

○ 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

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ASCA MINDSETS & BEHAVIORS:

Mindset Standards:

- M1: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

Behavior Standards:

- B-SMS 2: Self-discipline and self-control
- B-SMS 7: Effective coping skills
- B-SS 9: Social maturity and behaviors appropriate to the situation and environment

DIRECTIONS PAGE I:

This lesson will take approximately 45 minutes to teach.

Recommended Sequence:

- Review the PowerPoint or digital for Google Slides™ presentation with students.
- Review (and display) the mindfulness posters with students.
- Discuss and practice the Mindful Moments cards with students.
- Choose a worksheet or coloring page to close the lesson.

Presentation:

Both a PowerPoint and digital for Google Slides™ presentation are included. 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.

As you work through the presentation, please model and practice the mindfulness techniques with students.

The presentation closes with 3 reflection questions. Students can "turn and talk" with a partner and then share out their thoughts with the group.

DIRECTIONS PAGE 2:

Posters:

9 instructional posters are included. These are great for practicing mindfulness techniques with students, and for displaying in your space!

Mindful Moment Cards:

These cards review 12 mindfulness practices. Please cut them out. There are many ways to use them! You can divide students into small groups and give each group 1-2 cards for them to practice as a group. You can hand them to students who are escalated and encourage them to take a mindful moment. You can keep them in your Calm Corner or on students' desks that need extra support. You can use them in lunch bunches or small groups as an icebreaker/calm way to start the group. Use them how you see fit!

Worksheets & Coloring Pages

Assorted worksheets and coloring pages are included to close the lesson. Please choose the ones that best fit the needs and abilities of your students, and the amount of time that you have!

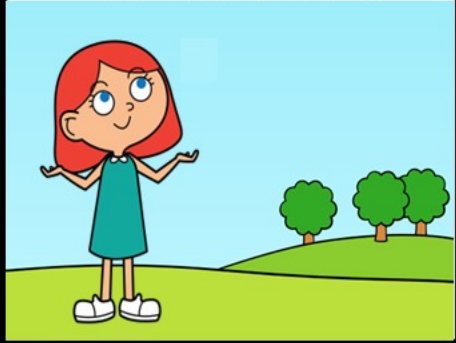
Questions or comments? Please contact me any time at laura@musiccitycounselor.com. I'm here to help! 😊

PS I SO appreciate when you please take a moment to review my resources on my TpT store. It earns you credits towards future purchases, helps other educators find quality resources, and helps my small business grow!

POSTERS

9 Ways to Practice MINDFULNESS

Be present in the
here and now.



Pay attention to
your breathing.



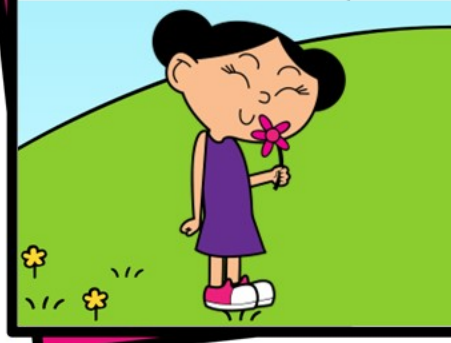
Focus on what you
see around you.



Focus on what you
hear around you.



Focus on what you
smell around you.



Admire the world
around you.



Journal and write.



Draw, paint, create.

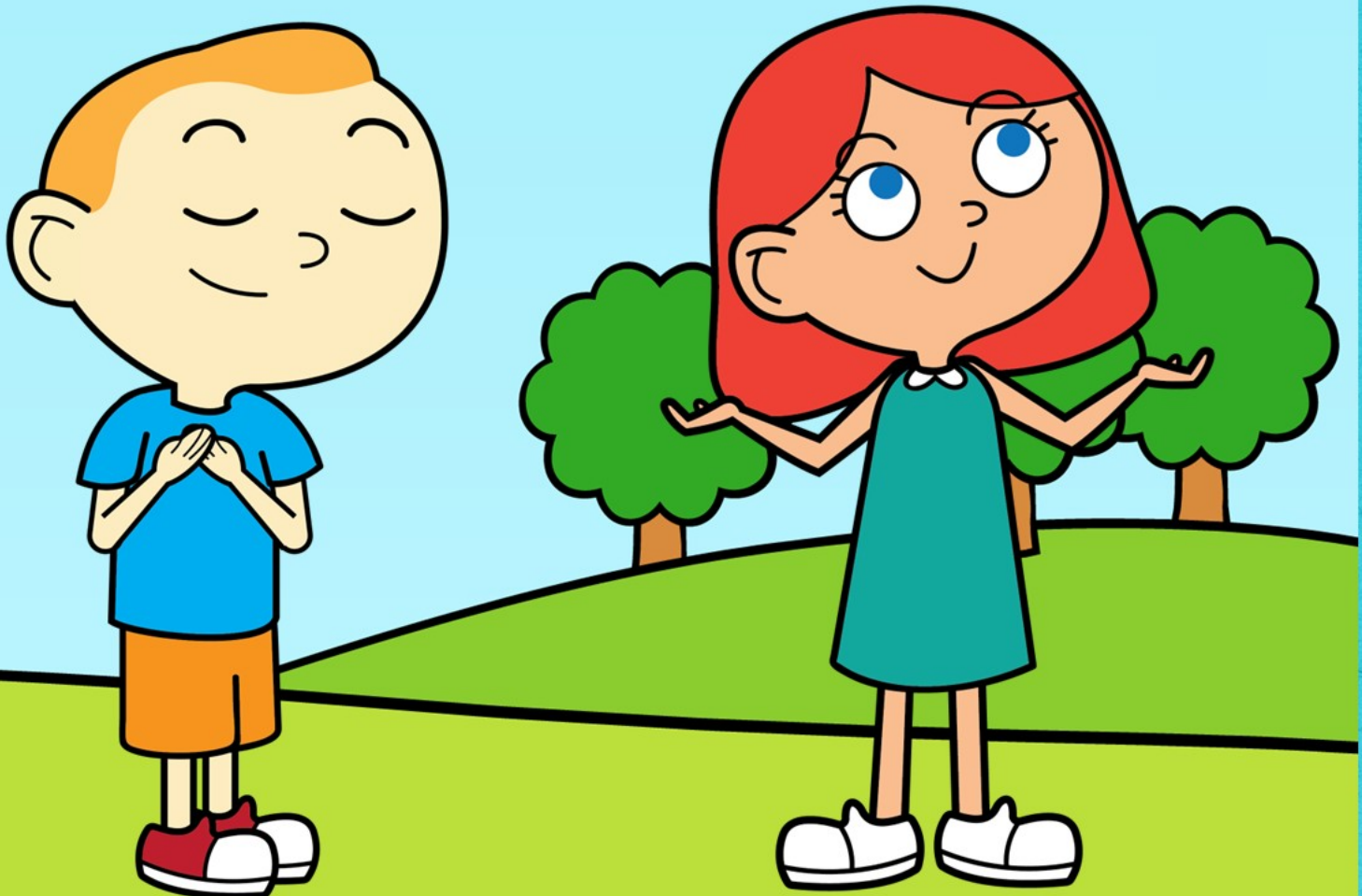


Practice yoga and
stretch.



What is MINDFULNESS?

The practice of being present
in the "here and now."



