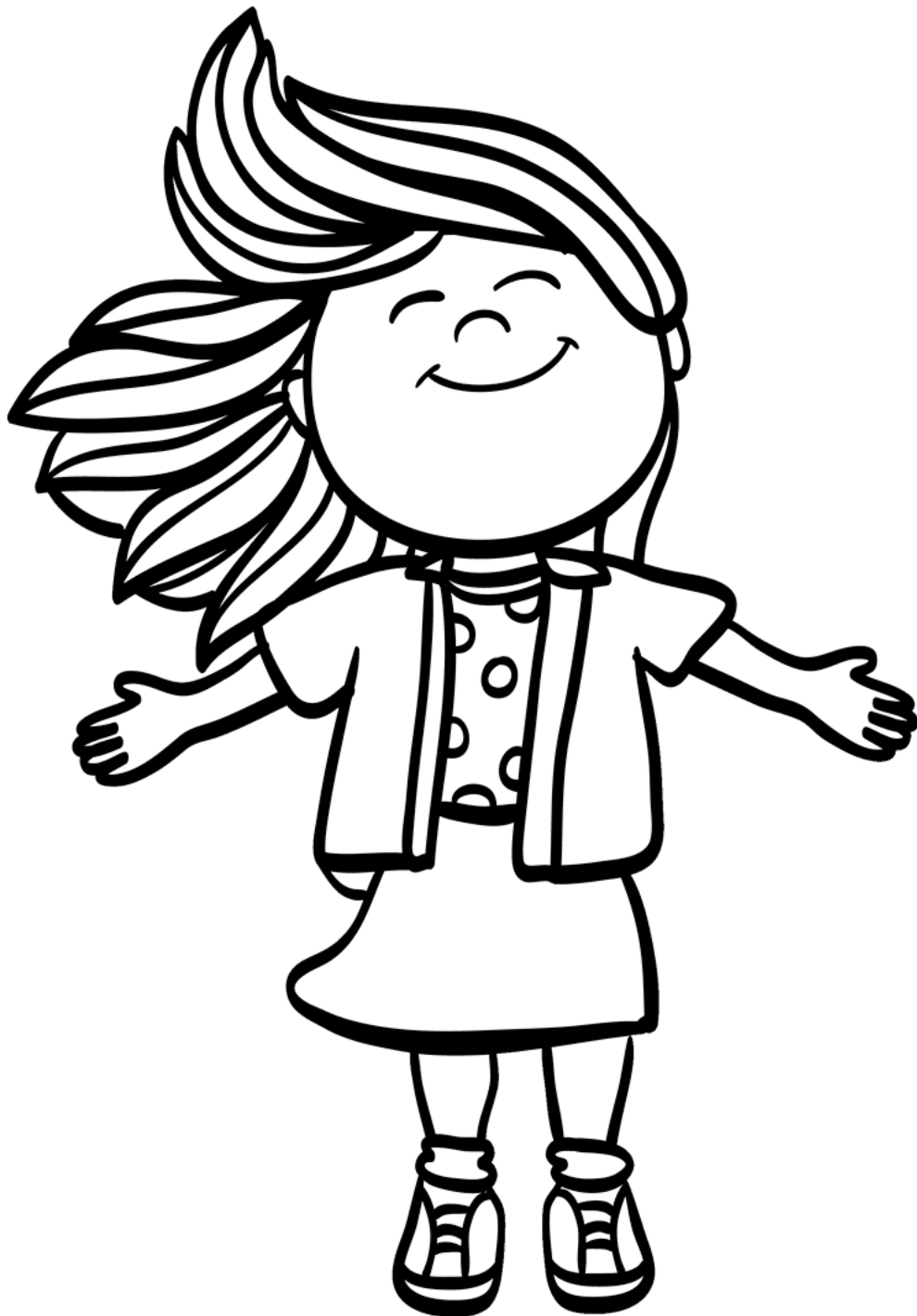
## Child's Pose

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



# Breathing Techniques

Breathe in slowly through your nose and out through your mouth, and feel your breath move through your body. On the next in-breath, repeat the phrase, I am safe and on the out-breath, I am calm.



