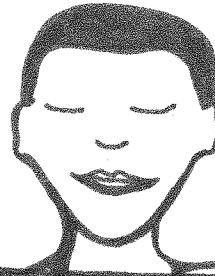


Mindful Schools Workbook



I like mindfulness because it helps me feel better and teaches me to concentrate.



Breathing In...
Breathing Out...

I am grateful for my family and my school.



It makes me happy and great. It's calming and peaceful. It makes me grateful and light.



It helps me in school when I'm trying to work. It helps not get my name on the board.



May I Be Happy

This workbook belongs to:

Grade: _____

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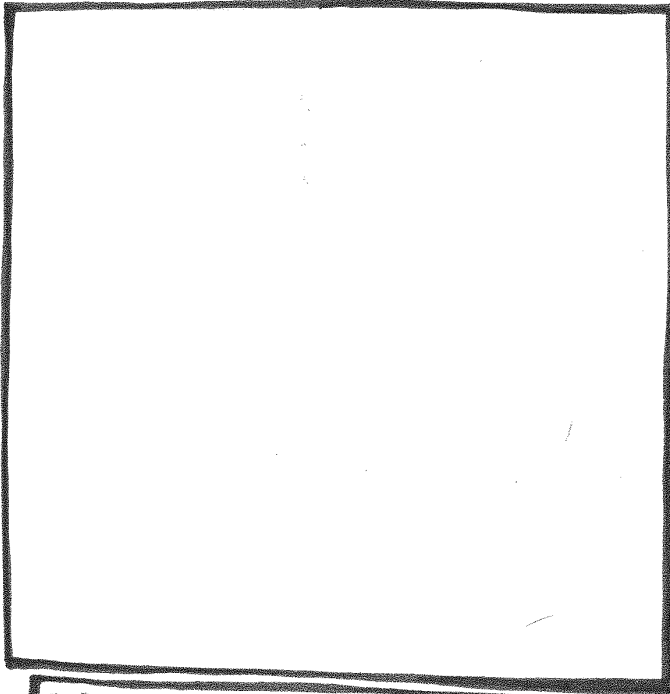
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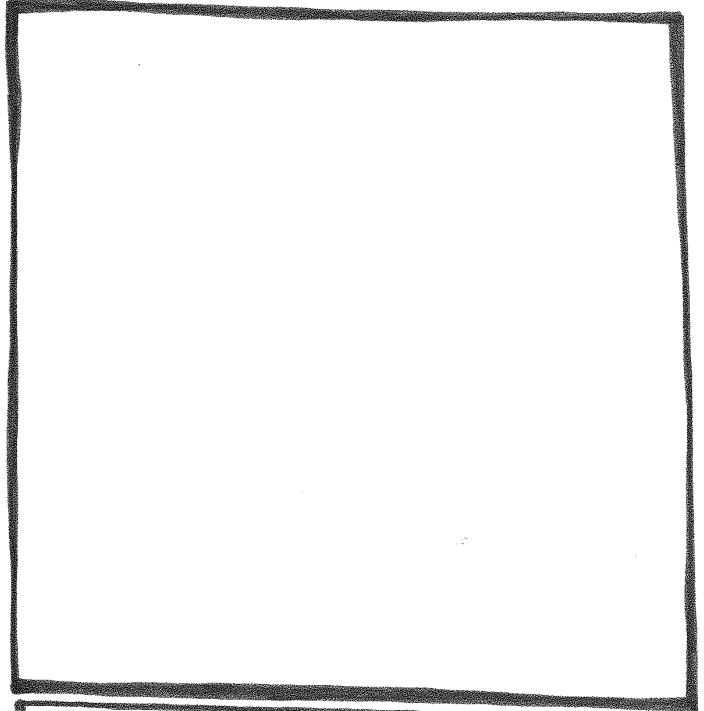
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Mindful Bodies

Draw a picture of:



NOT mindful body



Mindful Body

How do we sit when we are in our Mindful Bodies?

① _____

④ _____

② _____

⑤ _____

③ _____

⑥ _____

★ **Challenge:** If you get sleepy in class, try getting into your mindful body. Notice if this gives you more energy.

