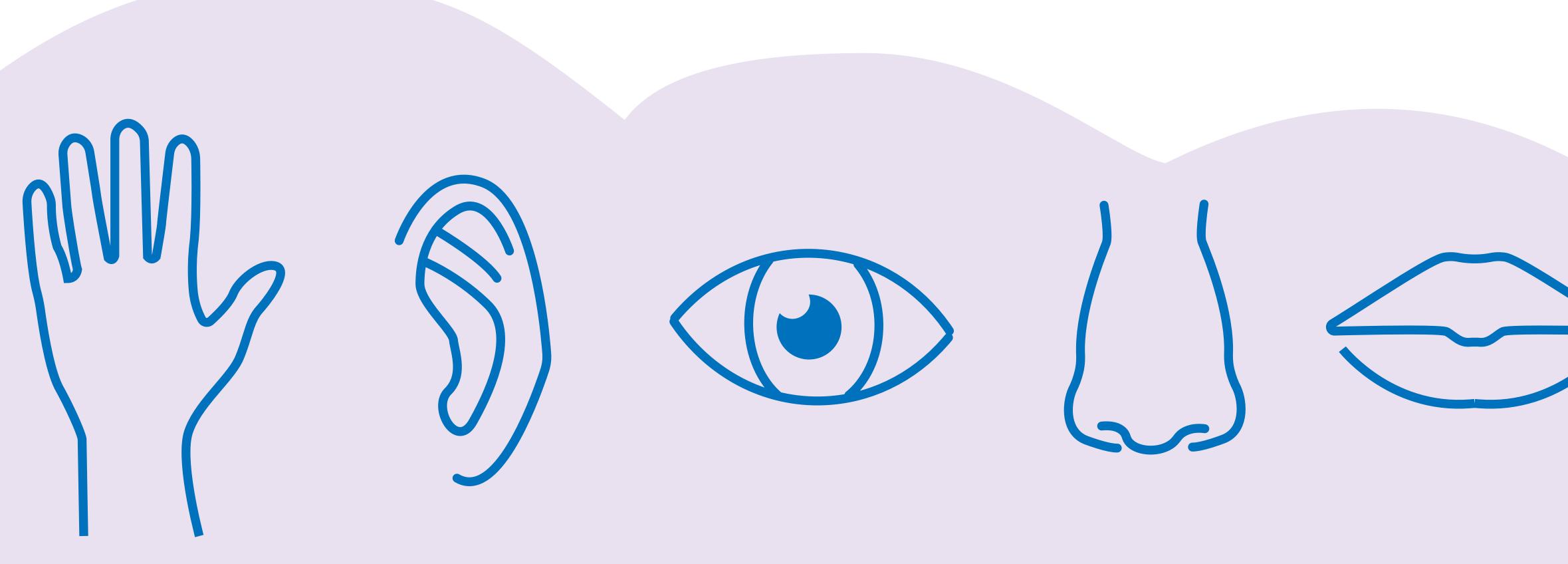
Being Mindful at School

1000



Grab an item from your desk and hold it in your hands. What do you notice about it?





Mindful At School

Mindful moments are when you pause and focus on the present moment. There are many times and places when you can be mindful at school.



You can be mindful when...





You see a friend or a teacher. Look at them and say, "Hello!" Your feelings and emotions put you in an "I Won't" mood. Stop and take 3–5 deep breaths



You want to get your brain ready to pay attention and learn. Do 3-5 stretches!





WHAT CAN YOU DO TO BE MINDFUL AT SCHOOL?

Mindful At School

You can be mindful anytime! Try deep breathing, thinking of a happy thought, or just smiling!

Mindful Moments Cards

When you feel tense, bored, or anytime you need a quick break during the school day, try one of these mindfulness activities!

SELF-TAL

Before you e snack, hold How does i does it loo it smell? D sounds? I as you take you

SNACI

Think of somethin you like about yo Now give yourse compliment! Re two more times **SAY CHEESE**

Close your eyes, relax your face, put your chin down. Slowly start to smile. Start with a tiny smile and work up to the biggest smile possible. As you do, lift your head and open your eyes. End facing the sky with your eyes wide and your smile big!



