

What frustrates you?



At School?

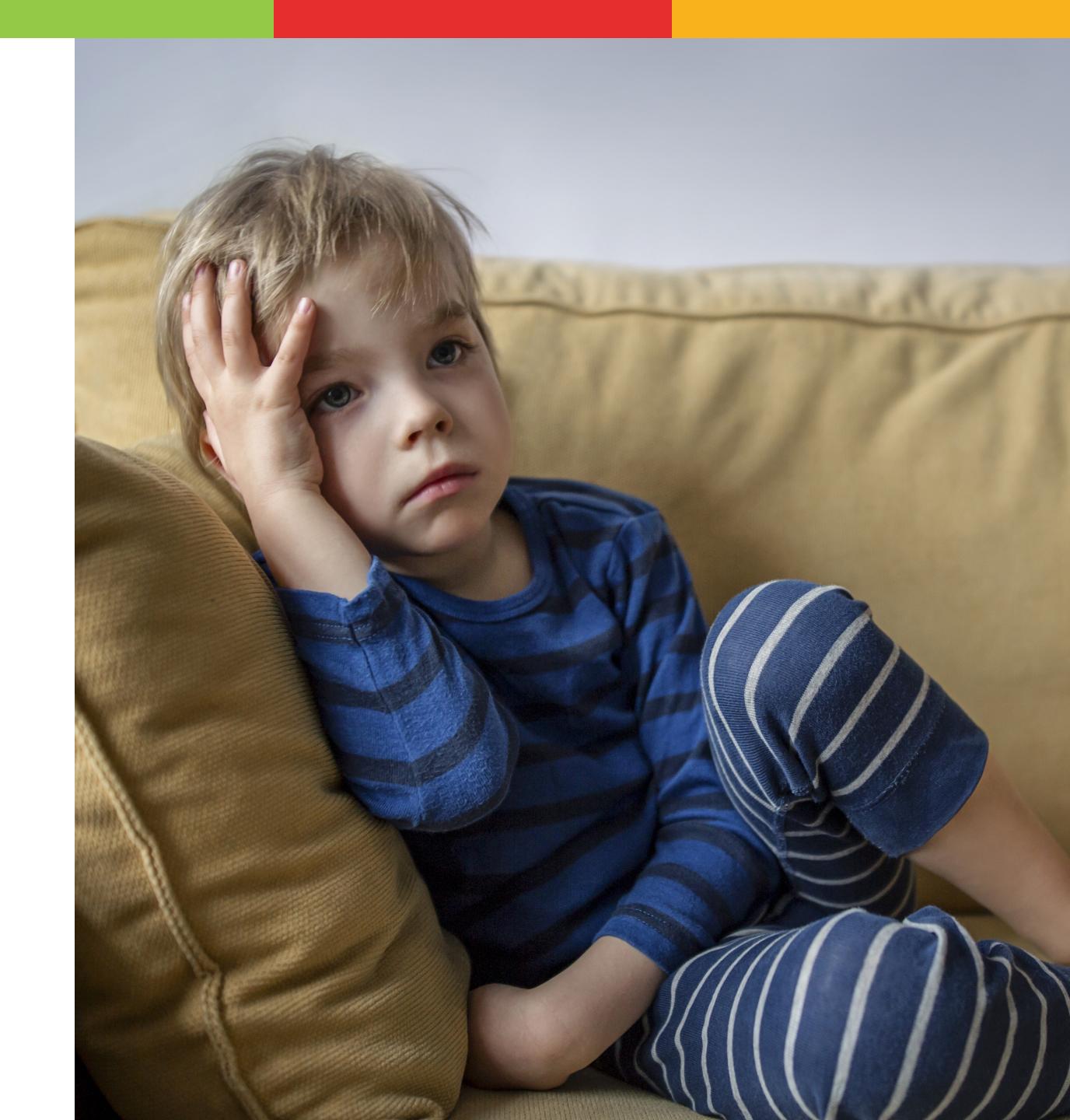




At Home?