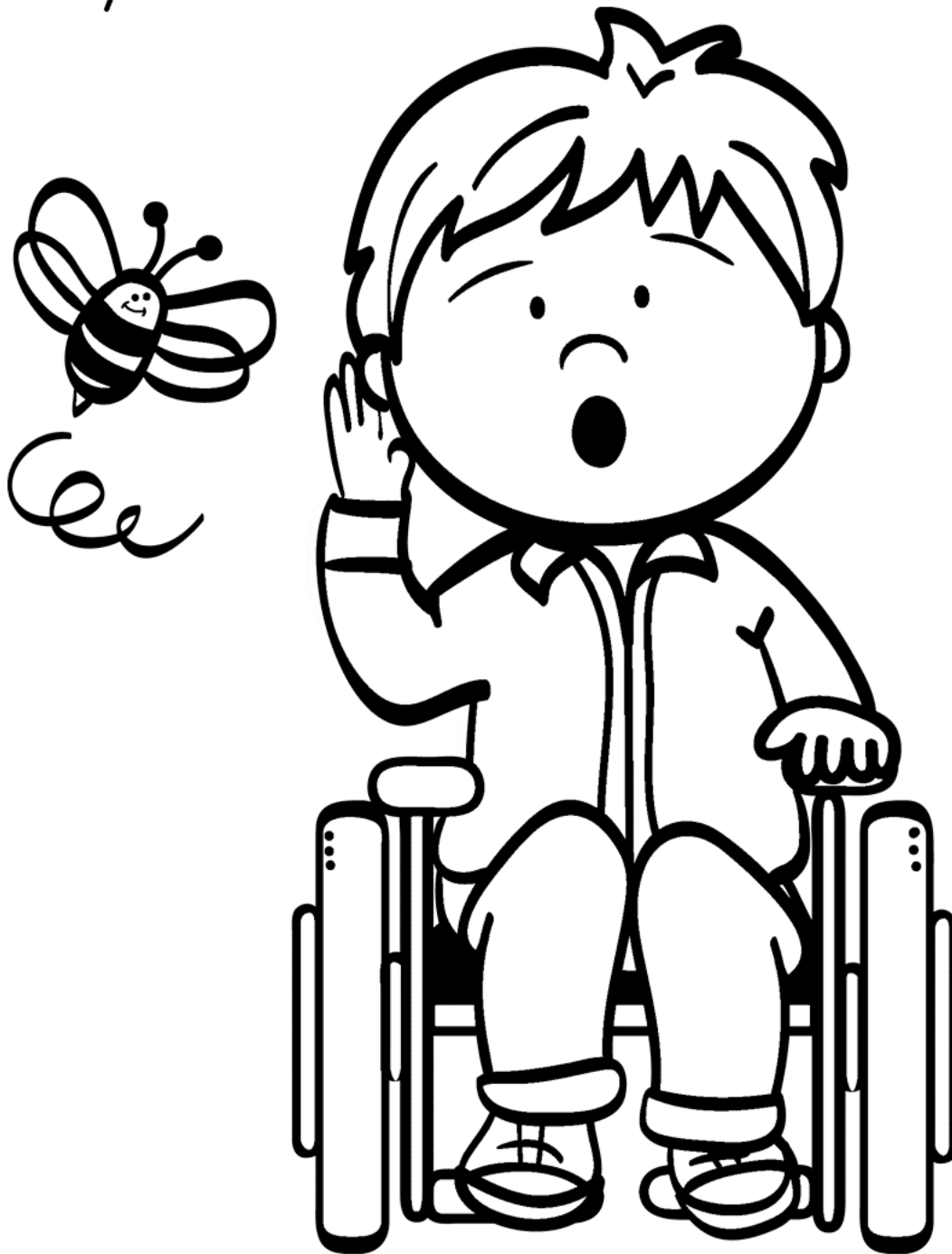
# Breathing Techniques

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



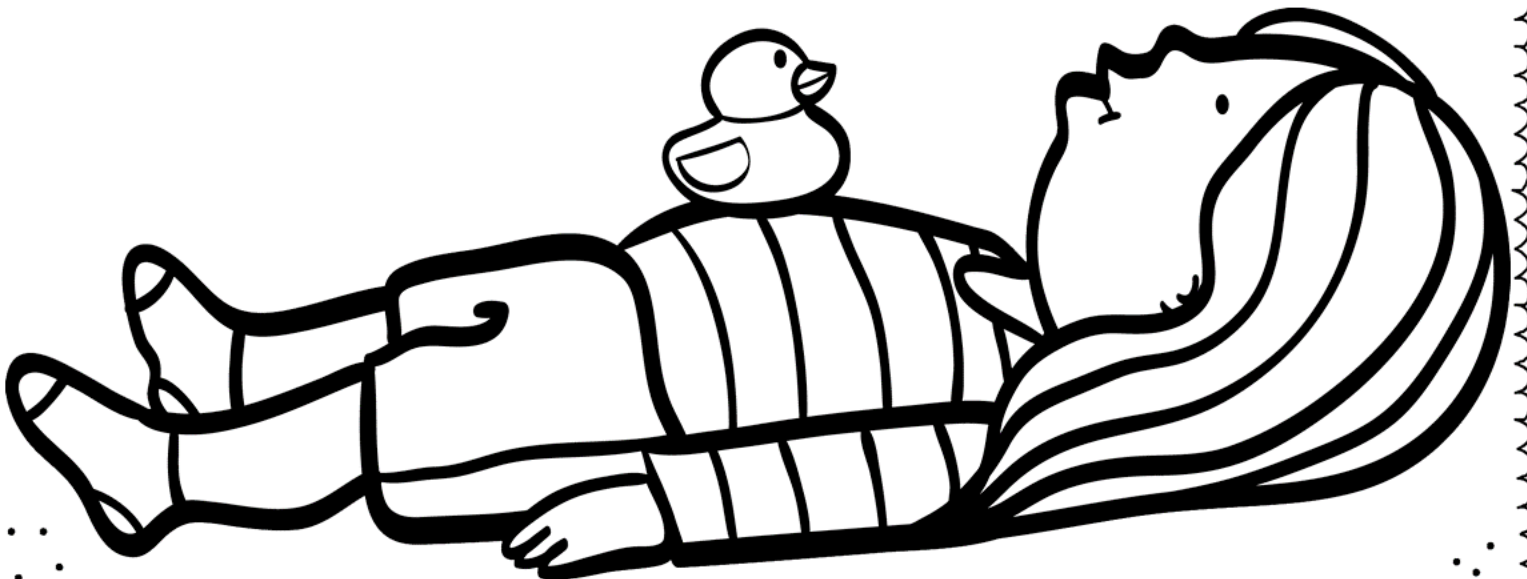
# Breathing Techniques

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



# Breathing Techniques

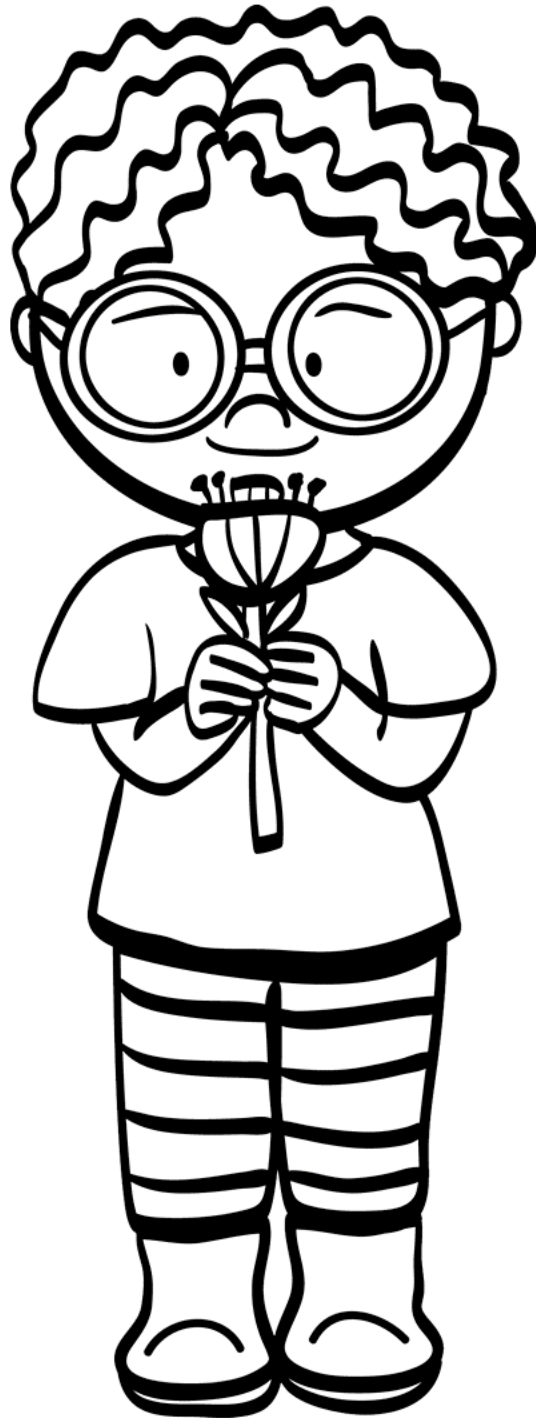
Lay on your back and put a stuffed animal on your belly. Breathe in and move the stuffed animal up, and breathe out bringing the stuffed animal back down.



