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If you have any questions or concerns please email me at:
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  [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 \(youtube video\)](#)

SEL IN A SNAP

Mindfulness

Session Objective:

*Students will identify ways to practice mindfulness.

Materials:

*Handouts, scissors, pencils, stapler.

Guiding Questions:

*What are some ways to show Mindfulness?

*How can mindfulness help you?

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: Self-discipline and self-control. (B-SMS 2)

*Behavior: Self-Management: Effective coping skills. (B-SMS 7)

SEL Competencies:

*Self-awareness: Identifying Emotions.

*Self-management: Stress management, self-discipline.

Session Details

*Prepare the workbook in advance. Print all pages and cut down the middle, in half, then put the pages back to back and staple them together forming the workbook for each student. Based on how much time you have, or the developmental level of your students, you may want to leave out a few pages and focus on the ones you find most important.

*Say "Today we are going to learning to practice mindfulness. Mindfulness means paying attention to your thoughts and feelings, as well as your environment, with a sense of curiosity and acceptance. Mindfulness practices help people manage stress, cope better with illness and reduce anxiety and depression. Many people who practice mindfulness report an increased ability to relax, a greater enthusiasm for life and improved self-esteem." Let's look at your workbook, you will see on the third and fourth pages, mindset practices and traits." Go through each page that talks about a different mindset practice or trait. "The first mindset practice is Meditation." Go through how to do meditation and how it benefits/helps us. Mention that this is different for every person, meditation can be done and looks differently for each person. These are just common ways to meditate. On the next page, have students write or draw what meditation looks/feels like to them and when they would use meditation in their lives. Go through the rest of the mindset traits and practices.

↪ Mindfulness

Paying attention to your thoughts and feelings, as well as your environment, with a sense of curiosity and acceptance.



