### 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

Grades 6-8





#### Grades 6-8

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# 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**

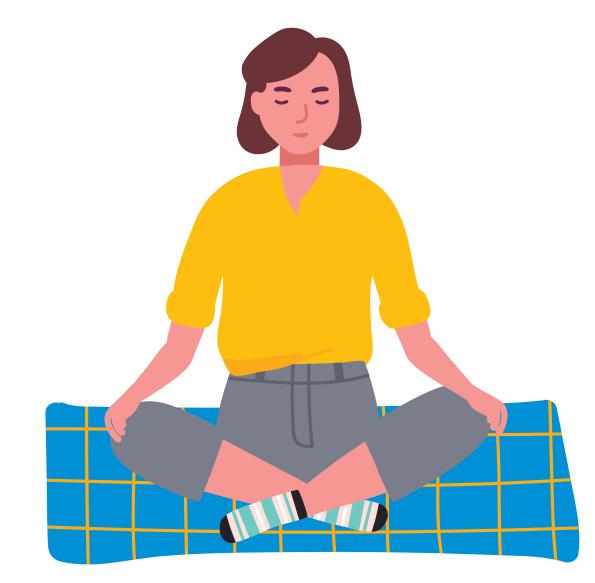
5 things you can see. 4 things you can feel. 3 things you can hear. 2 things you can smell. 1 thing you can taste.



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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.



### bubreathe eply. in as you nd quietly.



# **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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