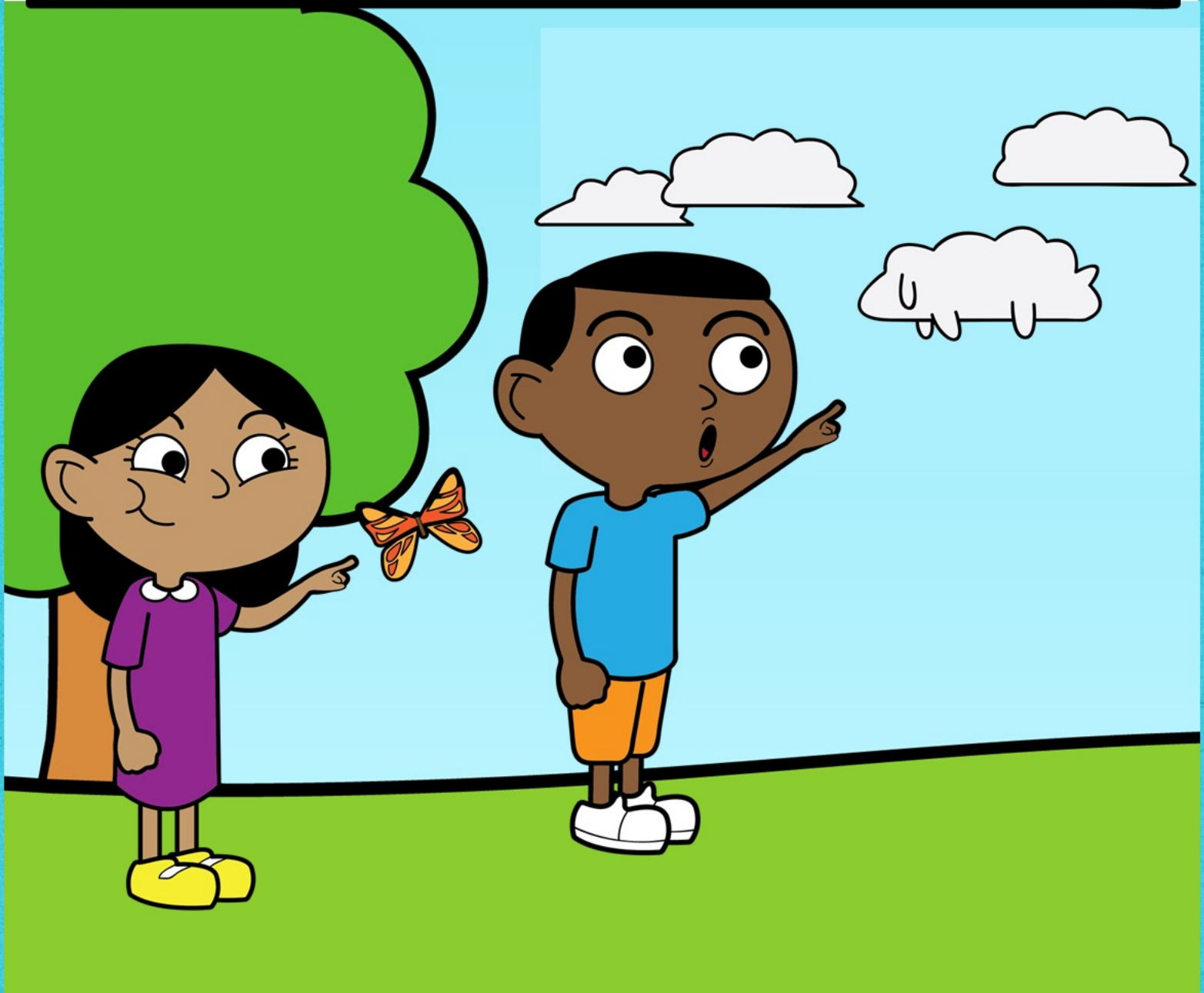
8 Ways to Practice MINDFULNESS

Pay special attention to your breathing. Breathe in and out.



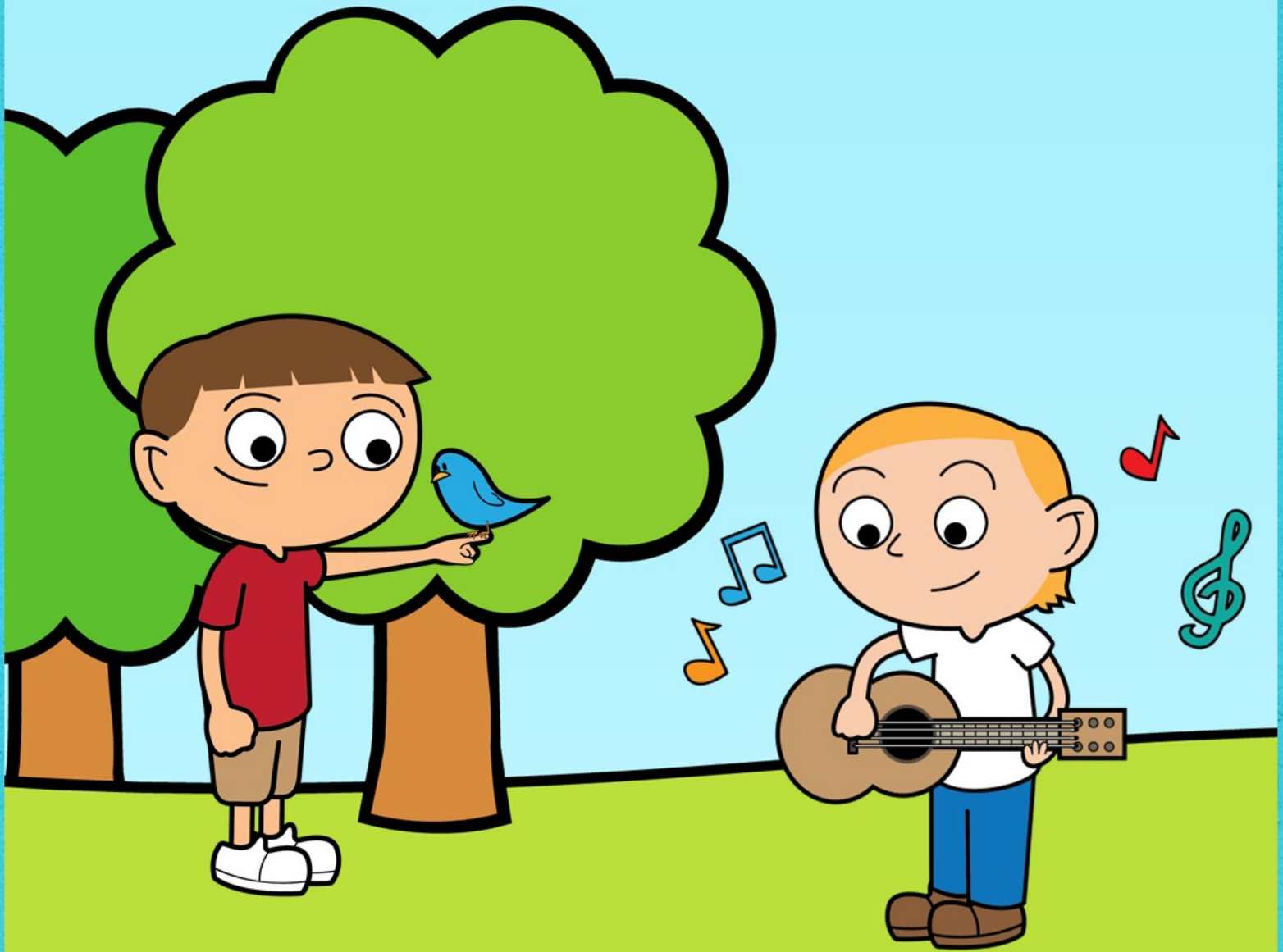
8 Ways to Practice MINDFULNESS

Focus on your senses.
What do you see around you?



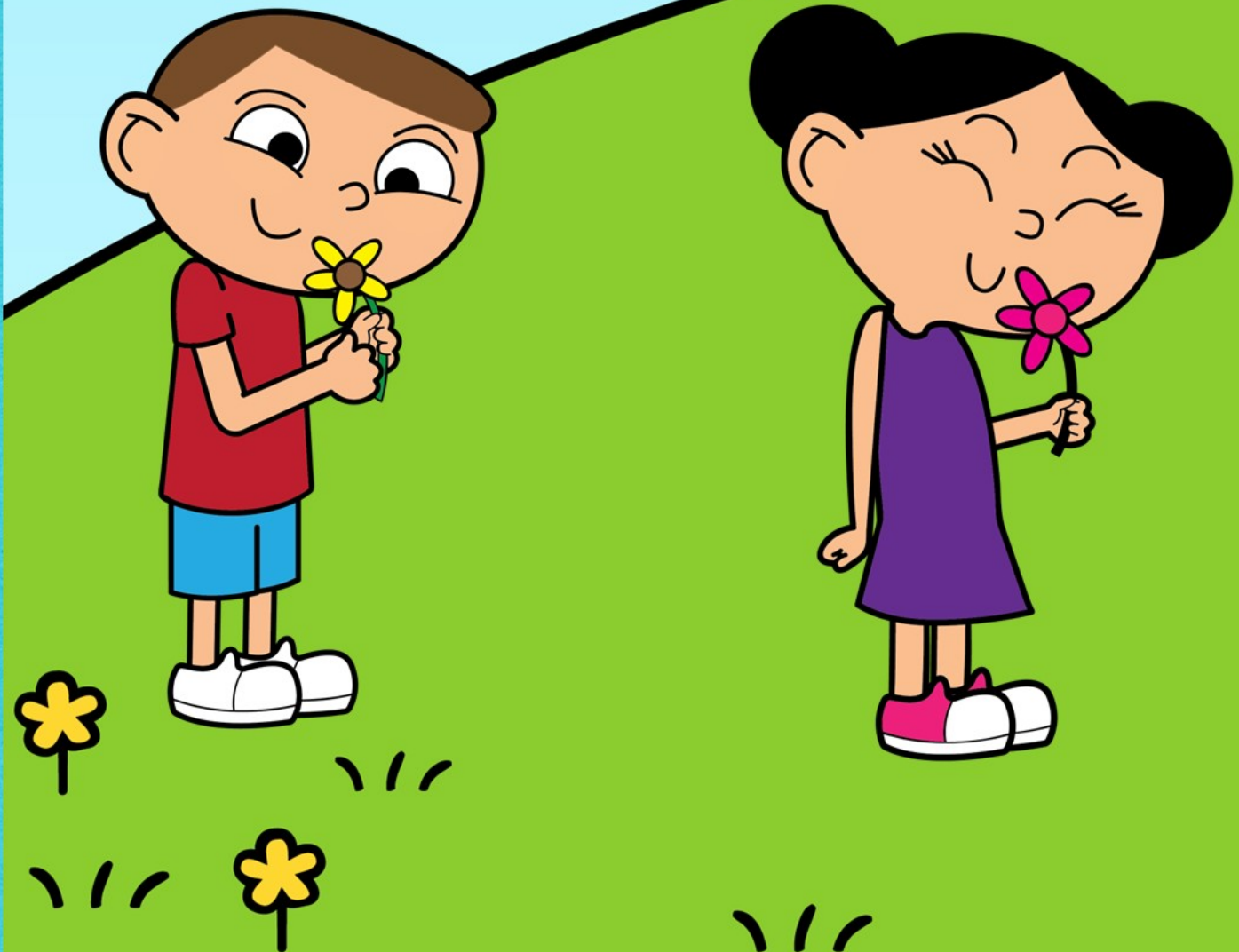
8 Ways to Practice MINDFULNESS

Focus on your senses. What do you hear around you?