Mindfulness



Meditate



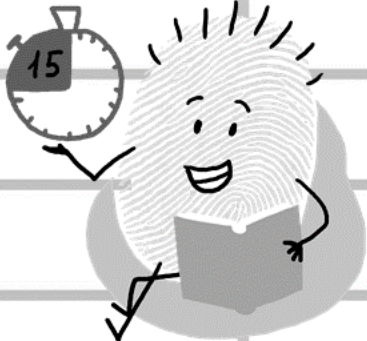
Yoga



Deep breathing



Present-focused



Mindful break



Mindful Eating



Mindful Walking



Go outside



Body Scan



Acceptance



Blow Bubbles



Patience



Open attitude



Use your senses



Practice gratitude



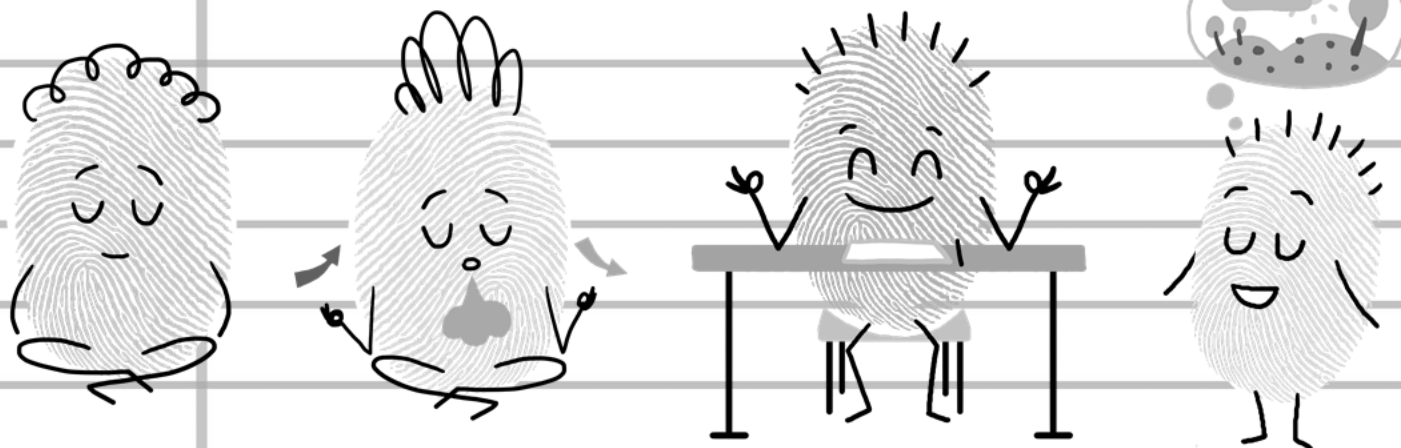
Compassion



Visualization



Mindfulness



Name: _____

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Mindfulness:

Paying attention to your thoughts and feelings, as well as your environment, with a sense of curiosity and acceptance.



Why is it important?

Mindfulness practices help people manage stress, cope better with illness and reduce anxiety and depression. Many people who practice mindfulness report an increased ability to relax, a greater enthusiasm for life and improved self-esteem.

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Mindful Traits



Open
attitude



Practice
gratitude



Acceptance



Compassion



Patience

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Mindful Practices



Meditate



Yoga



Deep
breathing



Body
Scan



Mindful
Walking



Visualization



Mindful
break



Mindful
Eating



Blow
Bubbles



Present-
focused



Use your
senses



Go outside

© Heart & Mind Teaching



Mindfulness

MEDITATE

How does it help?
Meditation helps to focus your attention and reduce the amount of thoughts overwhelming your brain and causing you stress. It can give you a sense of peace and calm.

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How to do it: To meditate, close your eyes and mouth, breathe through your nose. Inhale deeply into your abdomen. Exhale through a slightly open mouth until your lungs are empty. Focus on your breath as you breathe.



MEDITATE

I can meditate when:



Meditation looks/feels like this to me:

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Mindfulness

YOGA

How does it help? Yoga emphasizes mindfulness and being present in the moment. This can help reduce stress and anxiety and improve overall mental health.

What is it? Yoga includes a series of physical postures that are designed to improve flexibility, strength, balance, and overall physical health. It often includes breathing exercises and meditation.



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YOGA

I can do yoga when:

Yoga looks/feels like this to me:



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Mindfulness

DEEP BREATHING

How does it help?:
When we are upset, our breathing changes even without us noticing. Controlling our breaths with deep slow breathing will help tell our bodies to relax.

How to do it: Place one hand on your chest and one hand on your stomach somewhere above your belly button. Breathe in through your nose, noticing your stomach rise. Exhale through your mouth. Use your stomach muscles to push air out at the end of the breath.

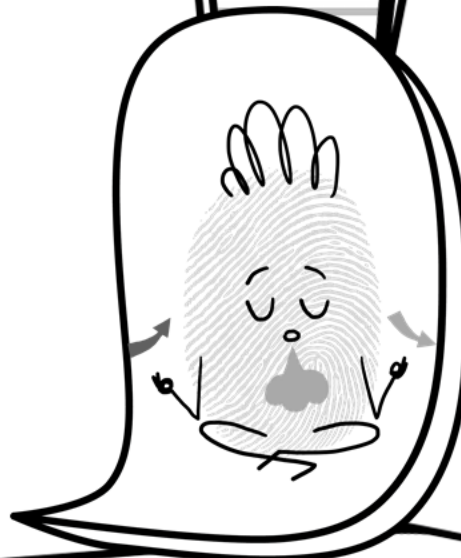


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DEEP BREATHING

I can do deep breathing when:

Deep Breathing looks/feels like this to me:

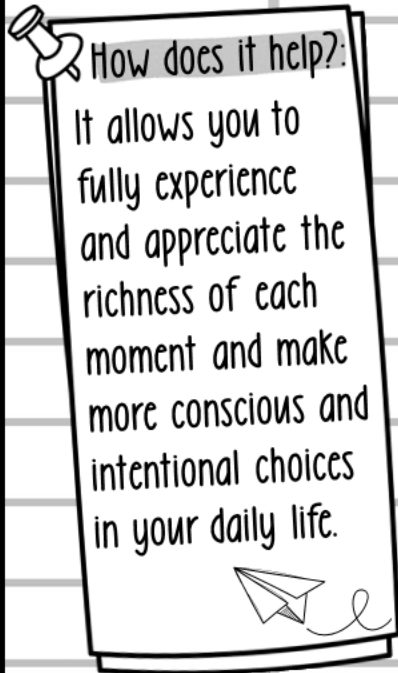


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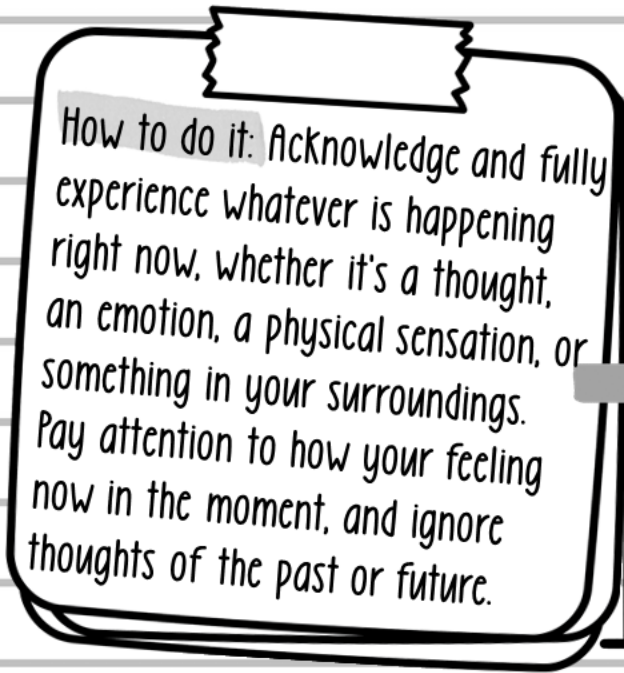


Mindfulness

PRESENT-FOCUSED



© Heart & Mind Teaching



PRESENT-FOCUSED



© Heart & Mind Teaching

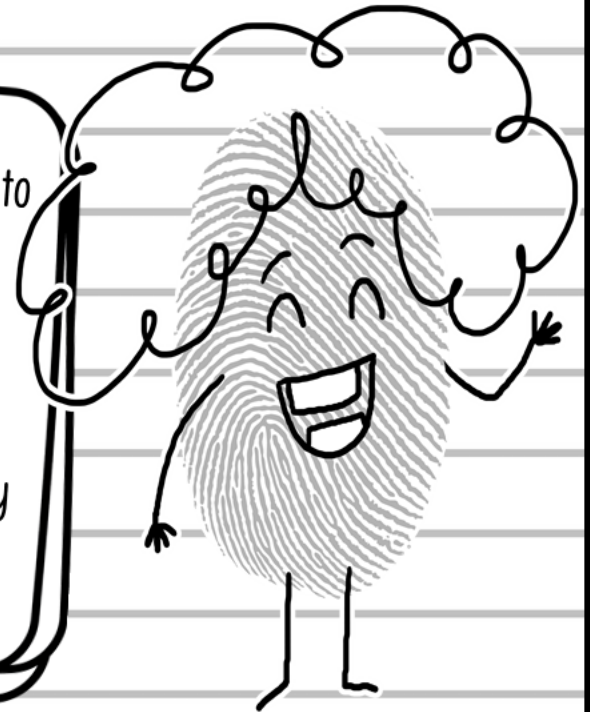


Mindfulness

OPEN ATTITUDE

How does it help?:
It encourages growth, understanding, and the development of a more inclusive and tolerant worldview. It increases growth and learning and improves relationships.