# Breathing Techniques

Imagine smelling a flower.

Breathe in through your nose,  
out through your mouth.



# Breathing Techniques



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.

# Breathing Techniques

Imagine a breeze blowing through your hair. Imagine that breeze as your worries blow in the wind. Feel that worry as it passes through you and you let it go in the

wind. Take another deep breath in,

imagining that worry, and now breathe out that worry and watch it blow away in the wind.



# Breathing Techniques

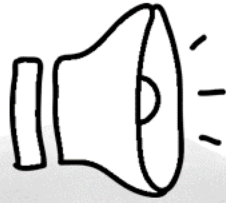
Imagine you have a wand to blow bubbles with. Take a deep breath in through your nose. Slowly breathe out through the mouth pretending to blow through the wand to make bubbles.



# Grounding



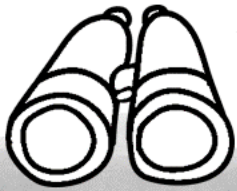
4 things  
you can  
feel



3 things  
you can  
hear



2 things  
you can  
smell



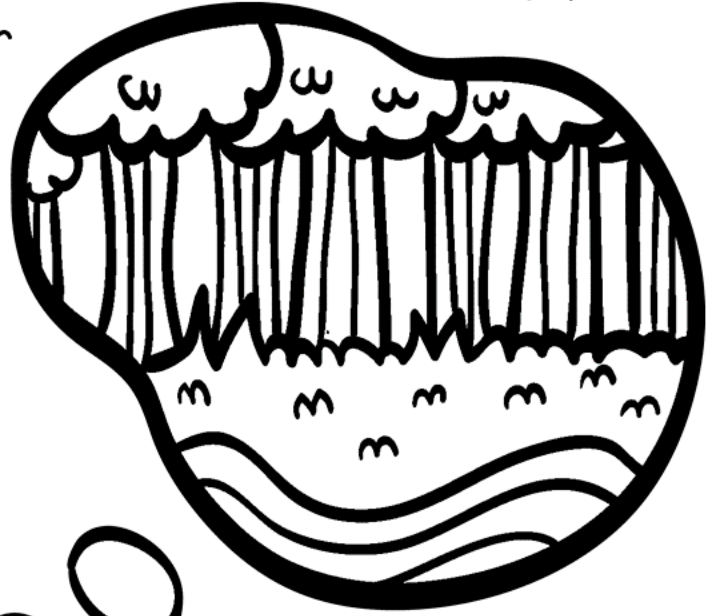
5 things  
you can  
see








1 thing  
you can  
taste

# Guided Visualization

Imagine lying at the bottom of the ocean. There is nothing but sand and seashells. The sand is squishy in your toes, and the quiet of the water is relaxing you. Focus on each area of your body from your toes to the top of your head, feel them relax.








-  What can you imagine you would feel?
-  What can you imagine you would see?
-  What can you imagine you would smell?
-  What can you imagine you would hear?
-  What can you imagine you would taste?

# Guided Visualization

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

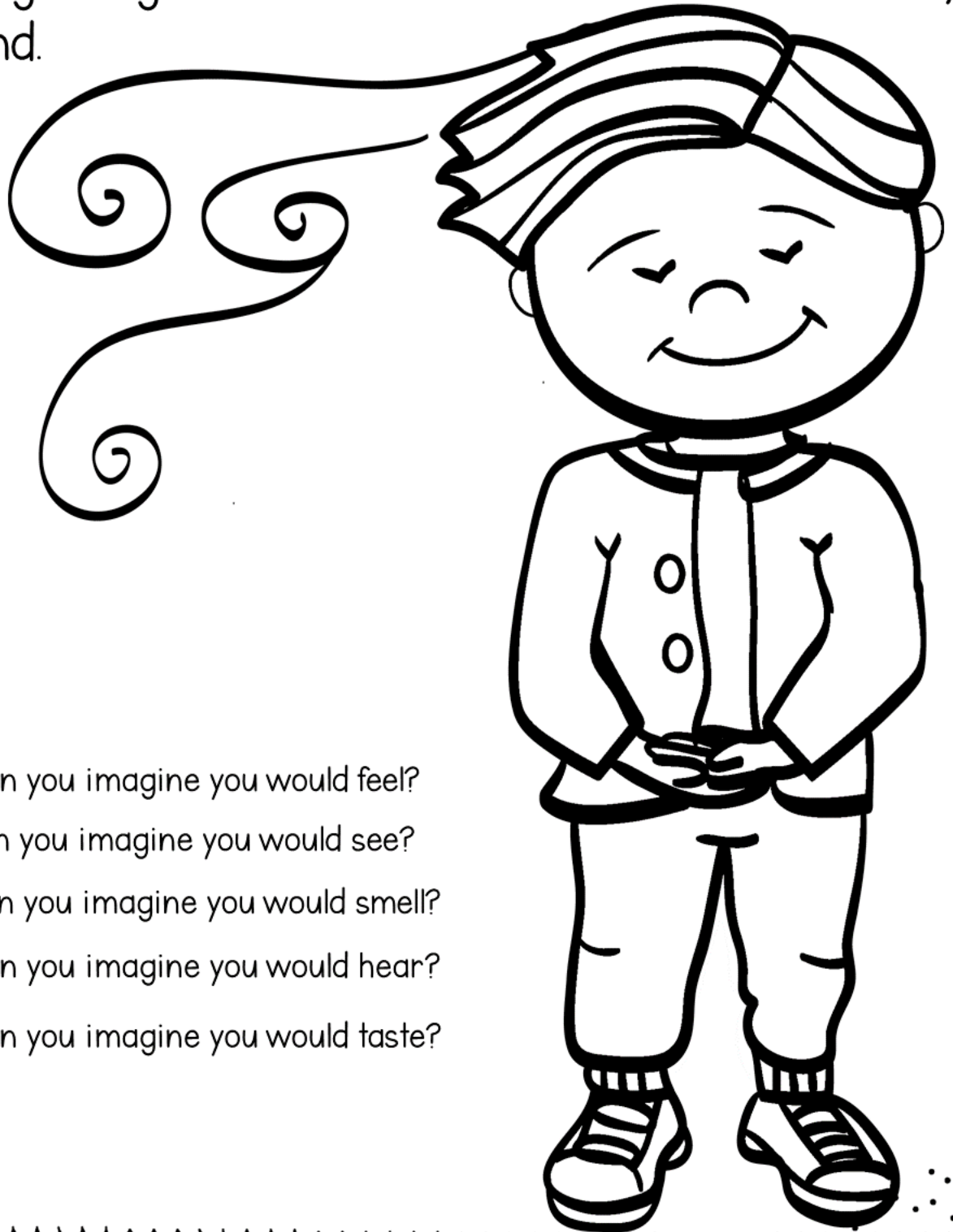


-  What can you imagine you would feel?
-  What can you imagine you would see?
-  What can you imagine you would smell?
-  What can you imagine you would hear?
-  What can you imagine you would taste?

