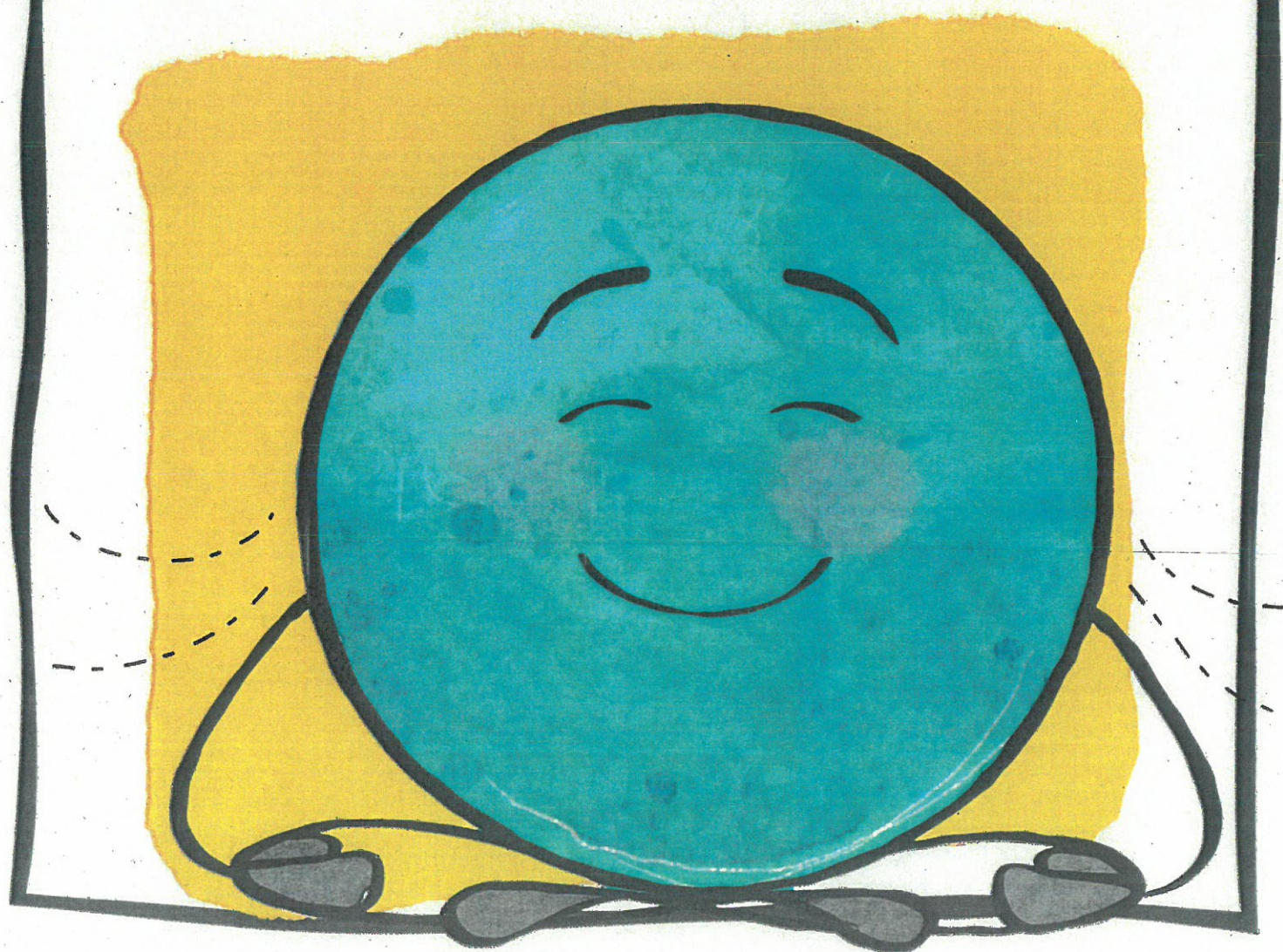
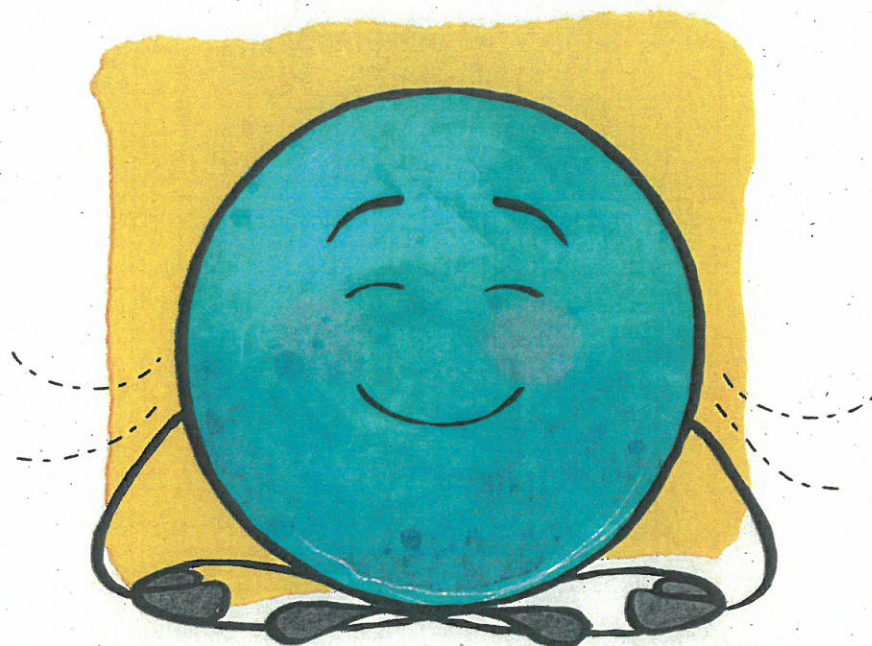