How to do it: Have a willingness to consider, accept, or embrace different perspectives, ideas, experiences, or information. It involves a lack of prejudice, a readiness to learn, and a flexibility of thought. Being open to the opinions and views of others.



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OPEN ATTITUDE

I can have an open attitude when:

An open attitude looks/feels like this to me:



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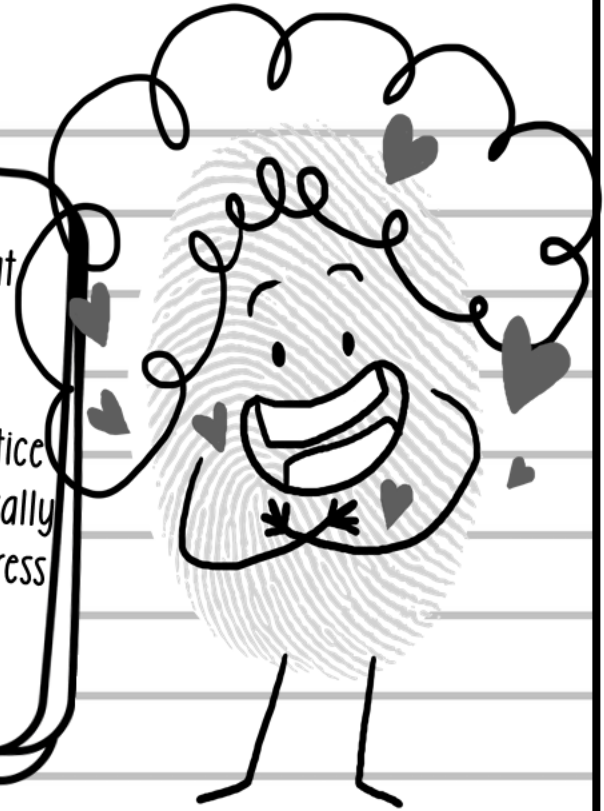


Mindfulness

GRATITUDE

How does it help?:
Practicing gratitude is strongly related to being happier and helps people feel more positive emotions, build stronger relationships, and deal with problems that come their way.

How to do it: Make a list of what you are grateful for, this can be people, things, experiences, and memories. Take a moment and notice good things around you and mentally appreciate them. You can also express your gratitude by writing a thank you note or appreciating someone.



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GRATITUDE

I can show gratitude when:

Gratitude looks/feels like this to me:



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Mindfulness

ACCEPTANCE

How does it help?:
Acceptance can lead to inner peace. When individuals accept the present moment and let go of unnecessary resistance, they often experience a sense of calm and tranquility.

How to do it: Recognize and acknowledge a situation, circumstance, or person without resistance or judgment. It involves embracing reality as it is, whether it aligns with one's preferences or not. It involves facing the truth, or the reality of the situation, and letting go of the desire for it to be different.



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ACCEPTANCE

I can show acceptance when:



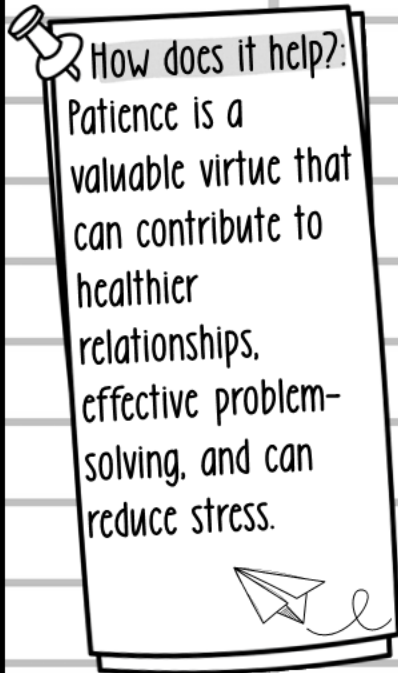
Acceptance looks/feels like this to me:

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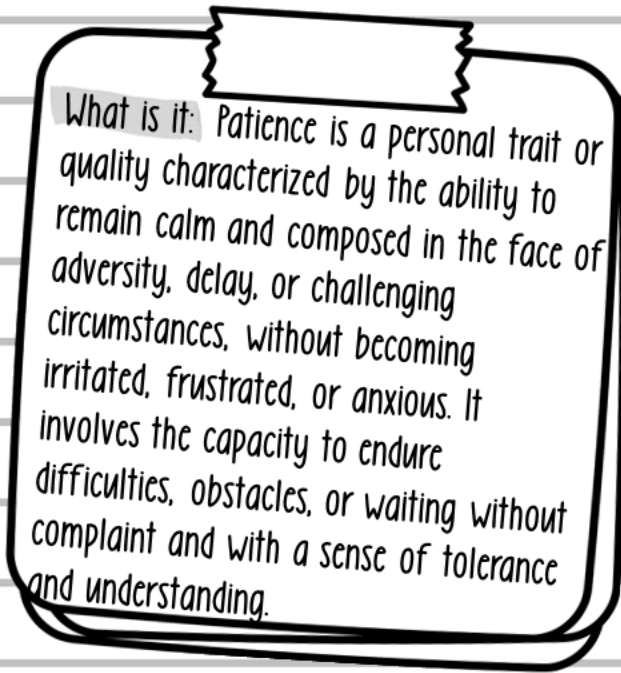


Mindfulness

PATIENCE



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PATIENCE



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Mindfulness

USE YOUR SENSES

How does it help?:
Engaging your senses mindfully helps ground you in the here and now, reducing stress, enhancing awareness, and promoting a sense of calm and appreciation for the present experience.

How to do it: Notice colors, shapes, and patterns around you (Sight). Pay attention to the sounds around you, like the rustling of leaves or traffic noise. (Sound). Notice scents around you, like coffee or flowers (Smell). Feel various textures (Touch). Savor each bite of food, paying attention to flavors (Taste).



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USE YOUR SENSES

I can use my senses when:

Using my senses looks/feels like this to me:



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Mindfulness

COMPASSION

How does it help?:
Compassion is an essential component of healthy relationships. It can lead to improved emotional well-being, reduced stress, and a sense of fulfillment.

What is it: A genuine concern for the well-being of others, accompanied by a strong desire to lessen their suffering or support their happiness. It goes beyond simple sympathy or feeling sorry for someone; it involves a sincere wish to help or offer support to relieve their pain or improve their situation.



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COMPASSION

I can show compassion when:

Compassion looks/feels like this to me:



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Mindfulness

BODY SCAN

How does it help?:
The body scan allows you to identify areas of tension or discomfort in your body. By bringing awareness to these areas, you can intentionally release tension, promoting physical relaxation.

How to do it: Direct attention to different parts of the body, noting any sensations or tension. Sit in a comfortable position, close your eyes, take a few deep breaths, start at one end of the body and direct your attention there. Notice any sensations, breathe into any tension.



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BODY SCAN

I can do a body scan when:

Body scan looks/feels like this to me:



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Mindfulness

VISUALIZATION

How does it help?:
Visualizing is imagining yourself in a safe and peaceful place. By going there mentally, you can calm your mind and body by distracting yourself from what is going on that is making you not calm.

How to do it: Clear your mind. Start by focusing on your breath. Think of an image or idea in your mind. Imagine yourself in a calming natural environment like a sunny beach, where you can tune in to the sights, sounds and smells of that special place.



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VISUALIZATION

I can use visualization when:



Visualization looks/feels like this to me:

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Mindfulness

BLOW BUBBLES

How does it help?: Approach the activity with a mindful intention. For example, you might decide to focus on the sensations of breath, the visual beauty of the bubbles, or the playfulness of the activity.

