

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**

Without judgement:

**Be kind to yourself
It is what it is – nothing more, nothing less**

Grades 9-12



Self-Awareness

The ability to accurately recognize one's own emotions, thoughts and values, and how they influence behavior.

Grades 9-12



Self-Management

The ability to successfully regulate one's emotions, thoughts and behaviors in different situations.

Grades 9-12



Mindful Minute



Close your eyes.

Focus on breathing.

Notice what is
around you.

Grades 9-12



Better Breathing

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

Count to 4 as you breathe in slowly and deeply.

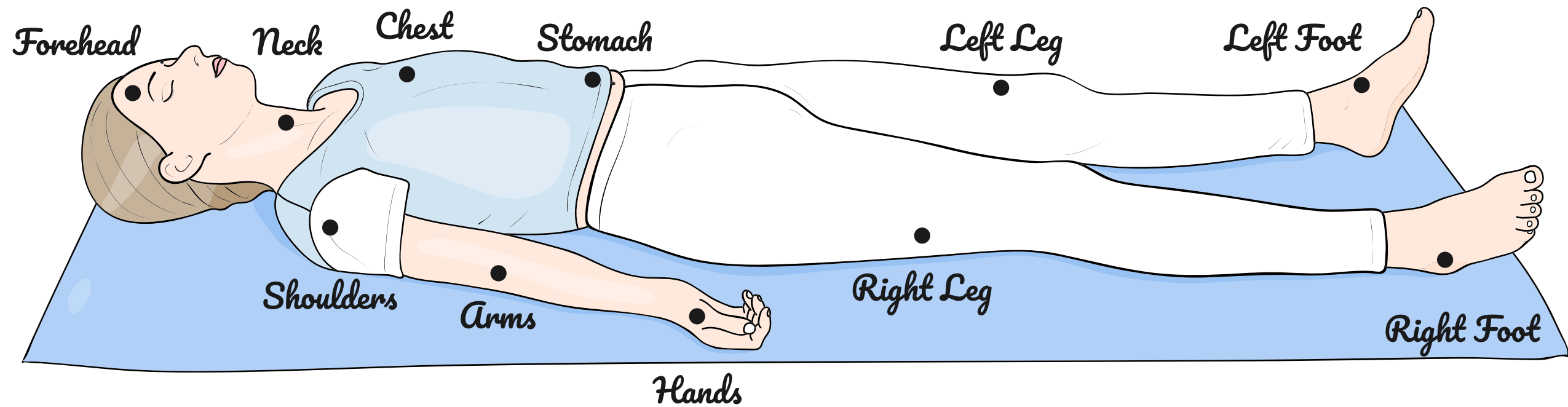
Count to 4 again as you exhale slowly and quietly.



Grades 9-12



Muscle Relaxation



Start at your head and work down to your feet.

Squeeze each muscle tight and hold that position.

Relax the muscle.

Grades 9-12



Noticing Walk

Go for a walk outside, at a mall/store, or in your house and look for different things you notice that you may not have noticed before.



Grades 9-12



Peace of Paper

Write down on a piece of paper what you're currently feeling and examine why you're feeling that way.

Be completely honest and remember to show yourself kindness; it's okay to feel whatever you're feeling (positive or negative).

Writing thoughts down is a great way to be reflective and bring peace of mind.



Grades 9-12

Mindful Coloring

Draw on a piece of paper or color in a coloring book. Focus on the stroke of the marker/crayon/colored pencil, the sounds as you color and pick colors based on what you're feeling in that moment.



Grades 9-12