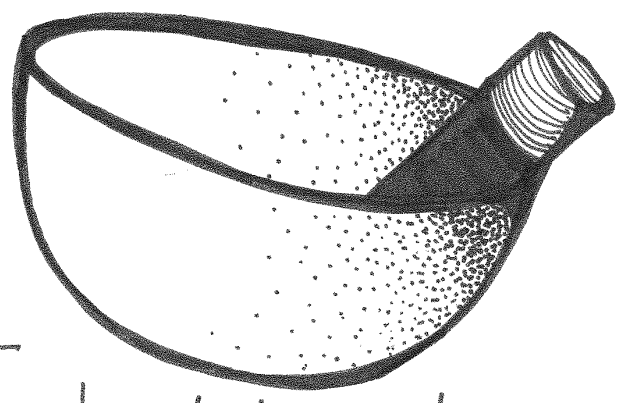
mindful LISTENING

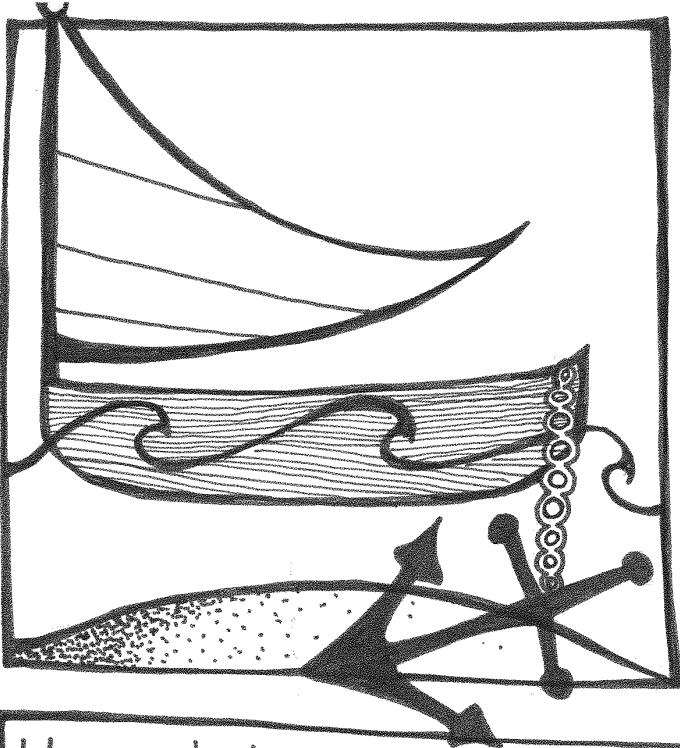
Make a list of sounds you heard in the classroom while doing mindful listening.

- | | |
|---------|---------|
| ① _____ | ⑦ _____ |
| ② _____ | ⑧ _____ |
| ③ _____ | ⑨ _____ |
| ④ _____ | ⑩ _____ |
| ⑤ _____ | ⑪ _____ |
| ⑥ _____ | ⑫ _____ |

MINDFUL LISTENING Challenge:

Choose a place in your neighborhood, home, or school to sit quietly and listen for sounds you don't normally notice.





Mindful Breathing:

FINDING YOUR

Anchor Spot

How did you feel when you practiced mindful breathing?

When you breathe, where do you feel it in your body? Your belly? Your chest? Your nose? Somewhere else?

Heartfulness

SENDING KIND THOUGHTS



May you be Safe

May you be Healthy

May you be Peaceful

May you be Happy



May you be Calm

Who did you send kind thoughts to?

How did it make you feel to send kind thoughts

HEARTFULNESS Challenge:

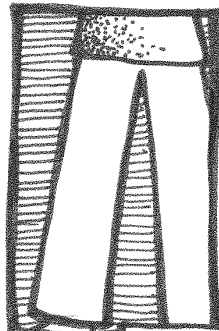
Go to a place with many people nearby. Send kind thoughts silently in your mind to some of the people. If you are upset about something this week, try sending kind thoughts to yourself. Notice how you feel.

BODY Awareness

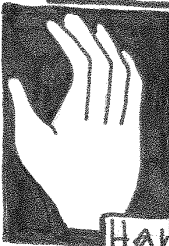
Next to each picture, write what feelings you felt in that area of your body.