How to do it: Blowing bubbles requires concentration and focused attention. As you blow, you may find yourself fully engaged in the process, paying attention to the movement of your breath, the formation of the bubbles, and their delicate journey through the air.



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BLOW BUBBLES

I can blow bubbles when:

Blowing bubbles looks/feels like this to me:



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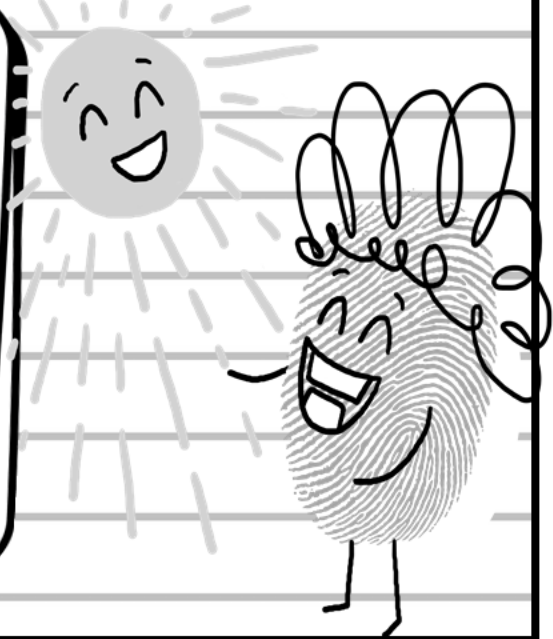


Mindfulness

GO OUTDOORS

How does it help?:
Being outdoors can enhance your mindfulness practice. Nature provides a calming and soothing backdrop that can make it easier to focus on the present moment and reduce stress.

How to do it: Nature offers a rich sensory experience. When you go outside, you can engage your senses by paying attention to the sights, sounds, smells, and textures around you. Outdoor spaces can provide a sense of peace and solitude, allowing you to disconnect from the busyness of daily life.



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GO OUTDOORS

I can go outdoors when:

Going outdoors looks/feels like this to me:



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Mindfulness

MINDFUL WALKING

How does it help?:
Mindful walking has been associated with improvements in mood. The combination of physical activity, mindfulness, and fresh air (if walking outdoors) can contribute to a positive mental state.

How to do it: Involves paying attention to each step and the sensations of walking. It can be a form of moving meditation, promoting awareness and grounding in the present moment.



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MINDFUL WALKING

I can go for a mindful walk when:

Mindful Walking looks/feels like this to me:

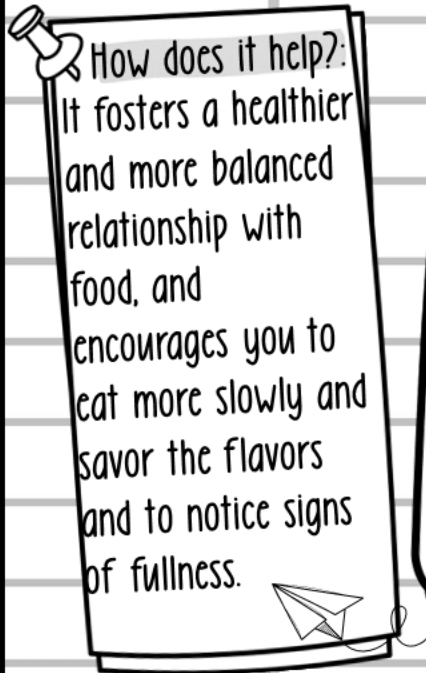


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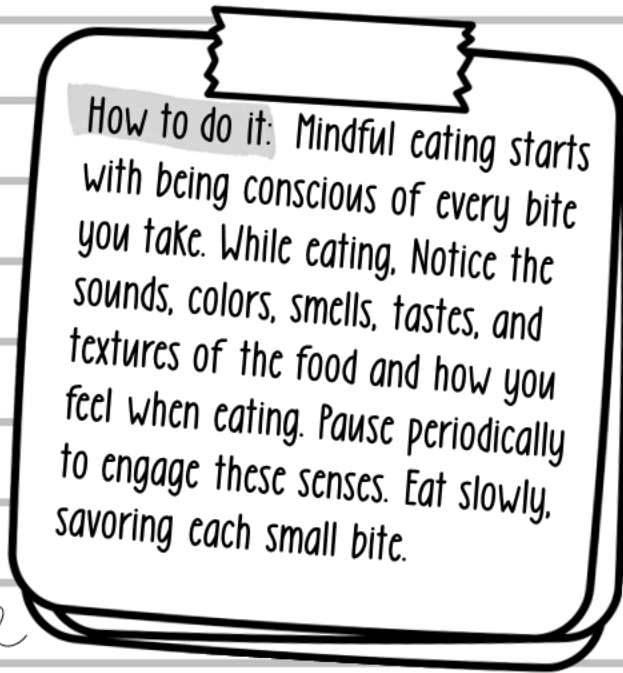


Mindfulness

MINDFUL EATING



© Heart & Mind Teaching



MINDFUL EATING



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Mindfulness

MINDFUL BREAK

How does it help?:
Sometimes we just need a break from what is happening or the emotions we are feeling. Short frequent breaks can make us more productive and better able to cope.

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How to do it: Listen to your body to recognize signs when you need a break. Are your legs feeling stiff? Do your eyes feel strained? Are your neck muscles tensing up? These are likely signs that you need a break. Stand up, stretch, breathe, drink water, go for a walk if possible, do something different than whatever you are doing to give your brain and body that break.



MINDFUL BREAK

I can take a break when:

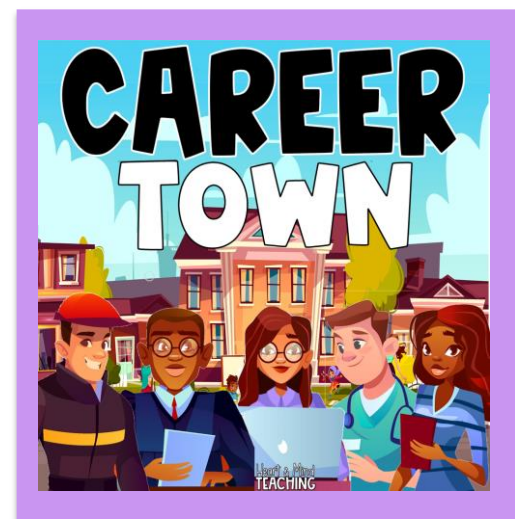
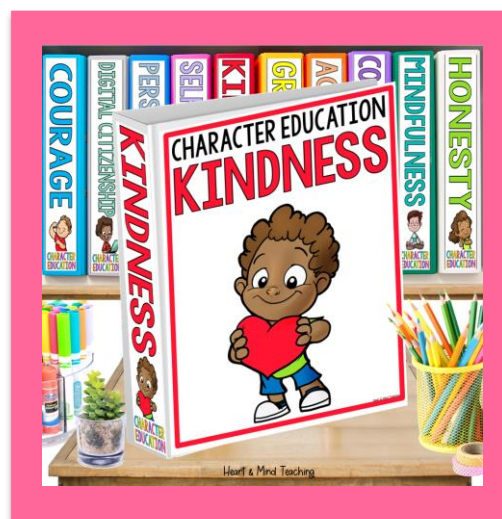
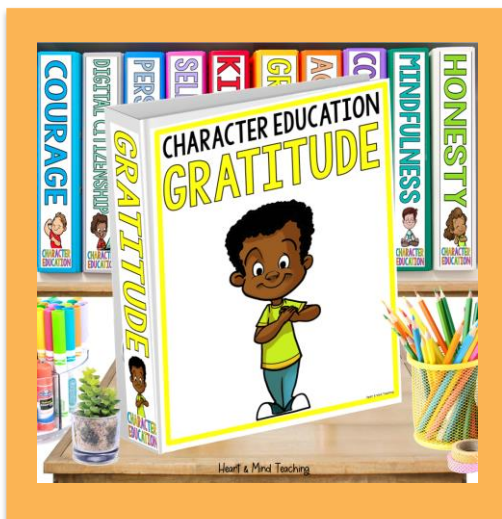
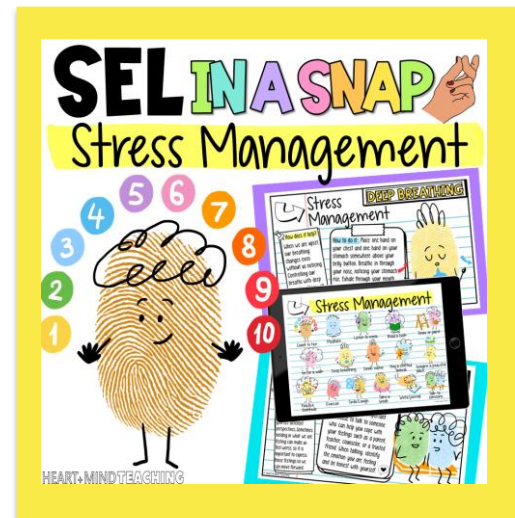
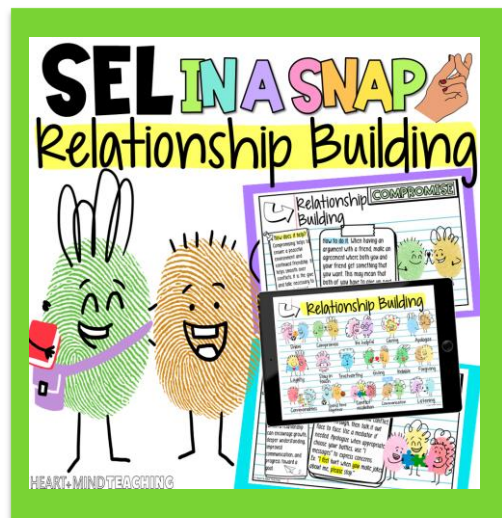
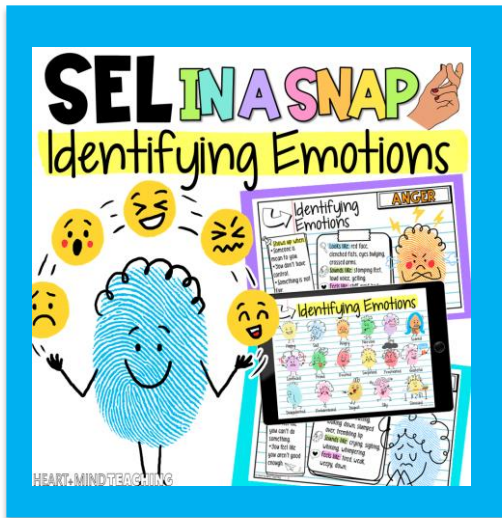


A Mindful Break looks/feels like this to me:

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CHECK THESE OUT

CLICK ON THE PICTURES TO GET A CLOSER LOOK.



COUNSELOR
Collab
— with Laura & Ashley —



Would you like to spend less time browsing for resources and lesson planning, and more time serving students? Let Laura from [Music City Counselor](#) and Ashley from [Heart and Mind Teaching](#) do the work for you!

CLICK TO COLLAB

MEMBER PERKS

- ♥ Data-driven resources by theme.
- ♥ \$35+ value of ready-to-use materials.
- ♥ Lessons, group curriculums, forms, & activities.
- ♥ Tier 1, 2, and 3 research-based resources.
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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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Ashley

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CREDITS