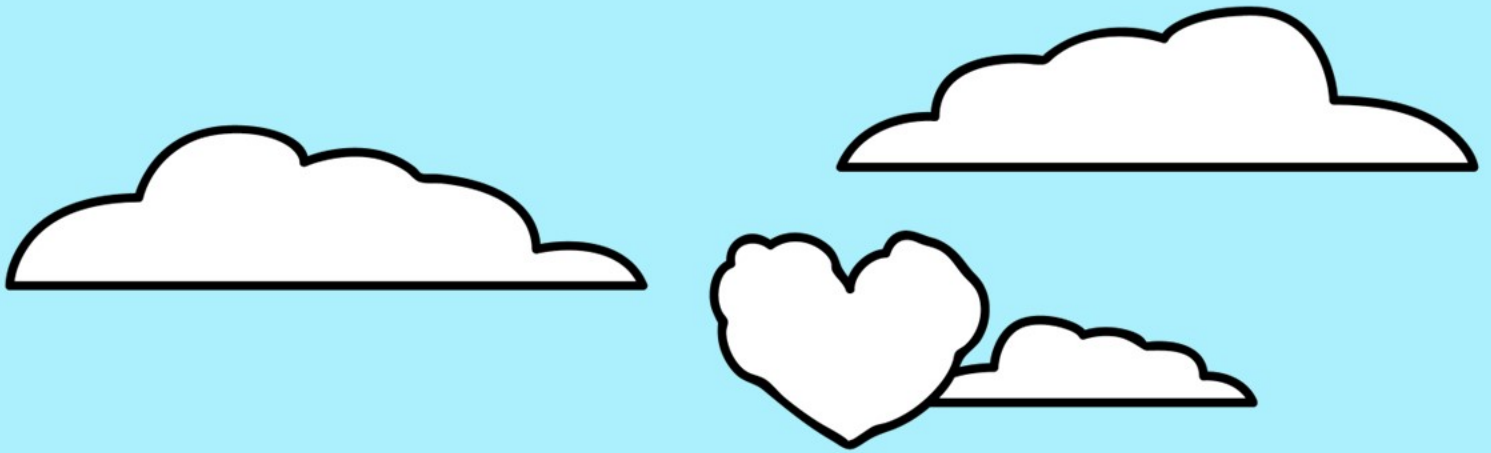
8 Ways to Practice MINDFULNESS

Focus on your senses. What do you smell around you? ..



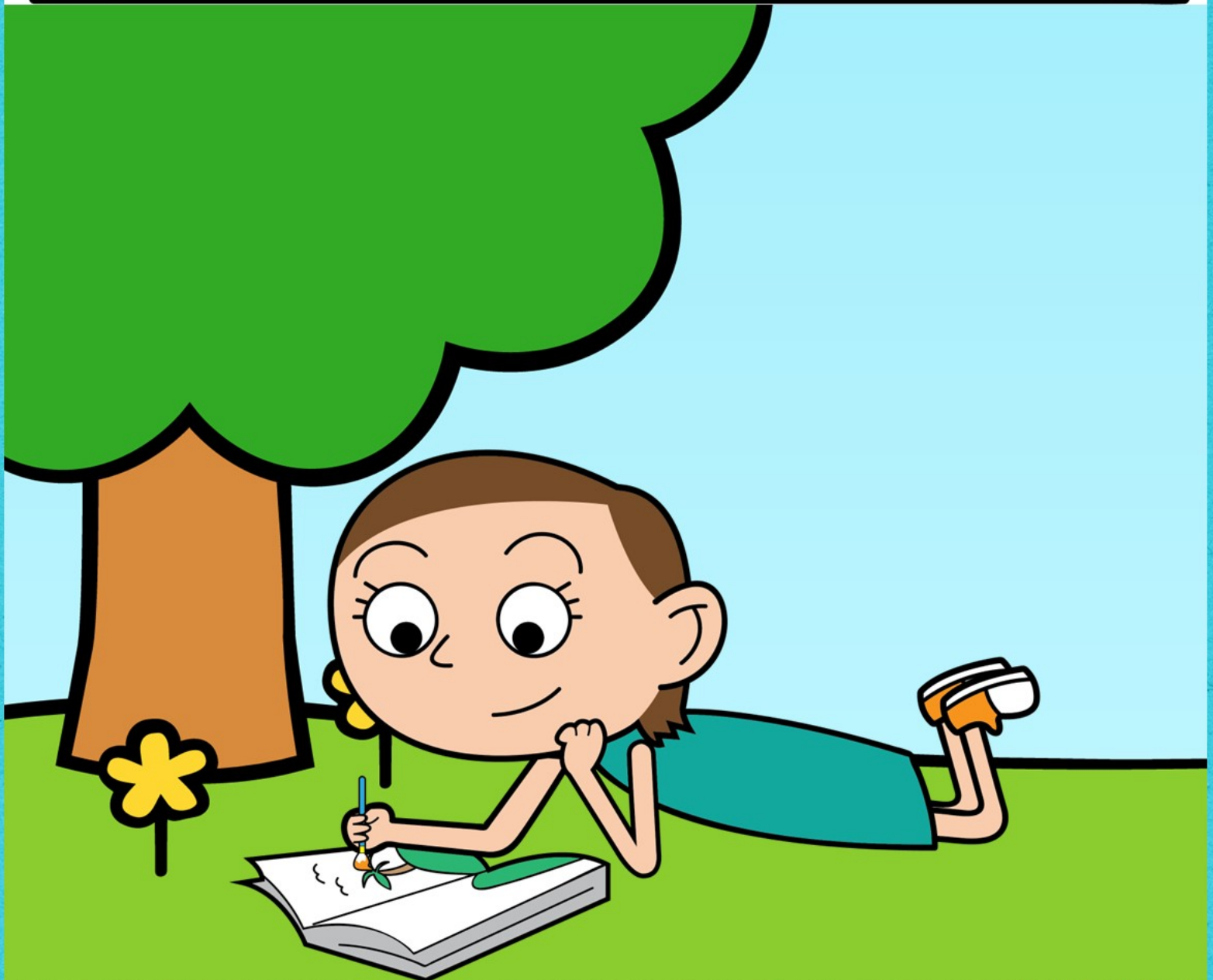
8 Ways to Practice MINDFULNESS

Admire the world around you.
Take in the beauty of nature..



8 Ways to Practice MINDFULNESS

: Write and journal. This helps you
be present and in touch with
your feelings. .:



8 Ways to Practice MINDFULNESS

· · Draw or paint. This focuses your mind on creating, curiosity, and color. · ·

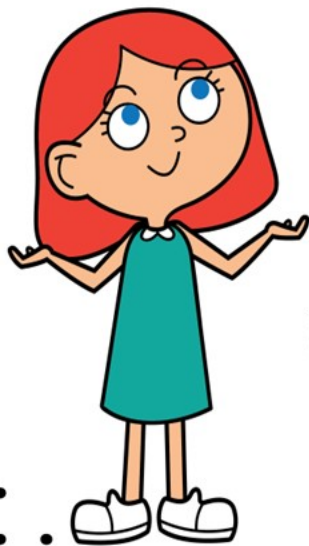


8 Ways to Practice MINDFULNESS

: Practice yoga or stretch. Pay attention to how your body feels as it moves. .:



MINDFUL MOMENT CARDS

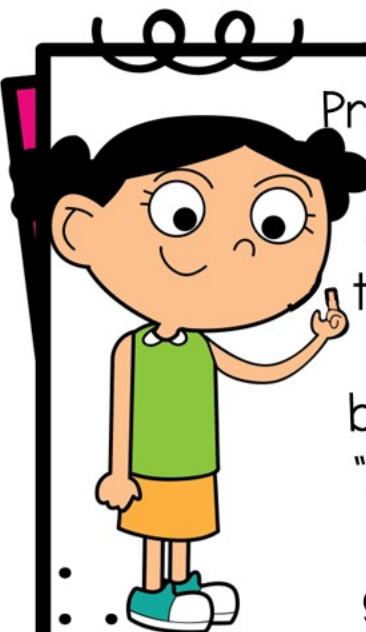


Focus your attention on the "here and now." Not the past or the future.

Pay special attention to your breathing. Breathe in and breathe out slowly.



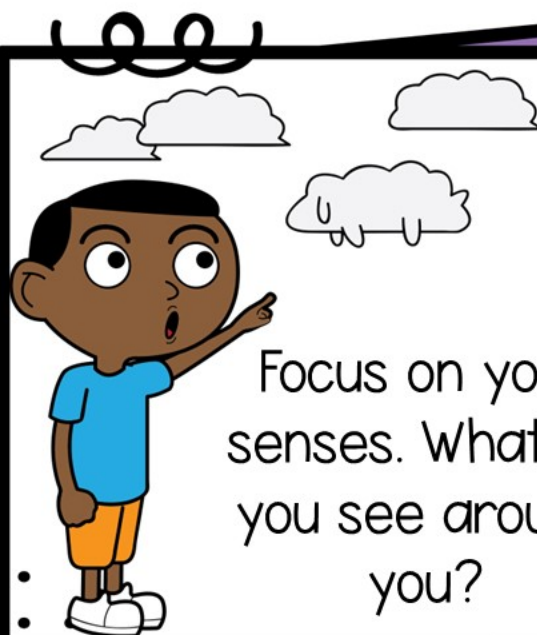
Draw a rainbow. Trace each color with your finger. Breathe in and out as you change colors.