Shoulders



Legs



Hands



Feet



Arms



Head



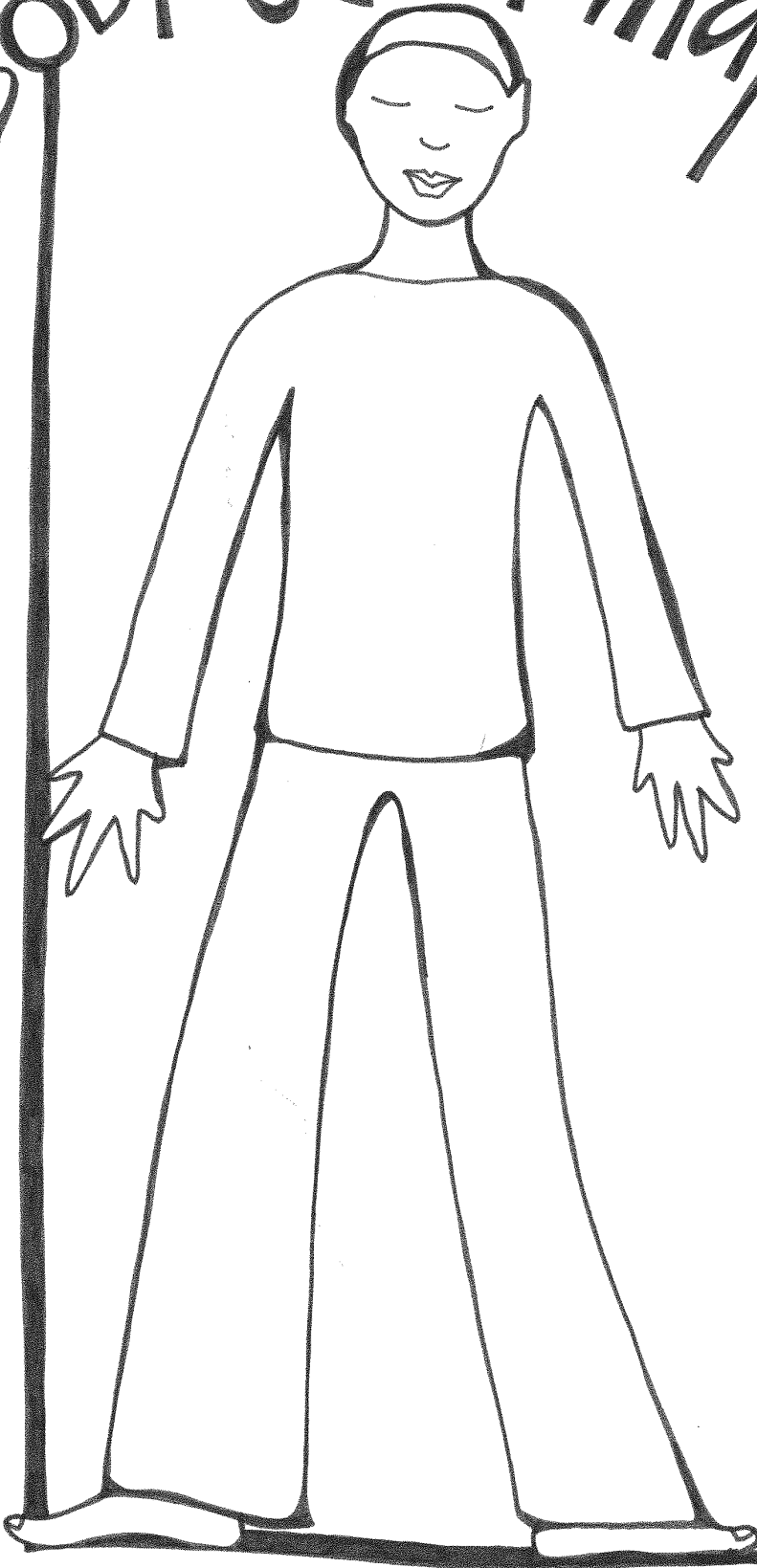
Belly

Where in your body did you notice the most sensation?

BODY Awareness Challenge:

This week, when you are waiting in line: for a drink, lunch, library, recess, or the grocery store, do a quick body scan with your eyes open.
See if you can notice ③ different body feelings.

BODY SCAN MAP



USING SHAPES,
LINES,
SQUIGGLES,
DOTS, AND
COLORS.

DRAW

WHAT YOU FELT
IN YOUR
BODY
DURING THE
BODY SCAN

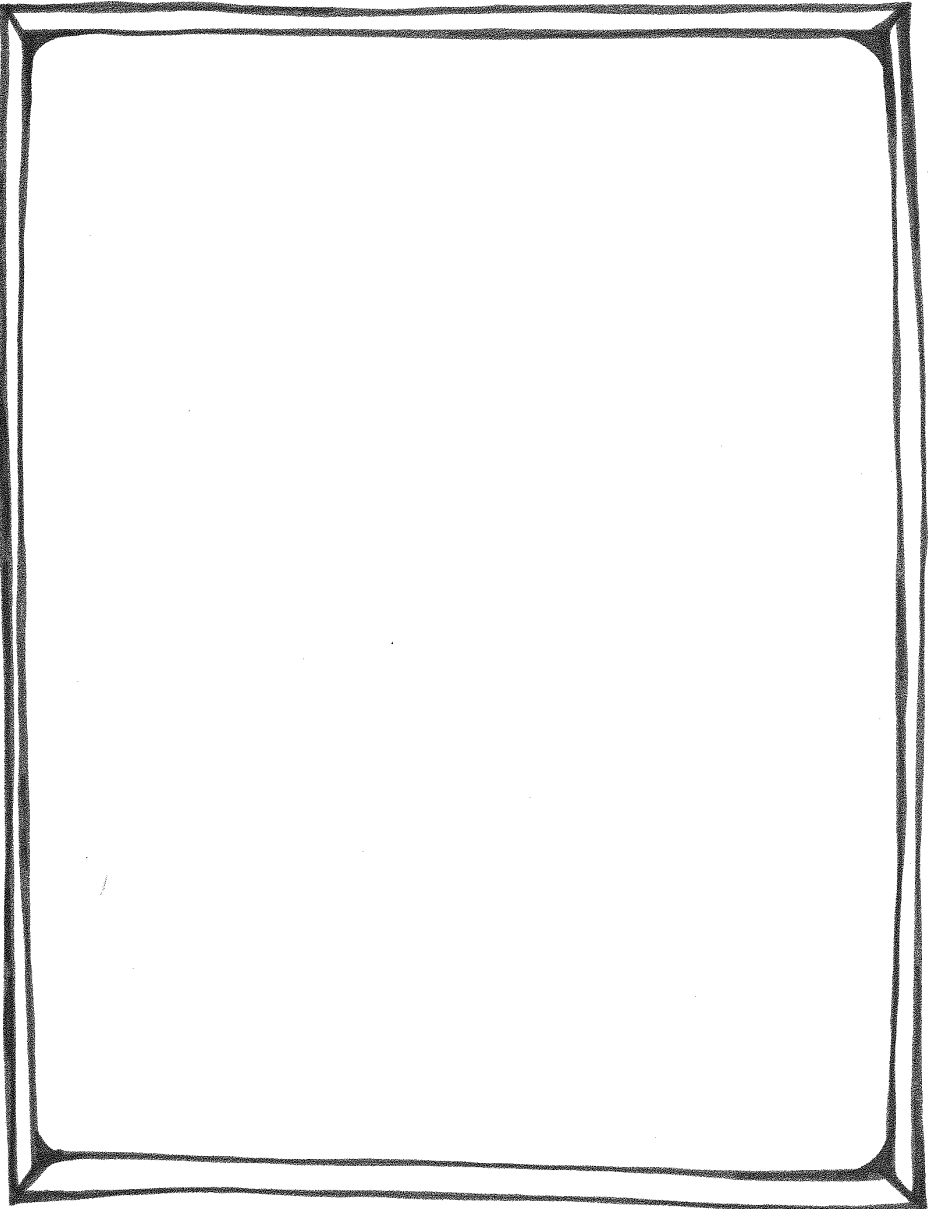
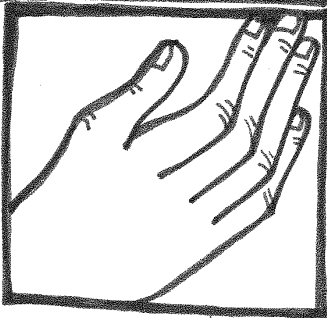
**Body Scan
Challenge:**