# Guided Visualization

Imagine a river raging around you with things to do and all your worries. Slowly begin to make the river calmer and calmer until it is a quiet, gently flowing stream.

Imagine it getting smaller and smaller until it is a small, serene pond.



What can you imagine you would feel?



What can you imagine you would see?



What can you imagine you would smell?



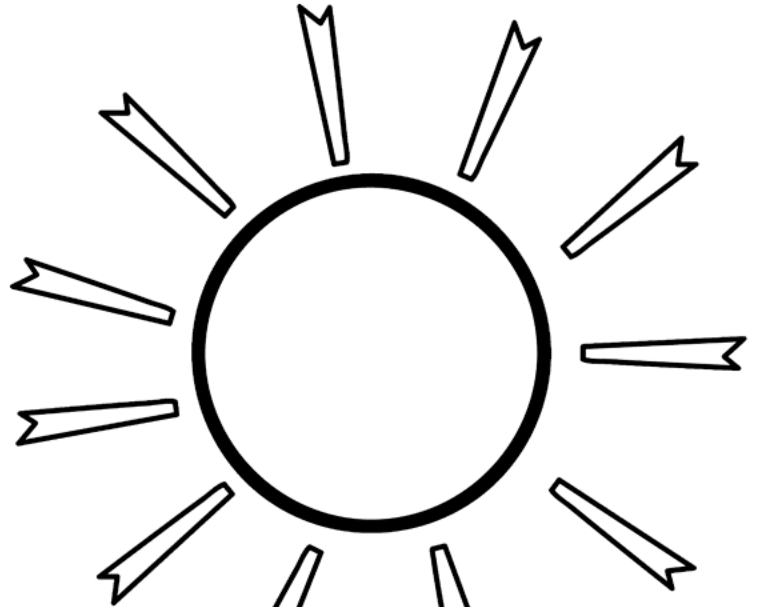
What can you imagine you would hear?








What can you imagine you would taste?

# Guided Visualization

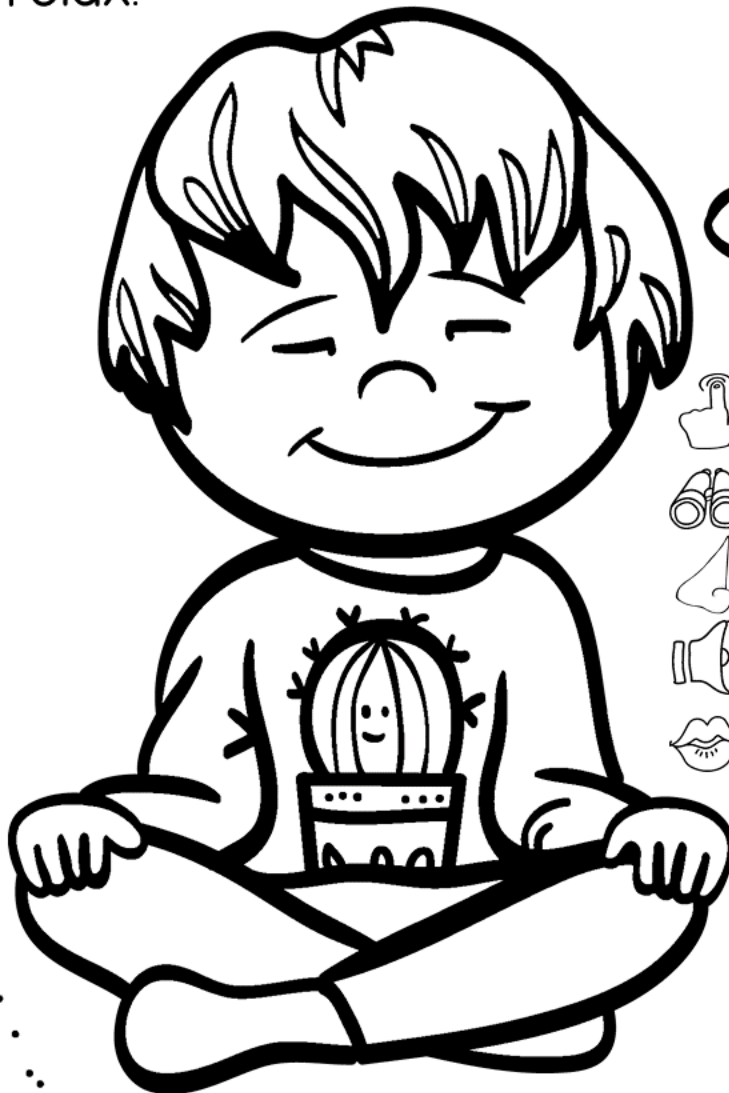
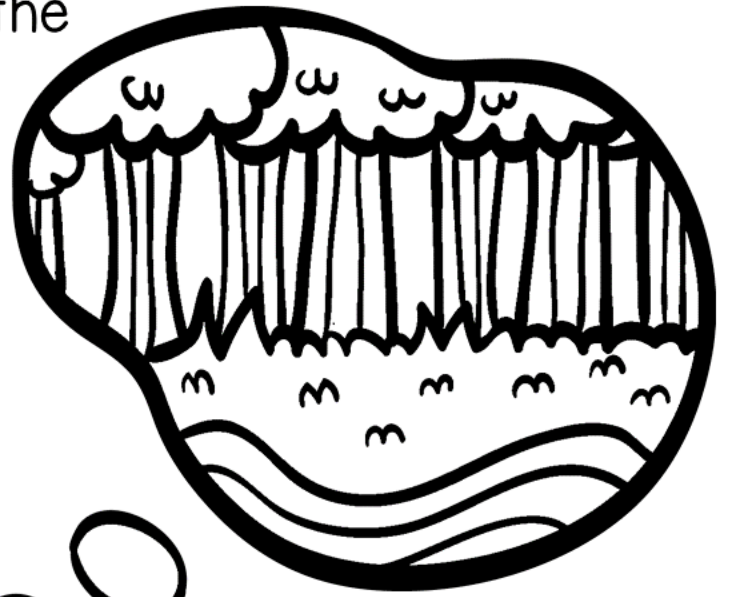
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# Meditation

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# Meditation

Think of yourself. Picture your face and your smile. Send yourself these good wishes: May I be happy, may I be healthy, may my heart be filled with love. Imagine your heart growing bigger each time you say the good wishes.