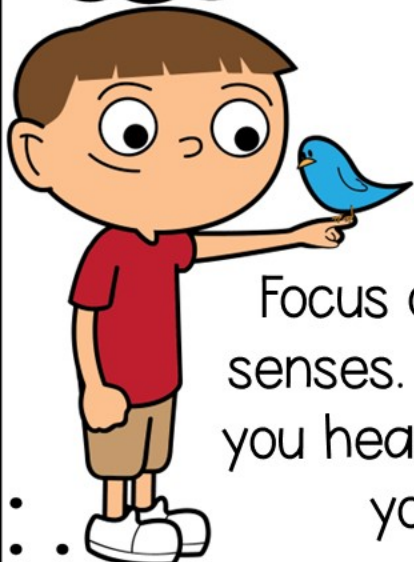
Pretend that your finger is a candle. "Smell" the candle and take a deep breath in. Then, "blow" out your candle with a gentle breath.



Take a deep breath in. Then, take a long, gentle breath out like you would to blow a bubble.



Focus on your senses. What do you see around you?

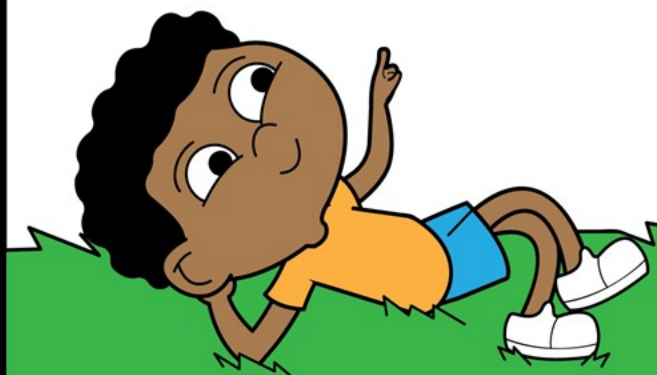


Focus on your senses. What do you hear around you?

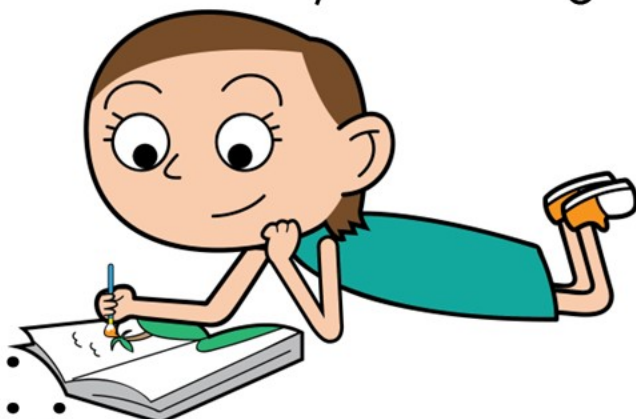


Focus on your senses. What do you smell around you?

Take in the beauty of nature.



Write and journal. Get in touch with your feelings.



Draw or paint. Focus your mind on creativity and color.



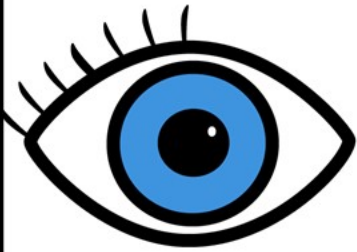
Practice yoga or stretch. Pay attention to how your body moves.

WORKSHEETS

Name: _____

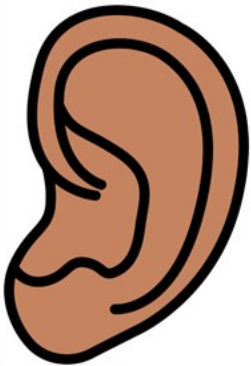
MINDFULNESS

LOOKS LIKE



..

SOUNDS LIKE



..

FEELS LIKE



..

Name: _____

MINDFULNESS

LOOKS LIKE



..

SOUNDS LIKE



..

FEELS LIKE

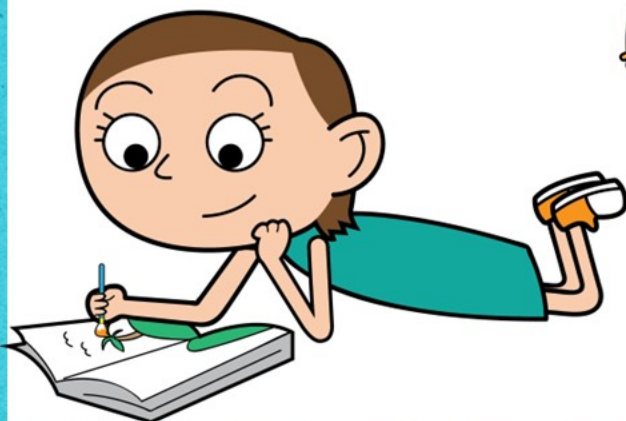
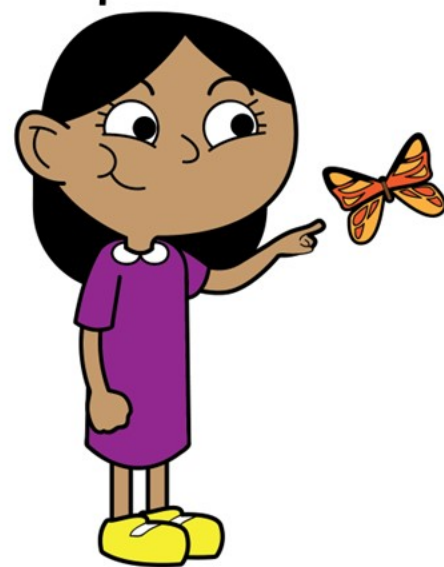
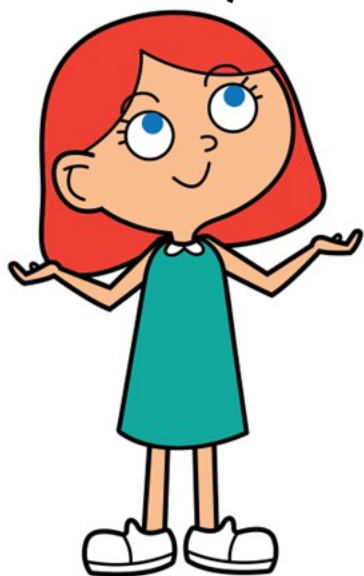


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Name: _____

MINDFULNESS

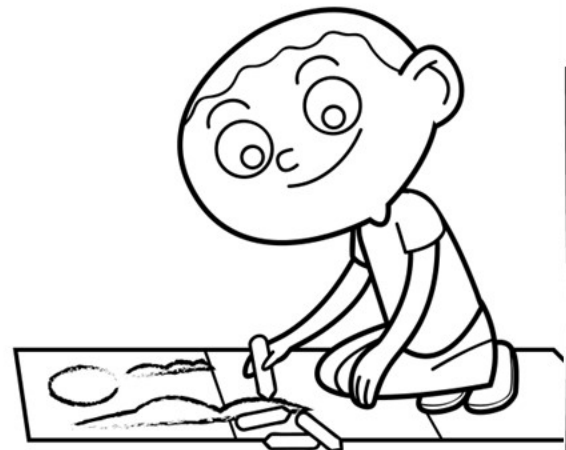
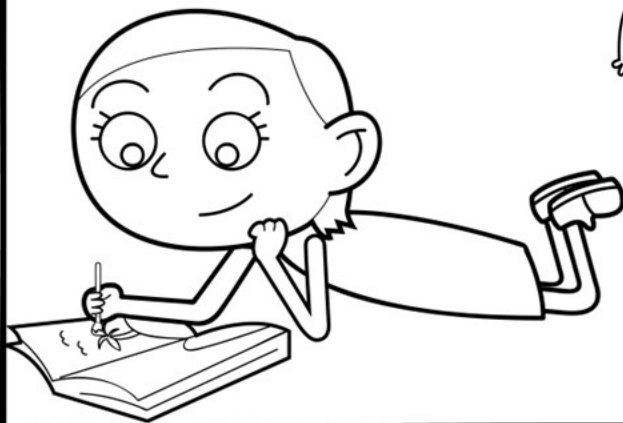
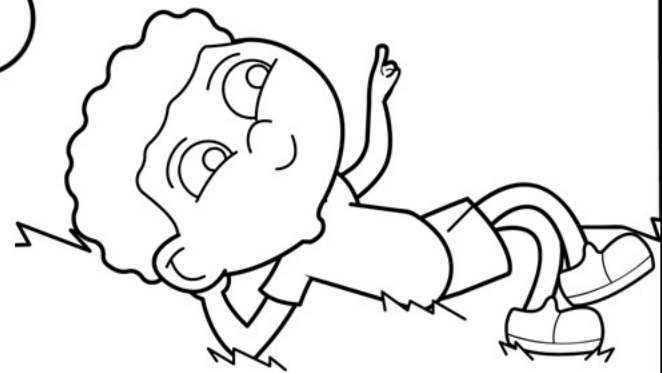
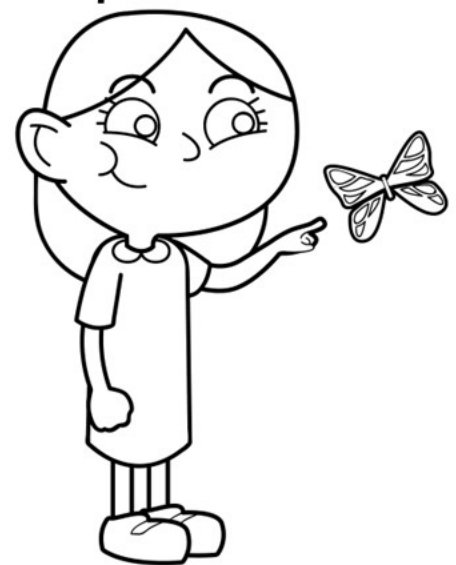
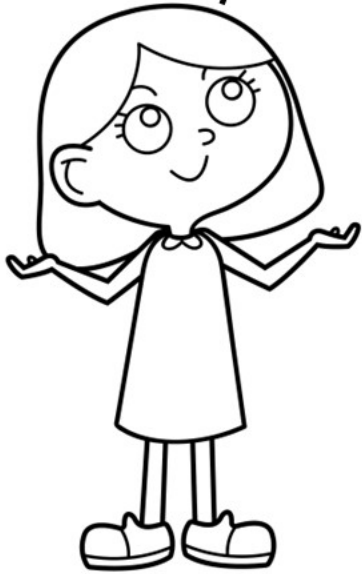
Circle your favorite mindfulness practices.