Try doing a body scan
in bed, before falling
asleep.
Notice if it helps
relax you or fall asleep
easier.

Draw

a picture
of your
hand on
your

Anchor
Spot



Mindful Breathing
Challenge:

Pick a place: at home, the park, at recess, in the lunch room or somewhere else. Practice mindful breathing there. Is it easier or harder to pay attention to your breath outside of mindfulness class?

ANCHOR WORDS

"Breathing
In,
Breathing
Out..."



"...in...
...out..
...in..
out.."

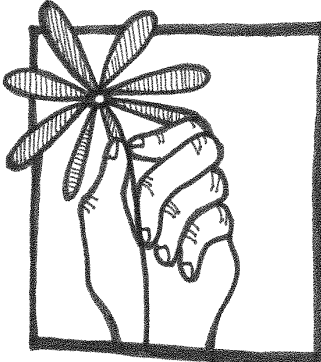
Was it difficult or easy to stay focused on your breath today?

How did it feel to focus on your breath while using the **Anchor Words** "Breathing In, Breathing out?"



In the lunch room, see if you can practice **30** seconds of mindful breathing. Use your anchor words "In and Out" to focus on your breath in the noisy room.

Generosity



What is
Something
Kind
Someone
has done
for you?

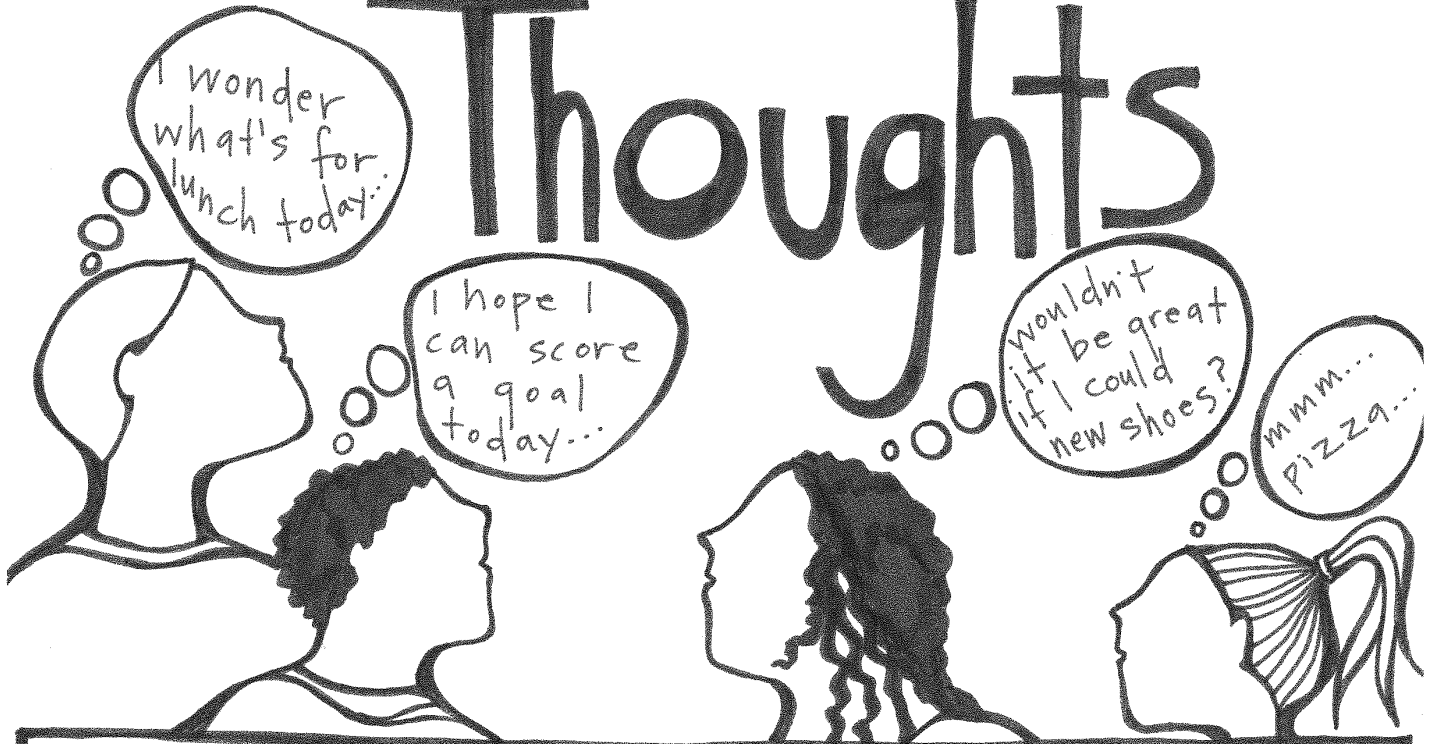
Make a list of some things you can give or do that don't cost money... like smiles!

