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.
Self-Management

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

Close your eyes.
Focus on breathing.
Notice what is around you.
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.
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.
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.
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