Name: _____

MINDFULNESS

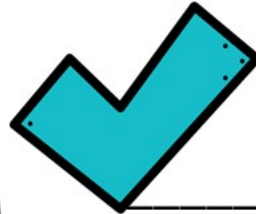
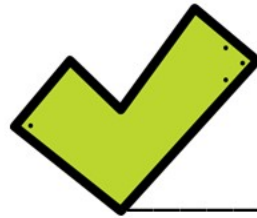
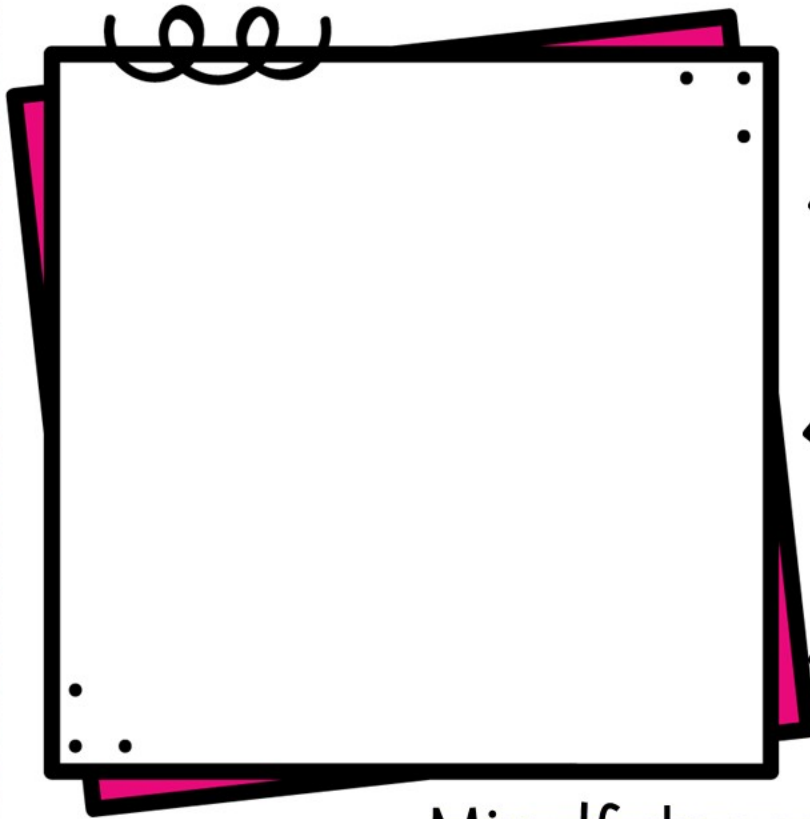
Color your favorite mindfulness practices.



Name: _____

MINDFULNESS

Mindfulness looks like: My favorite mindfulness practices:



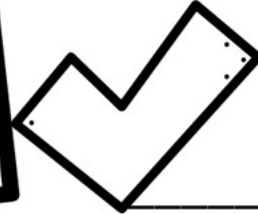
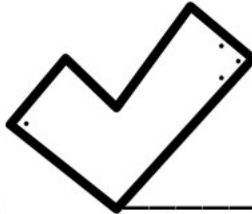
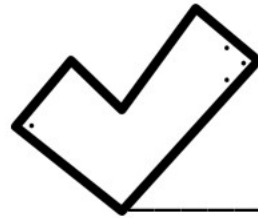
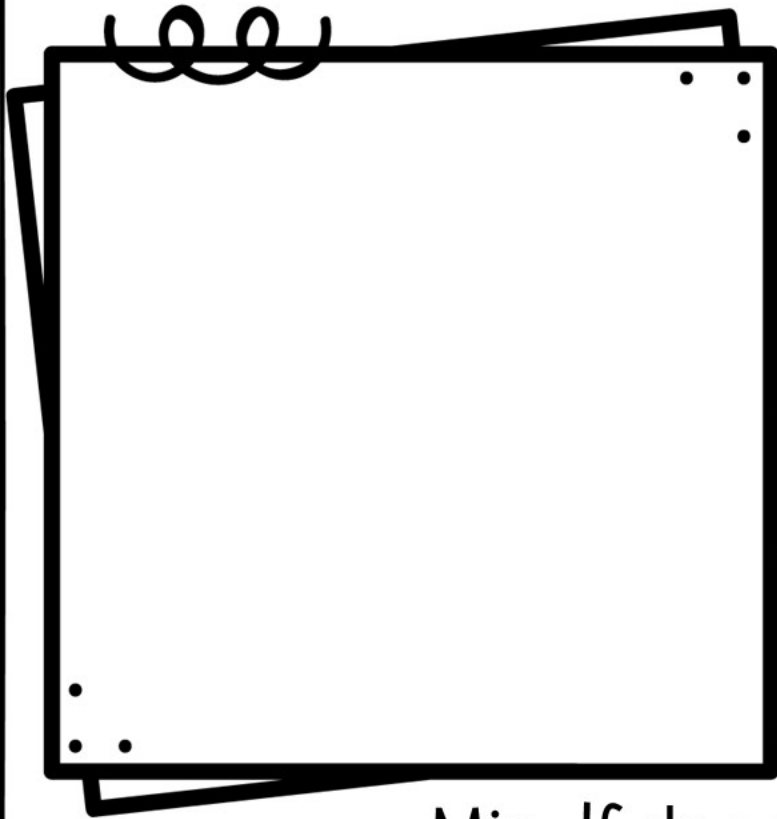
Mindfulness means:



Name: _____

MINDFULNESS

Mindfulness looks like: My favorite mindfulness practices:



Mindfulness means:



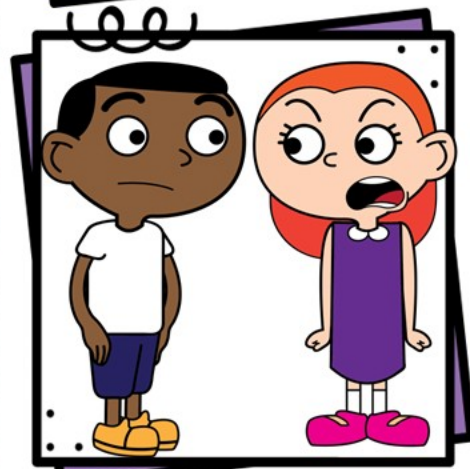
Name: _____

MINDFULNESS

How could you use mindfulness practices in each of these situations?





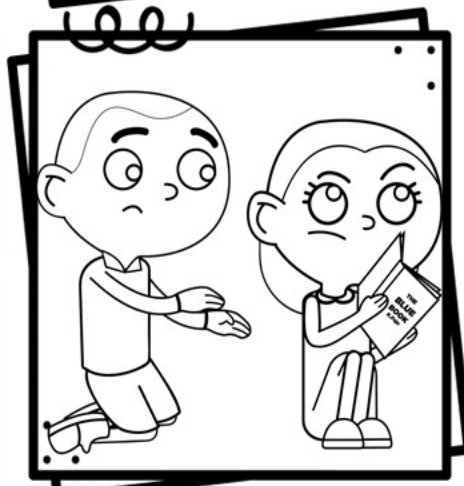


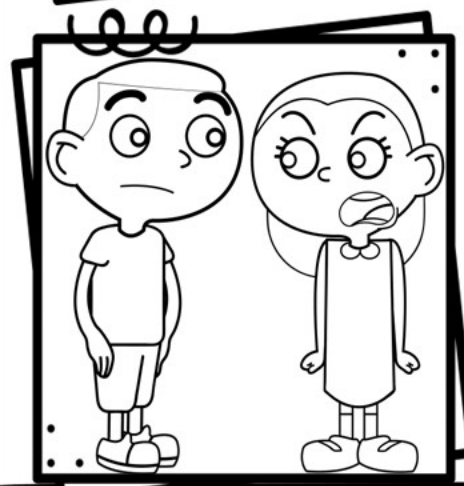
Name: _____

MINDFULNESS

How could you use mindfulness practices in each of these situations?







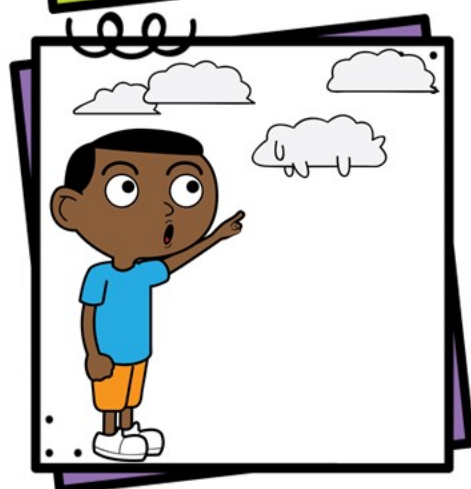
Name: _____

MINDFULNESS

Which mindfulness practice is each student using?