- ①
- ②
- ③
- ④
- ⑤
- ⑥
- ⑦
- ⑧

★ Generosity Challenge:

As a class, create a list on a large piece of paper of all the kind and generous acts you see this week. See if together you can write **50** things

Thoughts



Write an example of a past thought, present thought, and future thought.

- Past
- Present
- Future

★ Thinking Challenge:

When you notice yourself distracted by past, present, or future thoughts in class, say "thinking" silently to yourself, and see if you can bring your attention back to what is happening in class.
What does it feel like to bring your attention back?



MINDFUL SEEING

USING OUR OWL EYES

How do you think the world would be different if people were using their mindful seeing eyes all the time?

A large rectangular box with a thick black border, containing five horizontal lines for writing.

Mindful
Seeing
Challenge

Go into your room at home and put on your owl eyes. See if you can notice **3** things you've never noticed before.

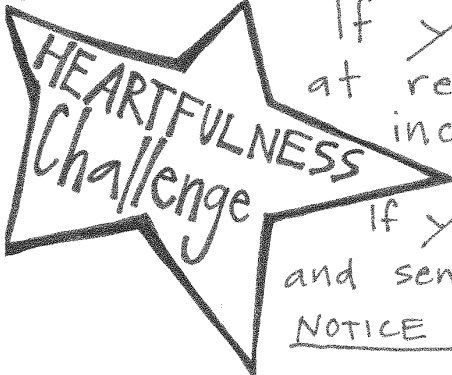
KIND ^{and} CARING

On the playground



What is a difficult situation you have had on the playground?

Now that you know about mindfulness and heartfulness, what could you do differently in the same situation?



If you notice someone being left out at recess, see if you can find a way to include the person.

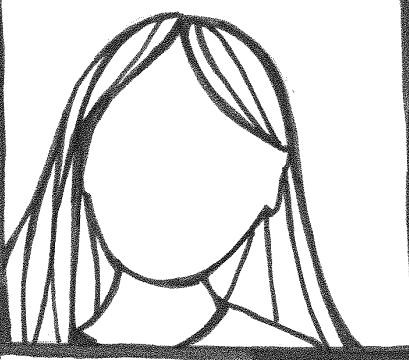
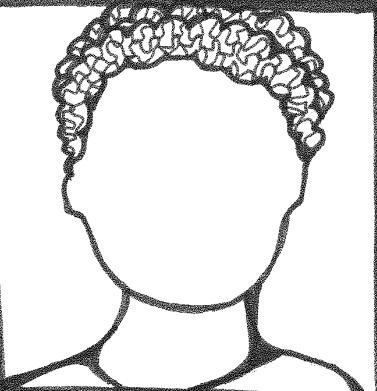
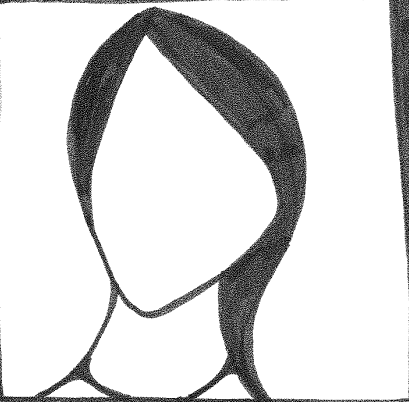
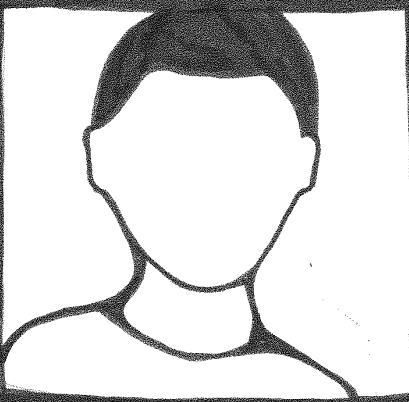
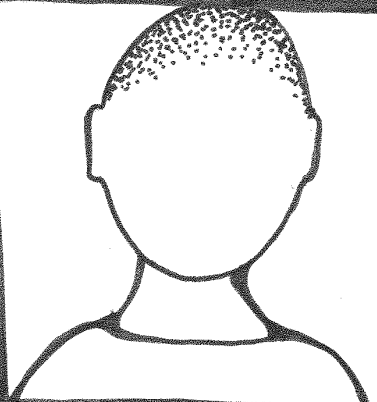
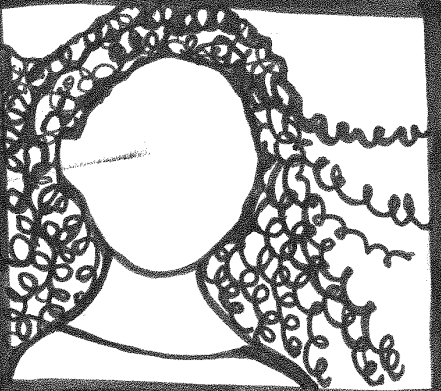
NOTICE HOW IT FEELS TO BE KIND.