My Mindfulness Book



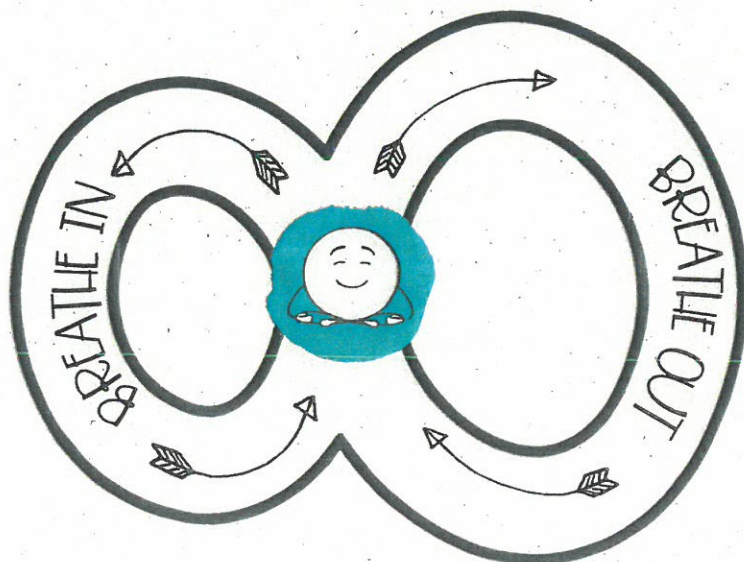
My Mindfulness Book



MINDFULNESS
ACTIVITIES I
CAN DO
ANYTIME

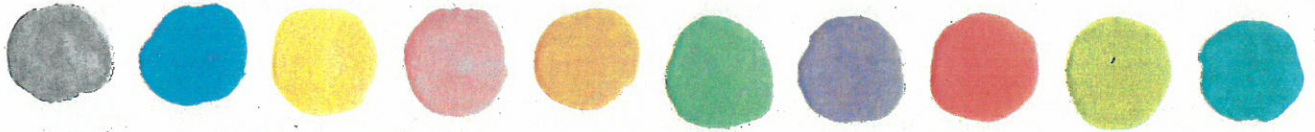
NAME _____

Lazy 8 Breathing



- PLACE YOUR FINGER ON THE DOT.
- TRACE THE 8 AND TAKE A DEEP BREATH AND THEN LET IT OUT

Mindful Dots



PUT YOUR HEAD ON YOUR DESK.

PLACE YOUR FINGER ON THE 10 DOT AND COUNT DOWN SLOWLY FROM 10 TO 1. WITH EACH NUMBER IN THE COUNT:

- TAKE A DEEP BREATH AND THEN SLOWLY RELEASE IT
- MOVE YOUR FINGER ALONG THE DOTS

UPON COMPLETING THE COUNT, RAISE YOUR HEAD FROM THE DESK.

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Mindful Maze



TAKE A DEEP BREATH AND CLEAR YOUR MIND FOCUSING ONLY ON THE MAZE. USING YOUR NON-DOMINANT HAND, TRACE THE PATH WITH YOUR FINGER STARTING WITH THE CENTER LINE UNTIL YOU REACH THE END. FOCUS ON THE MOVEMENT OF THE MAZE AND BREATHING DEEPLY.