Name: _____

MINDFULNESS

Which mindfulness practice is each student using?





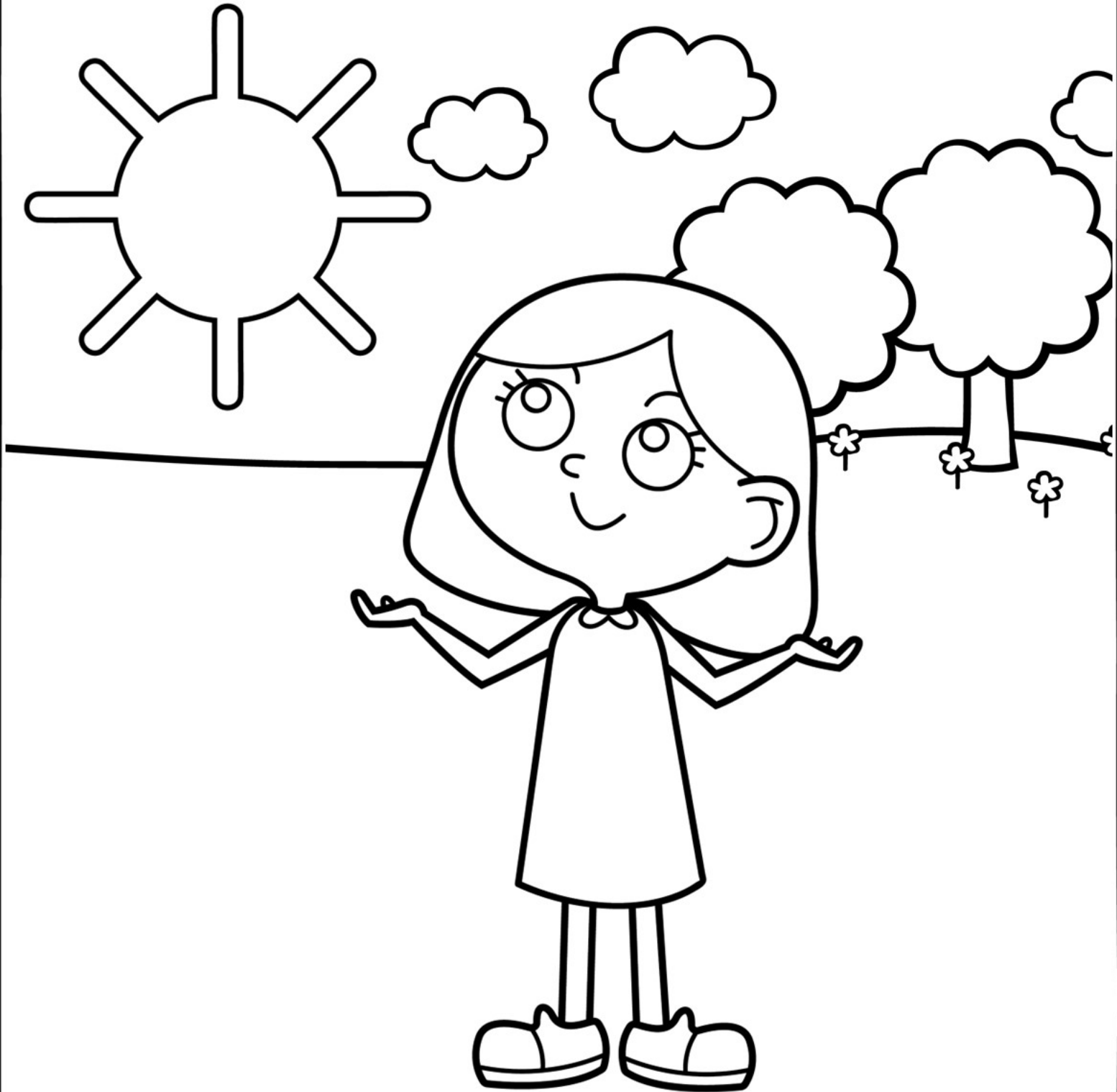


COLORING PAGES

Name: _____

MINDFULNESS

I am present in the here and now.



Name: _____

MINDFULNESS

I pay attention to my breathing.



Name: _____

MINDFULNESS

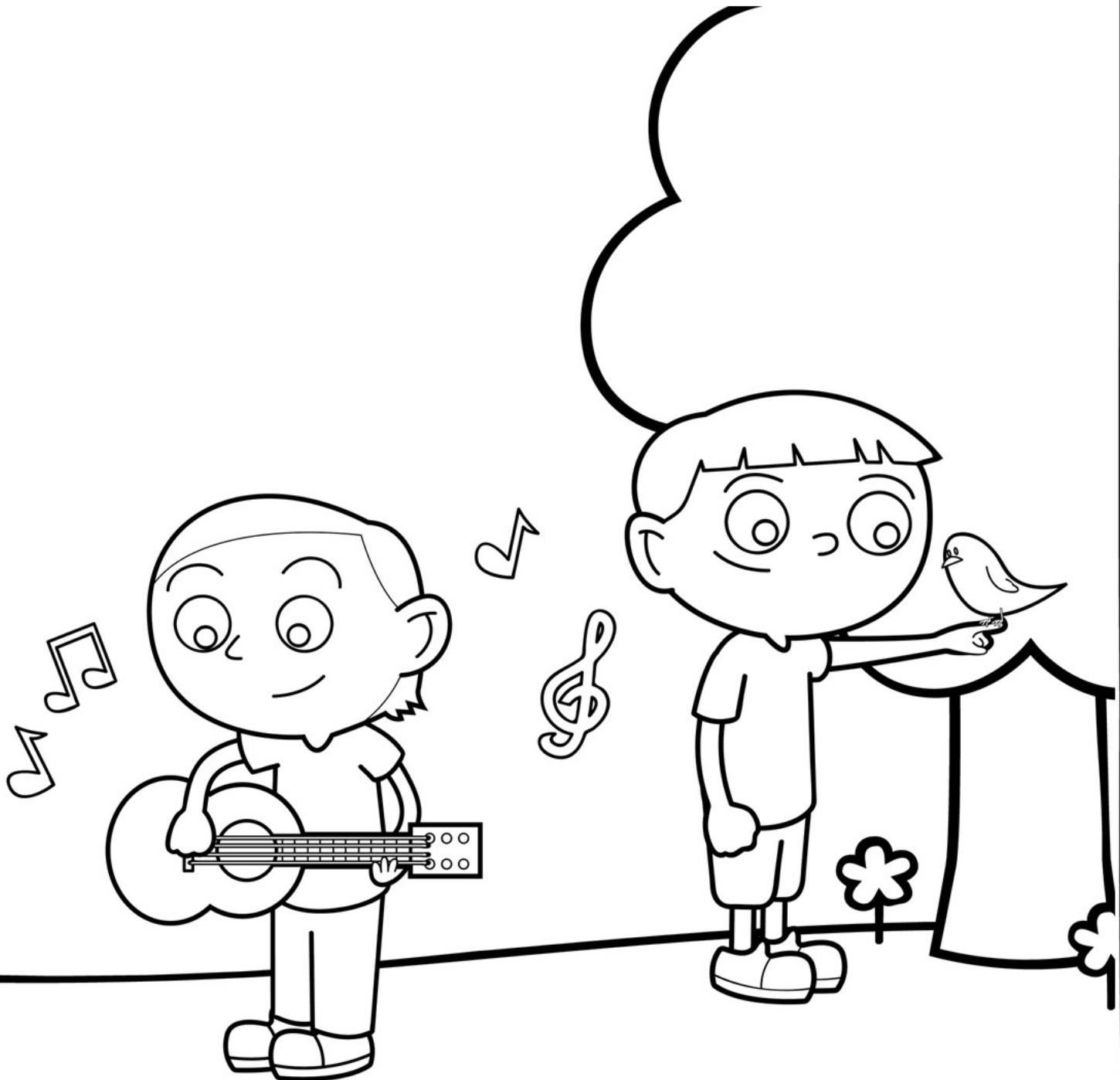
I focus on what I smell around me.