# Yoga

## Tree Pose

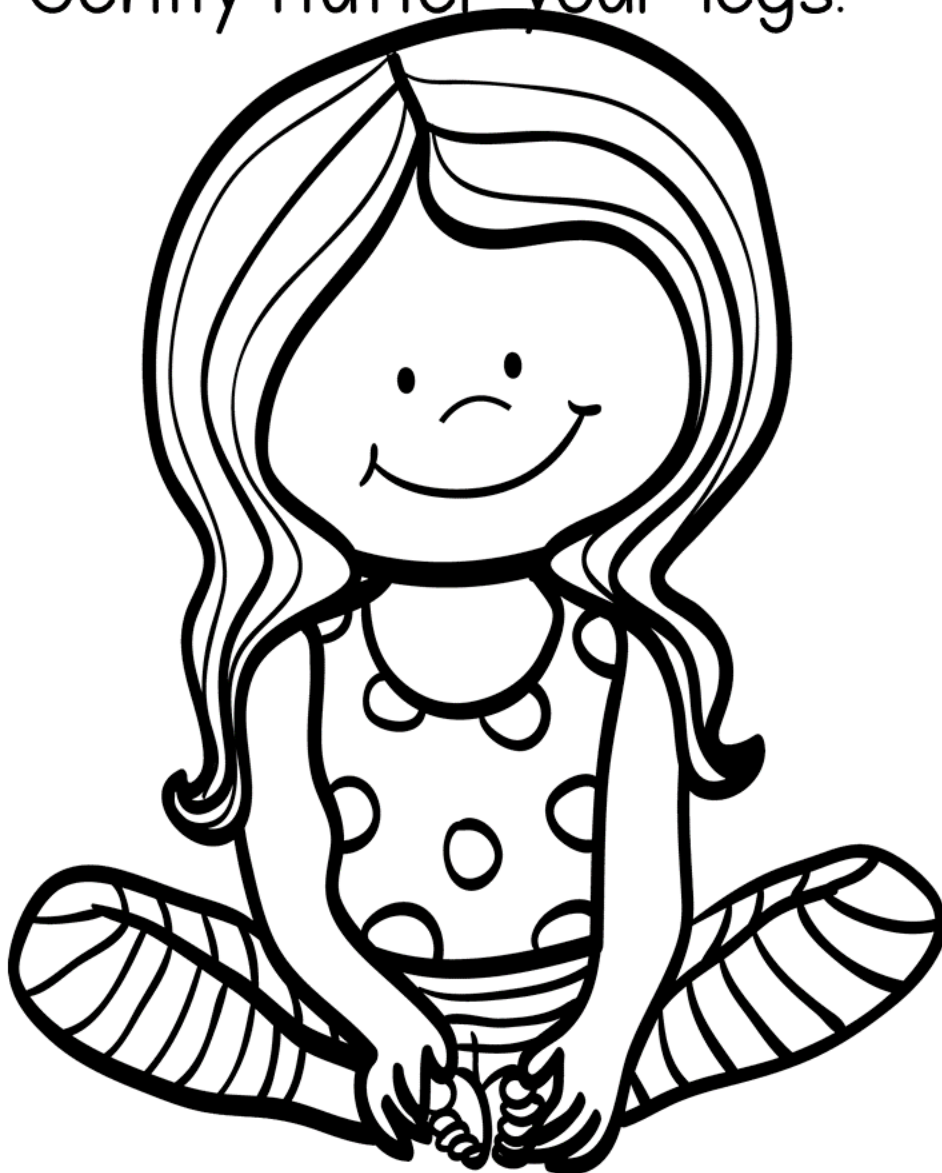
While standing on one leg, bend the other knee and place the sole of the foot on your inner thigh. Raise your arms into the air and sway like a tree.



# Yoga

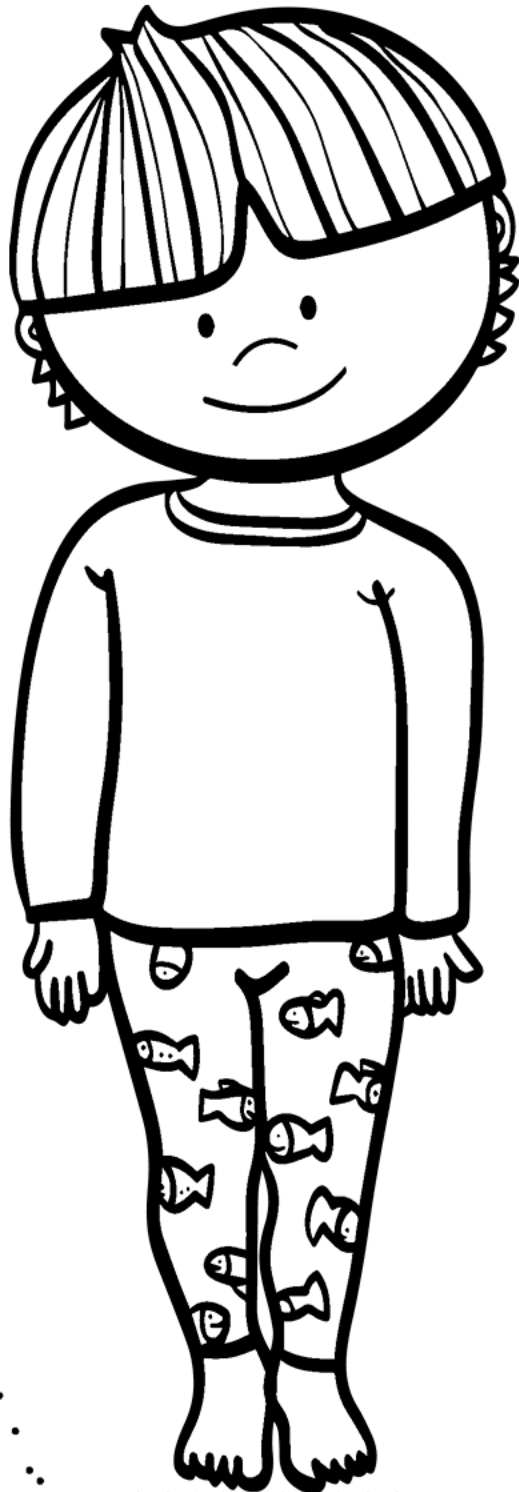
## Butterfly Pose

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.