If you see someone being made fun of, stop and send kind thoughts.

NOTICE HOW IT FEELS TO SEND KIND THOUGHTS.

Emotions

Think of 6 different emotions or feelings you have.
WRITE the emotion on the blank space in the word box.
DRAW the emotion on the blank face.

		
<input type="text"/>	<input type="text"/>	<input type="text"/>
		
<input type="text"/>	<input type="text"/>	<input type="text"/>

★ MINDFUL EMOTION CHALLENGE:

Next time you are **ANGRY** this week, stop and take **3** mindful breaths. Notice what happens.

Be ready to share with the class: ① what made you upset.
② what did it feel like to be angry. ③ what you did after taking 3 breaths.

SLOW motion

WRITE your full name in
SLOW MOTION
10 TIMES.
Notice all the sensations or feelings you can in
your shoulders, arm, hand and fingers.

- ① _____
- ② _____
- ③ _____
- ④ _____
- ⑤ _____
- ⑥ _____
- ⑦ _____
- ⑧ _____
- ⑨ _____
- ⑩ _____

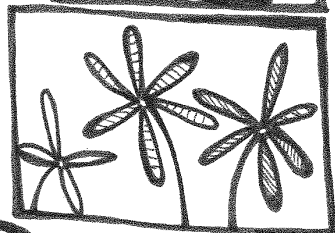
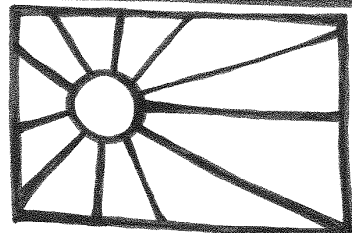
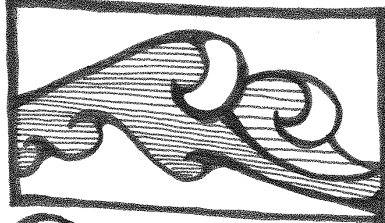
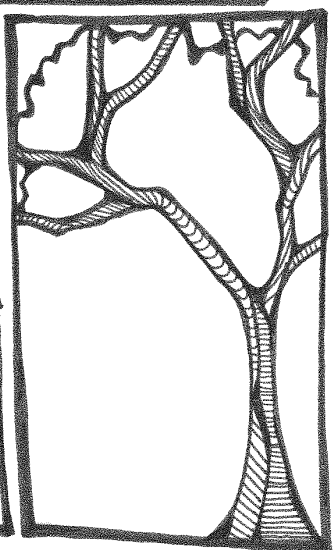
★ **MINDFUL MOVEMENT CHALLENGE:**

When you raise your hand in class, at the normal speed, see how many sensations you can notice in your arm and hand.

GRATITUDE

Looking for the good things in our lives

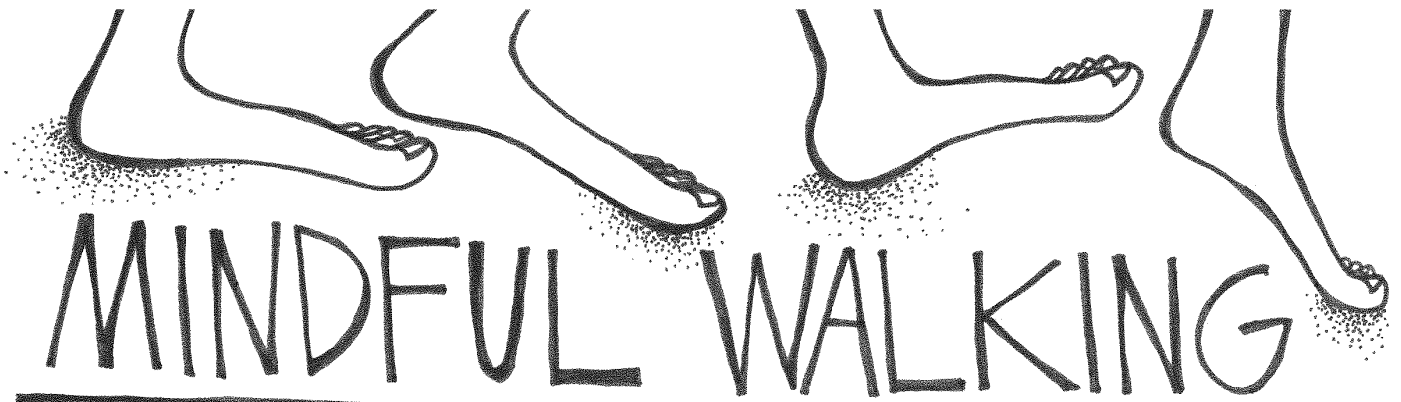
Make a list of some things you are grateful for.