Name: _____

MINDFULNESS

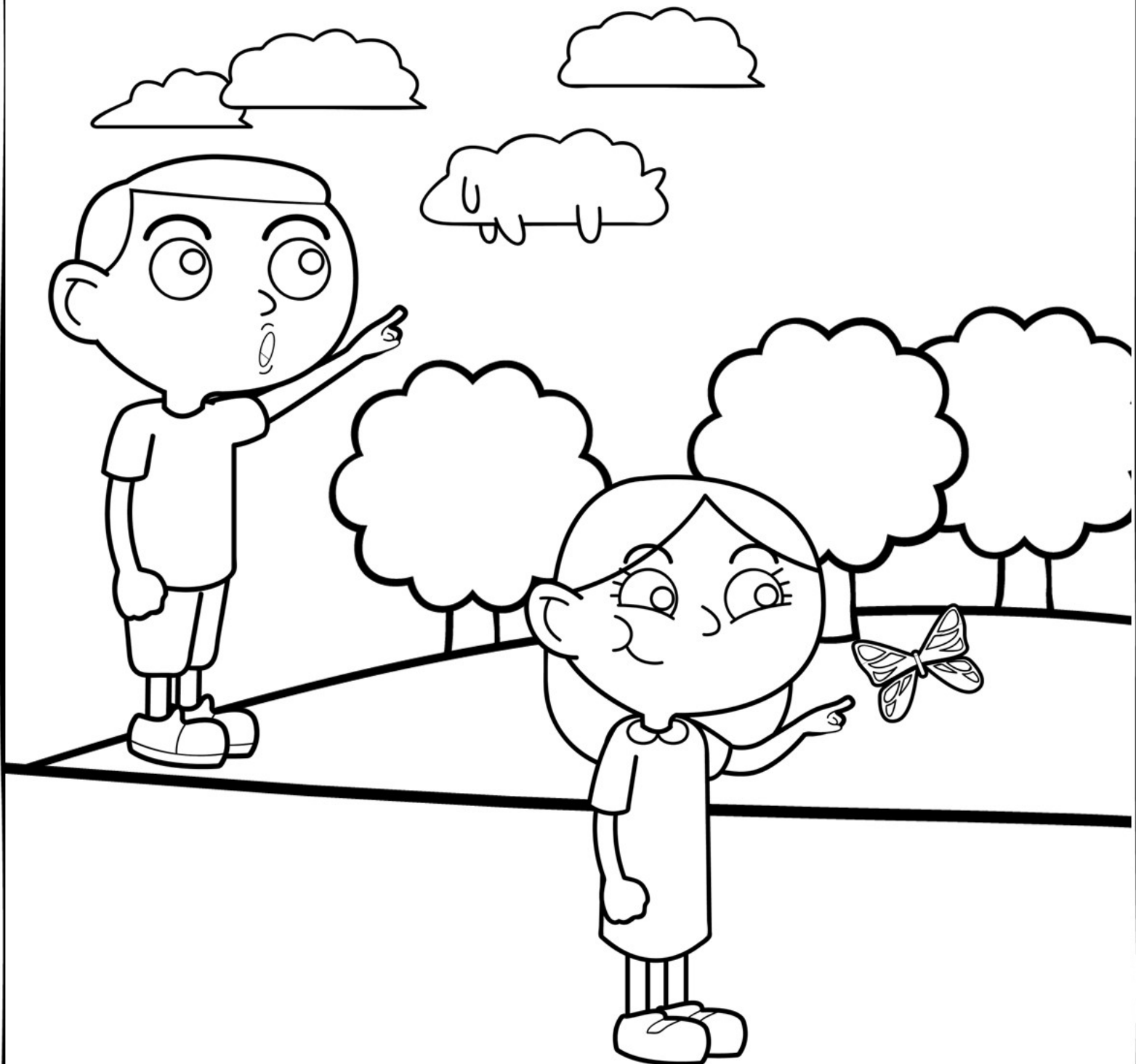
I focus on what I hear around me.



Name: _____

MINDFULNESS

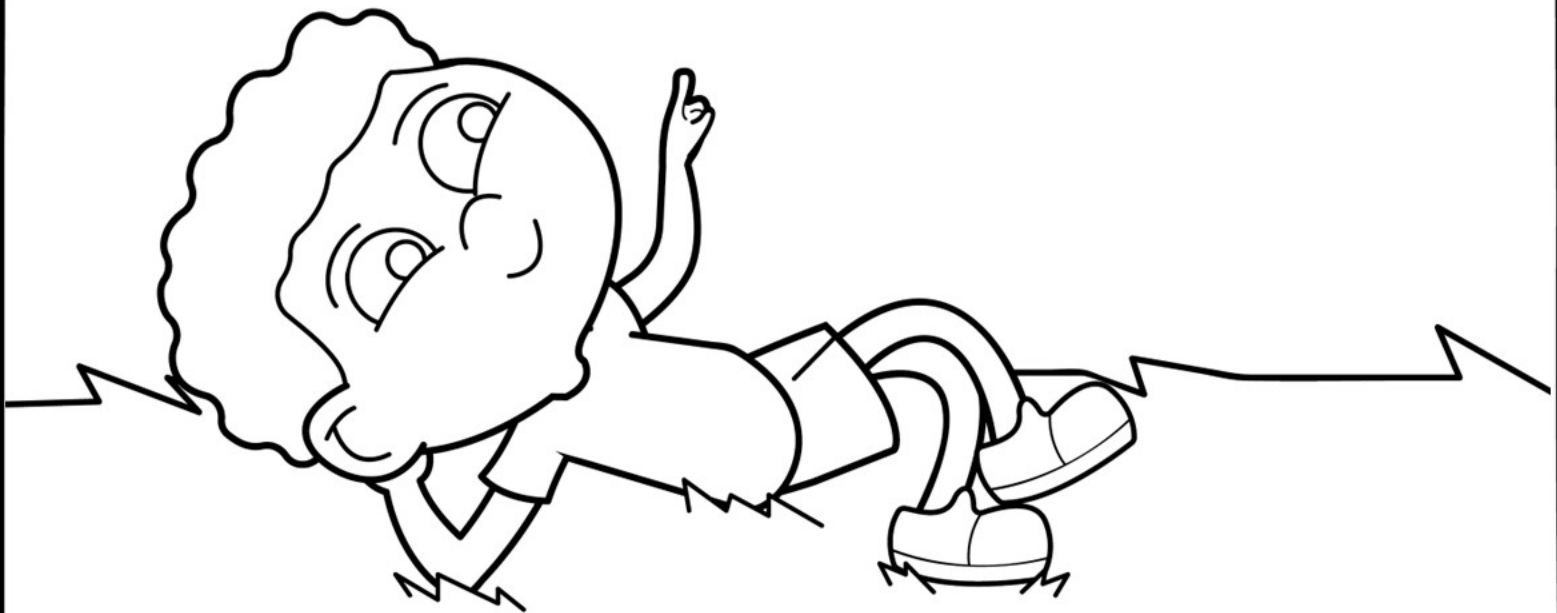
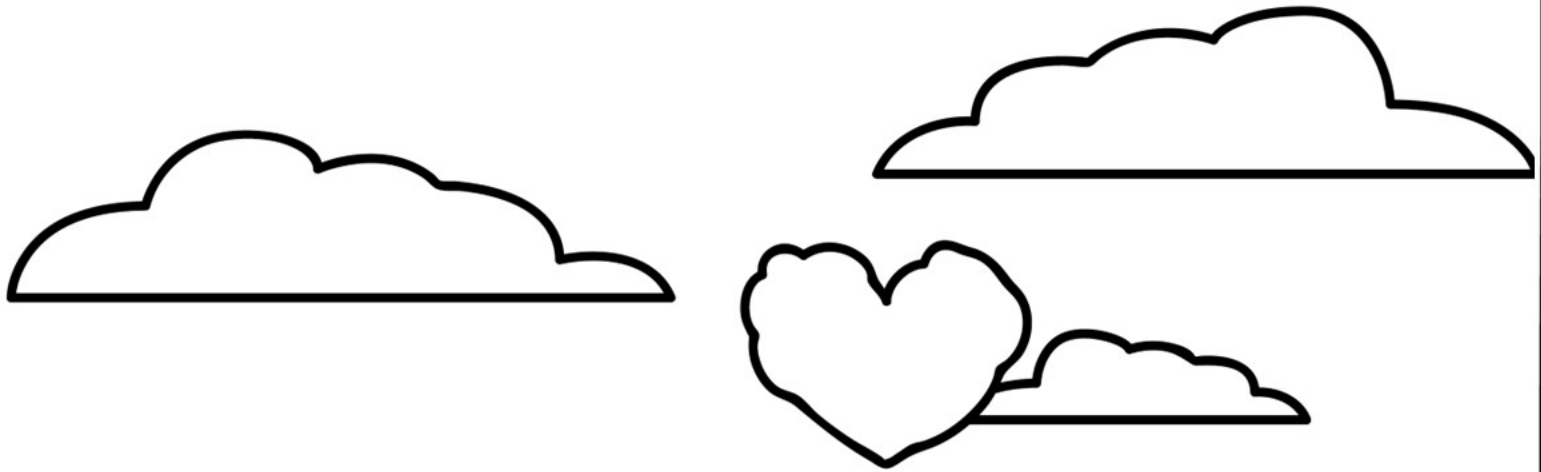
I focus on what I see around me.