# Yoga

## Mountain Pose



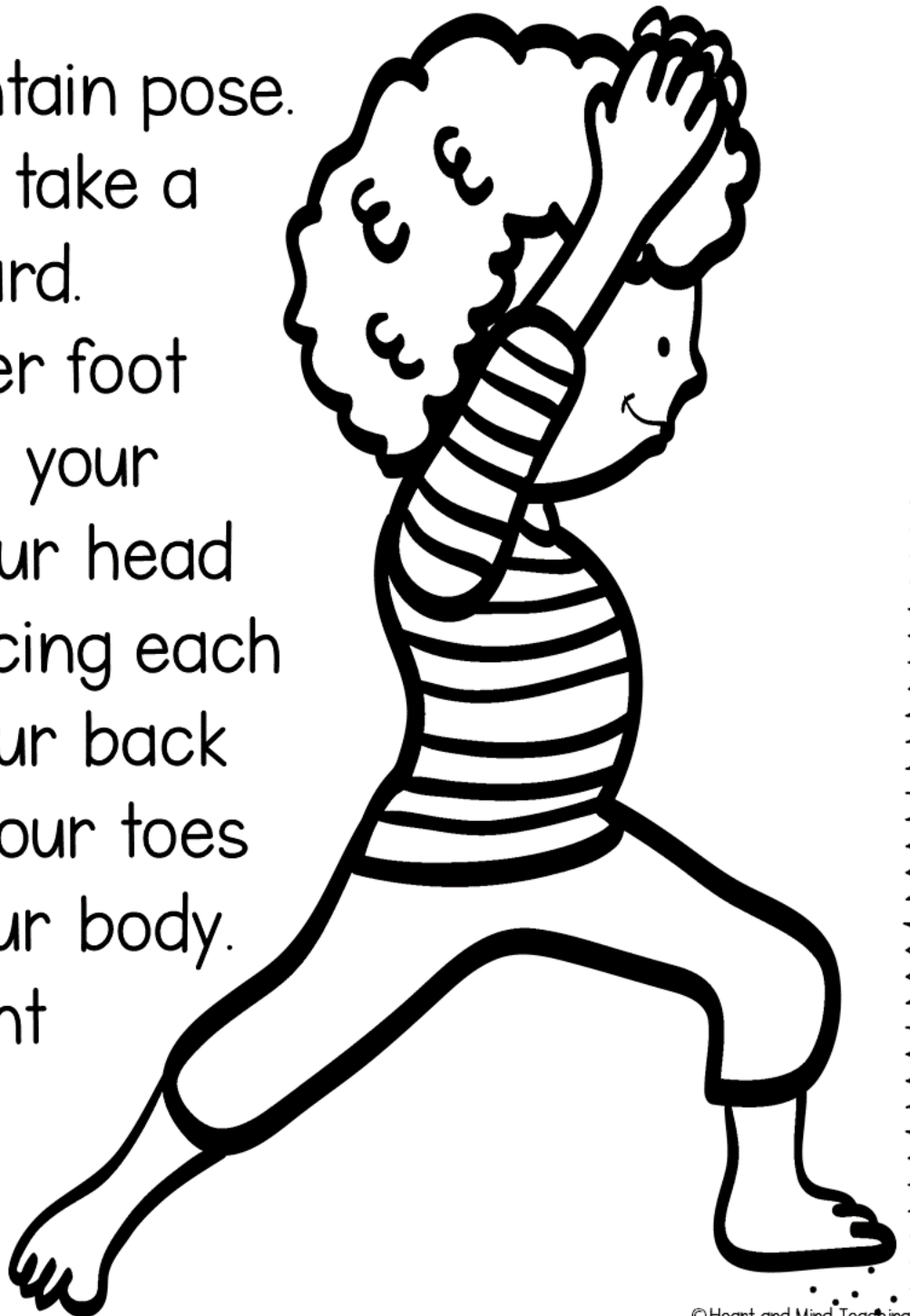
Stand with your toes touching and feet slightly apart. Sway your body gently back and forth.

Slowly bring it to a standstill with your weight balanced evenly. Breathe deeply.

