

Mindfulness

Mindfulness is paying full attention to our:

Thoughts

Emotions

Body

Environment

Focusing on the present:

The past already happened

The future isn't here yet

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Kind messages/compliments



Genuine

True

Specific

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Equity

Equity is the quality of being fair and impartial.



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Diversity

Diversity is a range of differences that make us unique. For example:

- Race
- Physical ability
- Religion
- Mental ability
- Language
- Nationality
- Gender
- Sexual orientation
- Age
- Socio-economic status

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Inclusion

Inclusion is being included within a group.



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Mindful Senses

5 things you can see.

4 things you can feel.

3 things you can hear.

2 things you can smell.

1 thing you can taste.

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Mindful Minute



Close your eyes.

Focus on breathing.

Notice what is
around you.

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Better Breathing

Take a deep breath in, so deep your stomach pokes out.

Count to 4 as you breathe in slowly and deeply.

Count to 4 again as you exhale slowly and quietly.



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Muscle Relaxation



Start at your head and work down to your feet.

Squeeze each muscle tight and hold that position.

Relax the muscle.

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Analyzing Influences

The ability to analyze both internal and external influences that might affect health-related decisions.

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Analyzing Influences Skill Cues

Identify the influence

Analyze the influence

How do I know it is influencing me?

What messages am I receiving from this influence?

Is this a positive or a negative influence? How much is this influencing my thoughts, values, beliefs, or actions?

Examine factors and impact

How are other factors interacting with this influence?

How might these factors affect my thoughts, values, beliefs and behavior choices?

Consider an action plan

Do I need to do anything about this influence?

What is the best plan of action for handling this influence in my life?

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Empowerment

Empowerment is the process of becoming stronger and more confident, especially in controlling one's life and claiming one's rights.

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