Name: _____

MINDFULNESS

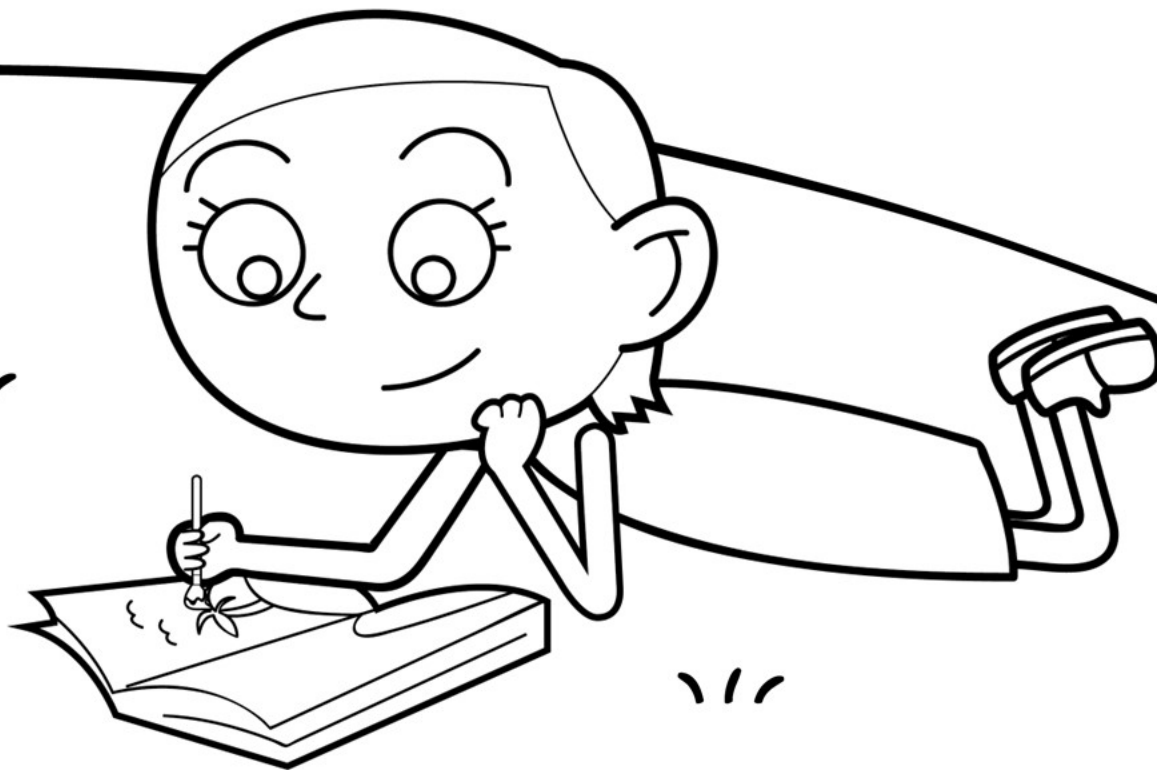
I admire the world around me.



Name: _____

MINDFULNESS

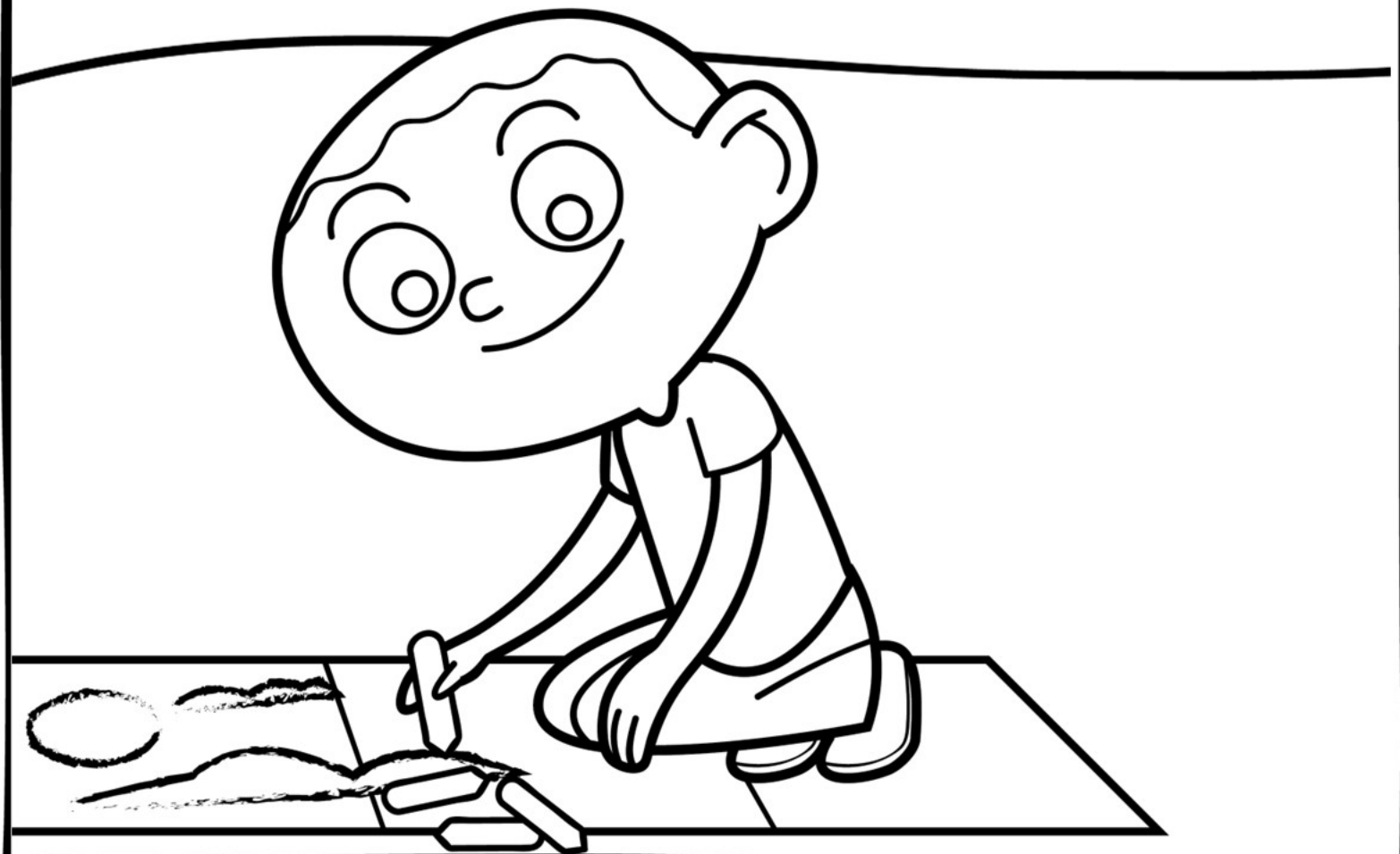
I journal and write to get in touch
with my feelings.



Name: _____

MINDFULNESS

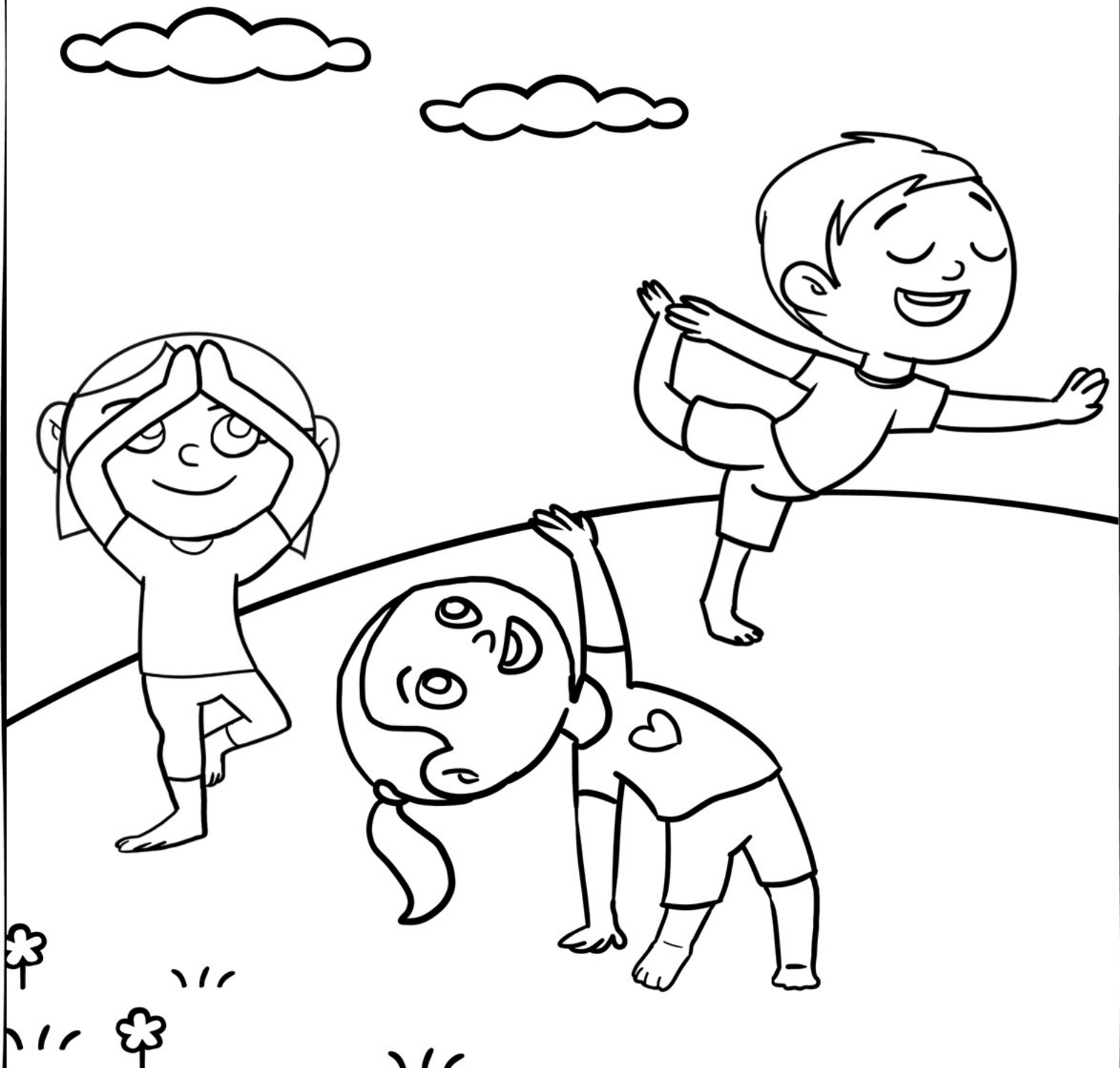
I draw or paint to focus my mind on
creativity, curiosity, and color.



Name: _____

MINDFULNESS

I practice yoga and stretch.



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