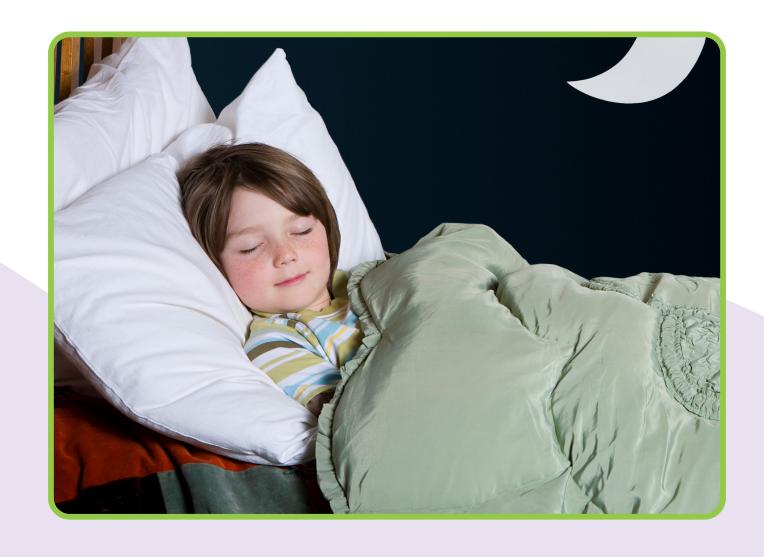
Whenever and wherever you feel frustrated, a mindful moment can help!

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...



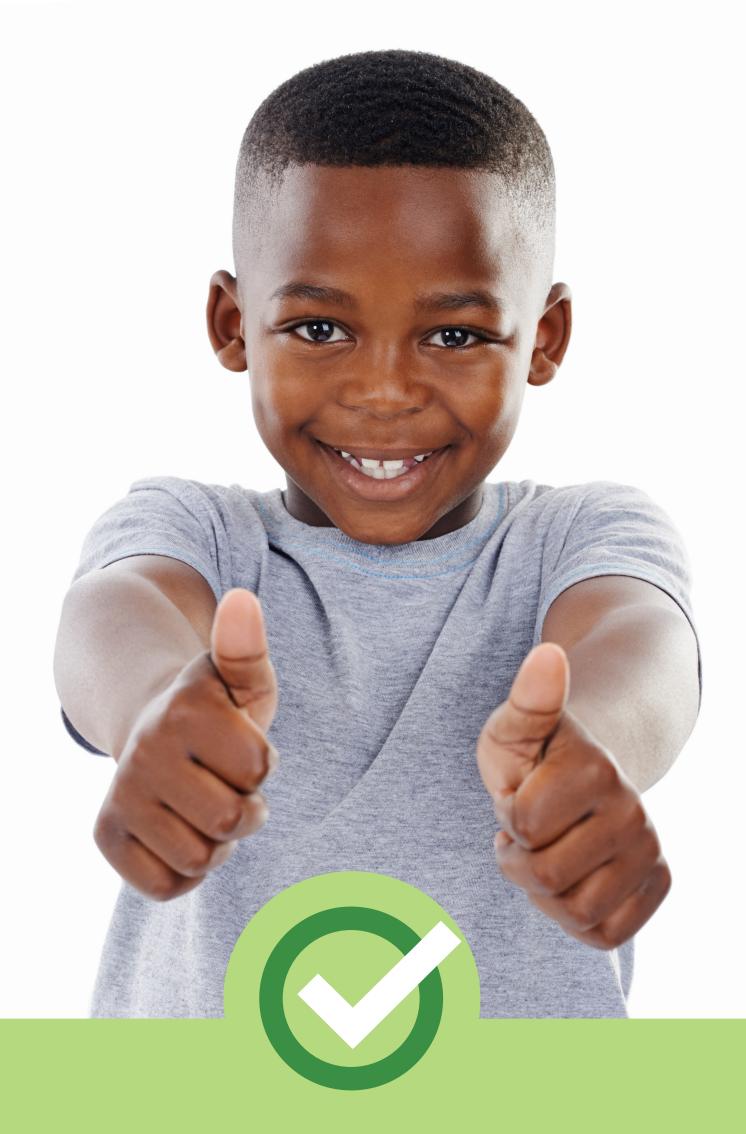




You try a new food.
Chew slowly. Pay
attention to the
taste and texture!

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!