# Yoga

## Warrior I 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.



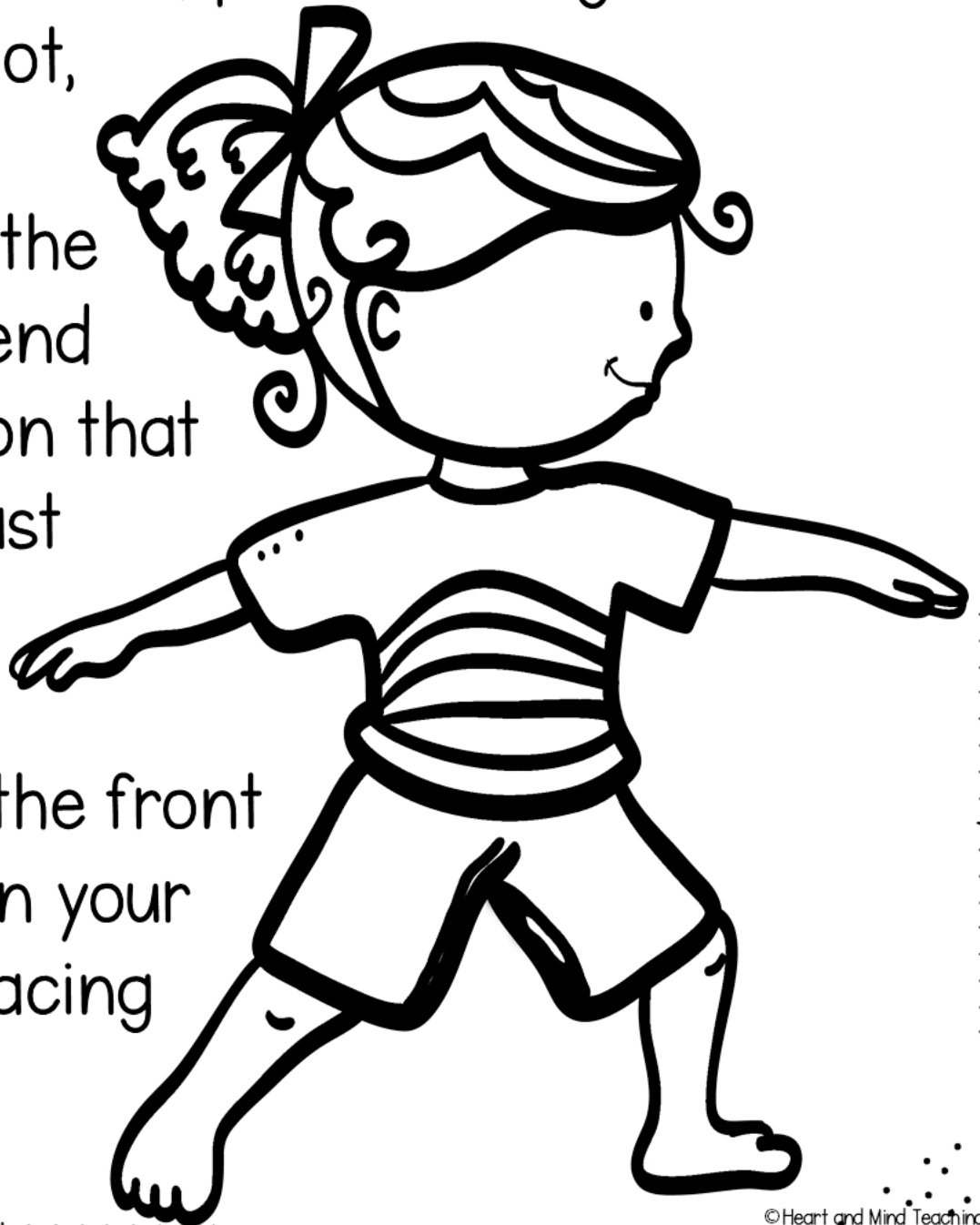
# Yoga

## 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.

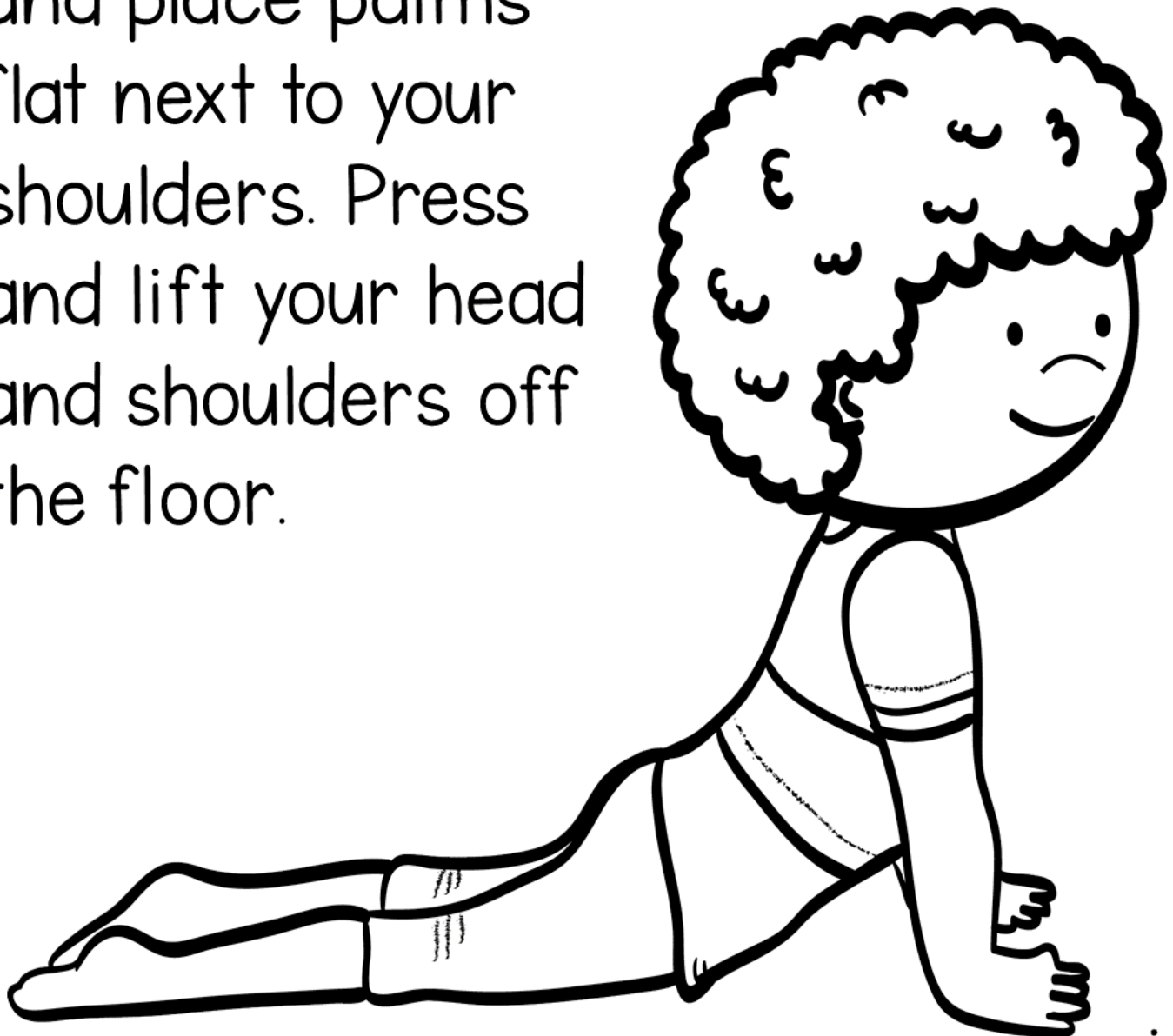
Straighten the front leg, and turn your toes back facing forward.



# Yoga

## Cobra Pose

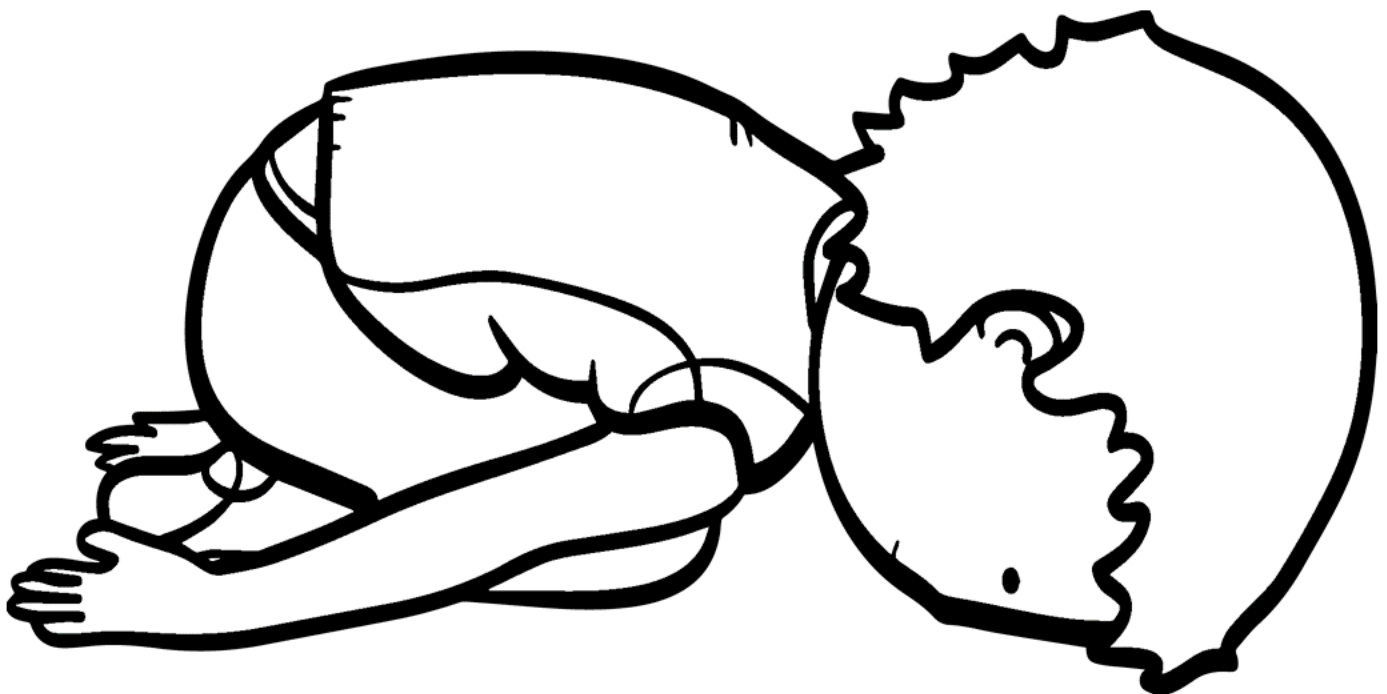
Lie on your belly and place palms flat next to your shoulders. Press and lift your head and shoulders off the floor.