- ① _____
- ② _____
- ③ _____
- ④ _____
- ⑤ _____
- ⑥ _____
- ⑦ _____
- ⑧ _____
- ⑨ _____
- ⑩ _____
- ⑪ _____
- ⑫ _____

★ Gratitude Challenge:

Next time you are feeling sad, angry, lonely, or afraid, see if you can think of **3** things you are grateful for. Notice how you feel.



MINDFUL WALKING

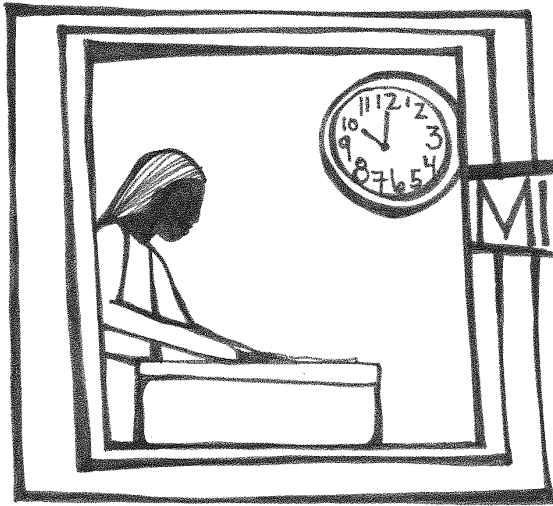
Write ③ sensations you felt in your body during mindful walking practice.

- ① _____
- ② _____
- ③ _____

How would the school, playground, world be different if everyone practiced mindfulness?

★ MINDFUL MOVEMENT CHALLENGE:

Pick an activity: bike riding, soccer, four-square, running, skateboarding, etc. Put your attention in your feet. Notice if this makes the activity easier.



MINDFUL TEST TAKING

Do you think feeling calm helps you do well on tests? Why?

A large rectangular box with a double-line border, containing several horizontal lines for writing.

MINDFUL TEST TAKING CHALLENGE:

The next time you take a test, take **3** mindful breaths before starting. When you get stuck on a question, stop and take **3** mindful breaths before answering the question.

Notice how this makes you feel before, during, and after the test.



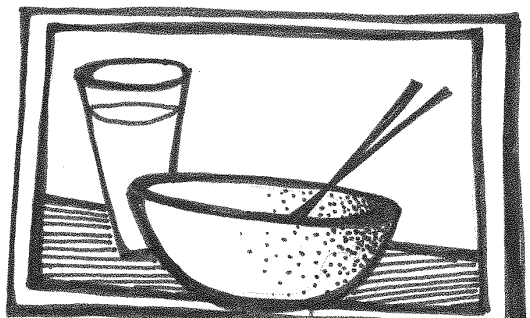
Mindful Eating

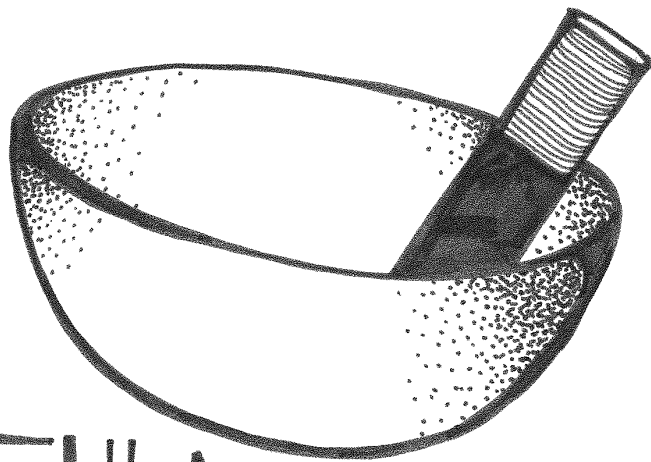
Think of 3 reasons why mindful eating would be good for everyone to practice? ✓

1. _____
2. _____
3. _____

Mindful Eating Challenge:

During lunch at school, or while eating with your family, see if you can mindfully eat a whole meal.





MINDFULNESS WRAP-UP

What is the best thing you've learned in mindfulness class?

When do you think you'll use mindfulness the most from now on?

EXTRA

Lesson: _____

MINDFULNESS QUESTION

EXTRA challenge:

**Mindful
Fun
&
Games**

Listening to sounds mindfully



Practice listening to sounds:

On the playground

In the classroom

At home

Now write or draw a picture of new sounds you heard:

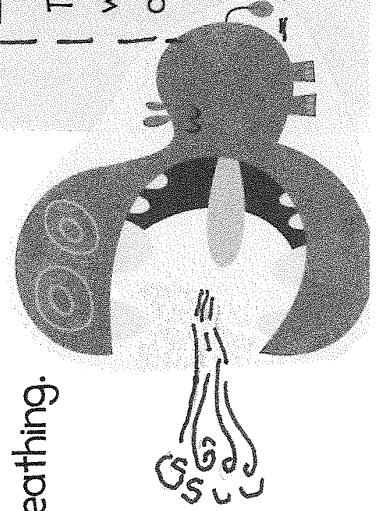
OUTSIDE

INSIDE

INSIDE YOUR BODY

This is the game Simon Says.

