



# Being Mindful at Home



# What frustrates you?



**At School?**



**At Home?**



Whenever and  
wherever you feel  
frustrated, a mindful  
moment can help!

Mindful moments  
are when you pause  
and focus on the  
present moment.





# There are many times you can be mindful at home!

## You can be mindful when...



You try a new food.  
Chew slowly. Pay  
attention to the  
taste and texture!



You want to fall  
asleep. Take a deep  
breath. Try out a  
body scan!



You talk to your  
family. Ask questions  
and listen closely to  
what is being said!





# Mindful At Home

You can be mindful anytime!

Try cloud watching, going for a walk, or just listing things you like about yourself!

WHAT CAN YOU DO TO BE MINDFUL AT HOME?

# Mindful Moments Cards

When you feel tense, bored, or anytime you need a quick break at home, try one of these mindfulness activities!



