

○ MUSIC  city COUNSELOR

THANK YOU FOR YOUR  
PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

LET'S CONNECT!



For helpful ideas, engaging resources, and freebies, please check out my website and membership!

○ ♥ **WEBSITE:** [www.musiccitycounselor.com](http://www.musiccitycounselor.com)

♥ **MEMBERSHIP:** [www.counselorcollab.com](http://www.counselorcollab.com)

# Please click here to access the digital presentation:

[https://docs.google.com/presentation/d/1RHKuElvblFLBclU9zG0P3vcey3L\\_4m\\_xwgrhrGHUs8M8/copy](https://docs.google.com/presentation/d/1RHKuElvblFLBclU9zG0P3vcey3L_4m_xwgrhrGHUs8M8/copy)

## General Google Slides Directions:

1. Please sign in with your Google account.
2. Please click "make a copy" and a copy of the presentation will automatically be saved to your Google Drive.
3. If you are using Google Classroom, please assign the presentation to your students.
4. If you are not using Google Classroom, you can post the resource to the virtual platform that you are using, or email the link directly to students. If you email the link to students, please make sure that they or their parents have a free Google account first. They will click on the link, sign in with their Google account, and then a copy of the resource will automatically be saved to their Google Drive. They can then use any device (tablet, smart phone, computer) to access the resource.
5. To use the text boxes in the presentation, please make sure that you are in "edit mode," not in "presentation" full-screen mode.



# How to Use the Activity:

PLEASE MAKE SURE TO USE THIS PRESENTATION IN "EDIT MODE," NOT FULL-SCREEN "PRESENTATION MODE."

- This presentation teaches students all about mindfulness. Students learn how our busy and chaotic world can bring up big feelings in all of us. Mindfulness is a strategy that can help us cope. Students learn the definition of mindfulness and 8 mindfulness practices. They also learn and practice 3 kid-friendly breathing exercises. Students learn that even when the world (or our brains) feel stressed or overwhelmed, we can find this quiet place within us and take a mindful moment.
- Please encourage students to practice the mindfulness techniques as they work through the presentation.
- The presentation closes with 3 reflection questions. Students can type directly in the text boxes that say, "Type here."
- A PowerPoint version of this presentation and printable resources are included in the zip file, too.
- Questions? Please contact me at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com). I'm here to help!
- PS I so appreciate when you please take a moment to leave feedback on my resources. It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow! ☺

# ○ TERMS OF USE:

- Make copies for the purchaser's classroom AND share copies with other educators within your school building
- Reference (without distribution) this product in blog posts, seminars, professional development workshops, or other such venues provided there is both credit given to myself as the author and a link back to my TpT store included in the post/presentation

• YOU MAY •

- Claim the work as your own, alter the files in any way, or remove/attempt to remove the copyright
- Share this product with educators outside of your school building
- Repackage, sell, or giveaway this product to others
- Offer to share this product anywhere on the internet as a download or copy

• YOU MAY NOT •



Please contact me any time at [laura@musiccitycounselor.com](mailto:laura@musiccitycounselor.com) with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ *laura oathout*

THIS RESOURCE WAS MADE POSSIBLE THANKS TO:



LittleRed's  
CLIP ART

TPT Shop: LittleRed