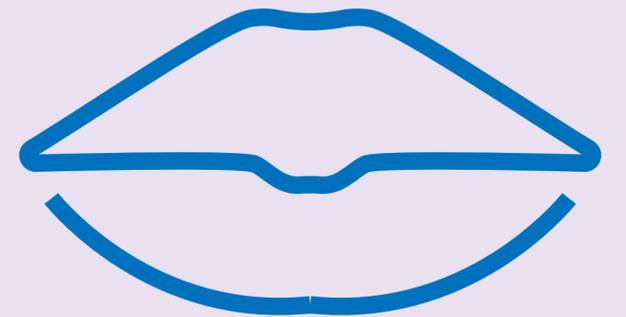
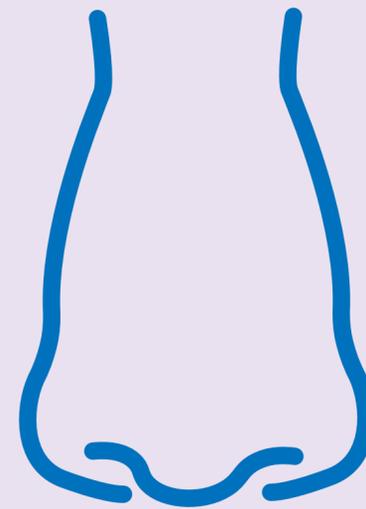
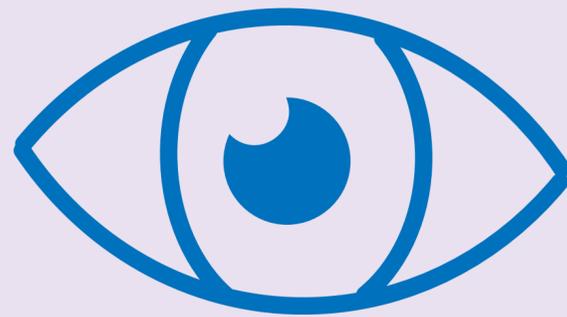




**Being Mindful at School**

**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!



# Mindful At School

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

WHAT CAN YOU DO TO BE MINDFUL AT SCHOOL?

# 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!



*fit*<sup>TM</sup>  
SANFORD®