# Yoga

## 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.





# Mindful

*Me*



This is the **Mindful Technique** I like the most:

This is the **Mindful Technique** I like the least:

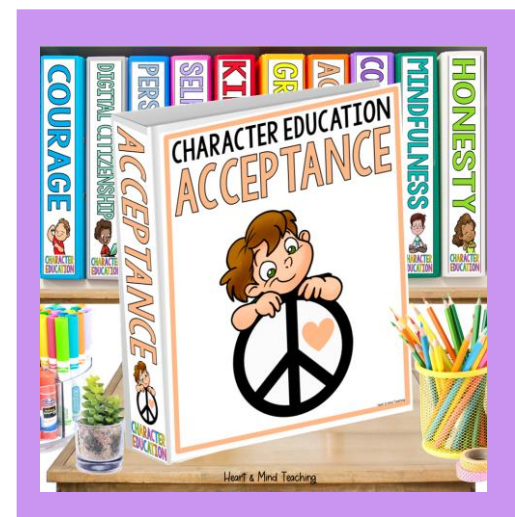
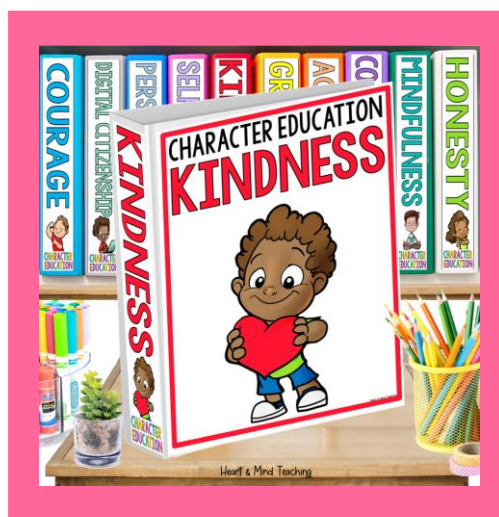
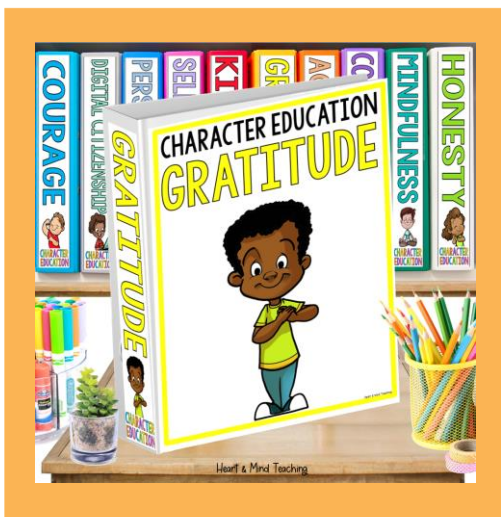
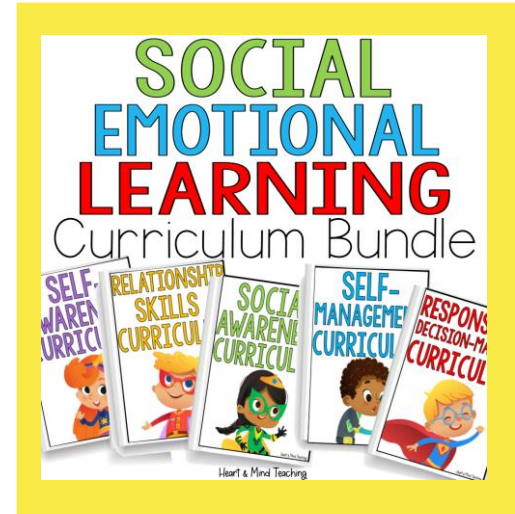
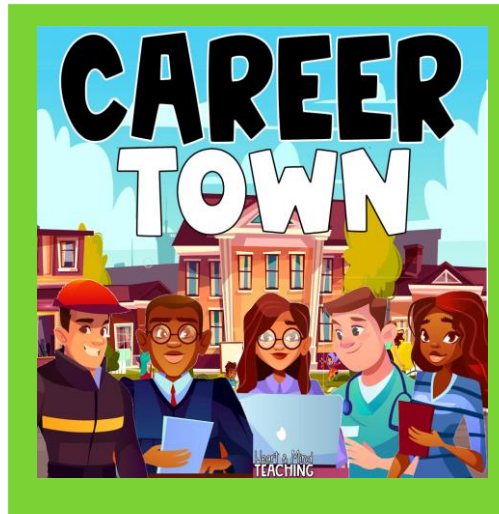
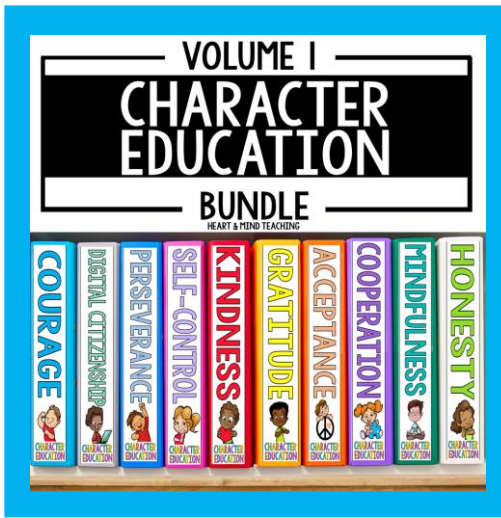
This is the **Mindful Technique** I want to practice more:

When using these **Mindful Techniques** I felt:



# CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



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with Laura & Ashley



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TEACHING



# 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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