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Grounding



DESCRIBE **5** THINGS YOU SEE



DESCRIBE **4** THINGS YOU FEEL



DESCRIBE **3** THINGS YOU HEAR



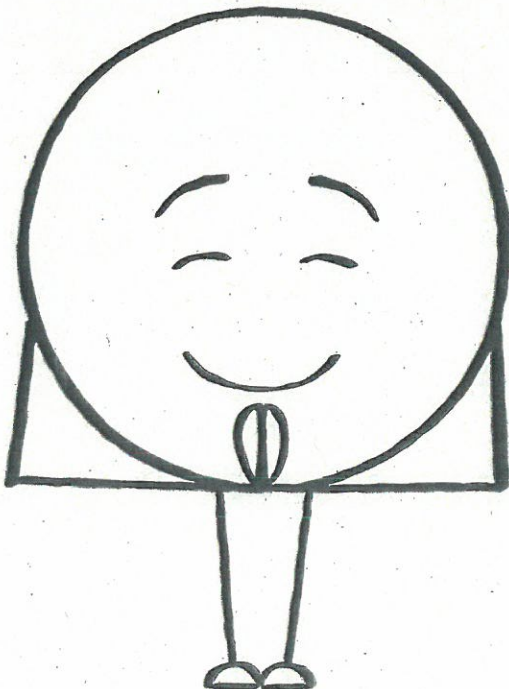
DESCRIBE **2** THINGS YOU SMELL



DESCRIBE **1** THINGS YOU TASTE

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Body Scan



TAKE A SCAN OF YOUR BODY. STARTING WITH YOUR TOES.

- MOVE YOUR TOES BACK AND FORTH
- MOVE YOUR CALVES AND FLEX THEM UP AND DOWN.
- TAKE A FEW DEEP BREATHES, AND NOTICE HOW YOUR CHEST RISES AND FALLS WITH EACH BREATH
- MOVE YOUR SHOULDERS AND SHRUG THEM UP TO YOUR EARS AND DOWN AGAIN
- MOVE YOUR FINGERTIPS
- ROTATE YOUR NECK AND HEAD TO THE LEFT AND THEN TO THE RIGHT

NOTICE HOW YOUR BODY FEELS AS YOU MOVE YOUR BODY AND AGAIN AFTER YOU TAKE YOUR SCAN.

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My Favorite Strategy

DRAW OR WRITE ABOUT IT!

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Situations Where I Can Try My Mindfulness Techniques

1

2

3

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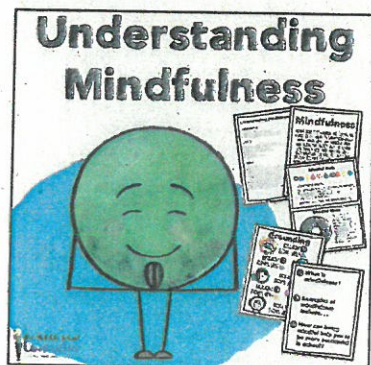
Want More Mindfulness?

THIS BOOKLET IS PART OF THE UNDERSTANDING MINDFULNESS CHARACTER TRAIT LESSON WHICH ALSO INCLUDES:

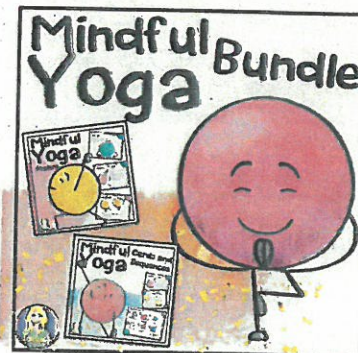
- A POWERPOINT EXPLAINING MINDFULNESS
- LESSON PLAN ALIGNED TO ASCA MINDSETS AND BEHAVIORS,
- A GROUNDING POSTER
- THIS MAKE AND TAKE BOOKLET FOR STUDENTS TO MAKE AND USE IN THEIR CLASSROOMS

THESE ACTIVITIES WERE DESIGNED TO BE USED AS COPING STRATEGIES THAT STUDENTS CAN USE AT THEIR DESKS WITHOUT DISTRACTING OR DRAWING THE ATTENTION OF OTHERS.

IF YOU ARE INTERESTED IN MORE MINDFULNESS ACTIVITIES THEN CHECK OUT:



<http://bit.ly/UnderstandingMindfulness>



<http://bit.ly/MindfulYogaBundle>