1. Cut out the squares.
2. Play by yourself, with a partner or in a group.
3. Close your eyes and pick a square.
4. Do what the square says to practice mindful breathing.



Put your hand on your belly and take a breath.	Take 3 breaths with your eyes open.	Feel your chest move in and out.
Feel your belly move in and out.	Put your hand on your chest and take a breath.	Take 3 regular breaths in and out.
Feel your breath at your nose on your upper lip.	Take 3 long, slow breaths in and out.	Put your hand on your belly and take a breath.
Take 3 breaths with your eyes closed,	Take 3 short, fast breaths.	Take one big breath and hold it for 15 seconds, now breath out.

Mindful breathing

PAGE OF KIND THOUGHTS

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

Body Scan trip around my body

Write or draw lines to where you feel this sensation in your body.

dizzy

hot

lightness

heaviness

warm

achy

cool

stiff

heart beating

goose-bumps

pounding

vibrating

sick

tingly

softness

itchy

sweaty

squirmy

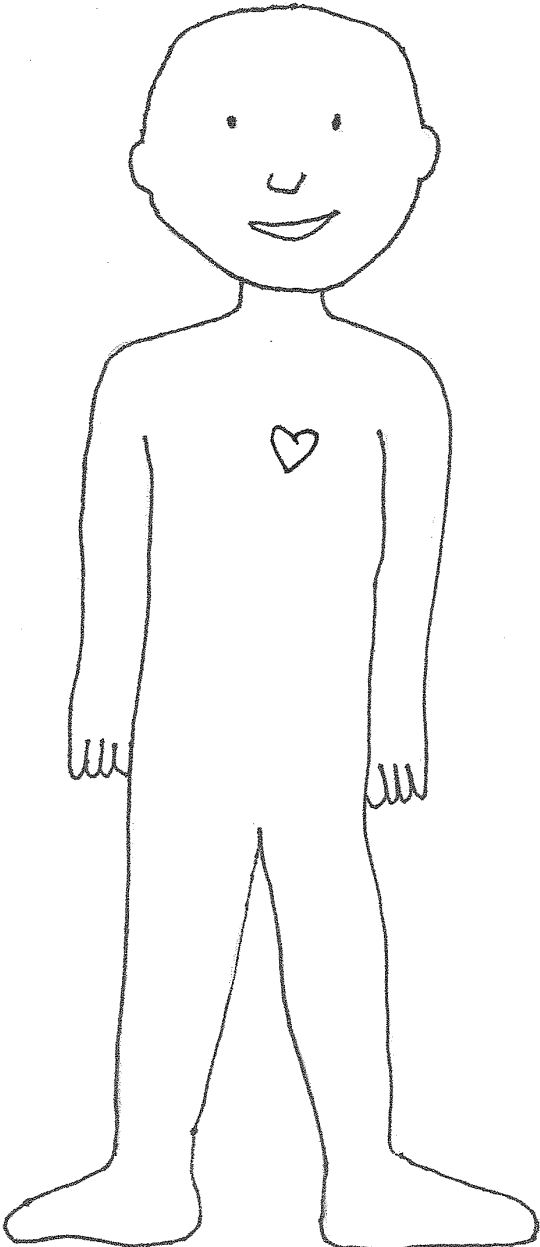
restless

hardness

twitchy

weak

numb



Body Awareness

Staying at your base

Find and circle these words that can help you stay focused on your mindful breathing.

E Q O S Q H W K E B O O N F O
N I G N I H T A E R B L O E X
M D G X J Z N S K A S M I F S
A I L N R E L A X E D X T H B
N W N B I I Z B N C V U N R S
C T F D R H E V J C T H E F U
H G S T F L T N N E O A T E C
O X S E L U G A U B T R T V O
R O W Y H Y L X E H R Y A Y F
N O Y Q S C A B I R B O D Y Q
Y P P A H P X N A O B Y E X J
J Q T M P L G C J S W O K Z T
X P L W U O Y E G P E Y E O G
U A S V U V B Y L O J S B S Y
C G Y T B L I C O C F J G W Q

ANCHOR
ATTENTION
BASE
BELLY
BODY
BREATHING
BREATHING-IN
BREATHING-OUT

CALM
CHEST
FOCUS
HAPPY
MINDFUL
NOSTRILS
RELAXED

**MAKE A DRAWING
OF YOURSELF BEING
GENEROUS AND GIVE
IT AWAY TO SOMEONE**



GENEROSITY

Random Acts of Generosity

Put a when you do one of these. Write your own ideas of generous acts in the blank spaces

Saying kind words to a friend.

If clothes don't fit, give it away.

If someone falls down help them up.

Giving someone a flower.

Teach someone how to be mindful.

Be nice to each other.

Play with others who don't have friends.

Help someone do math.

Read a story to someone at school or in your family.

Share a book with your friend.

Send friendly thoughts to someone at school.

Throw a party for a friend or family.

Help someone when they get hurt.

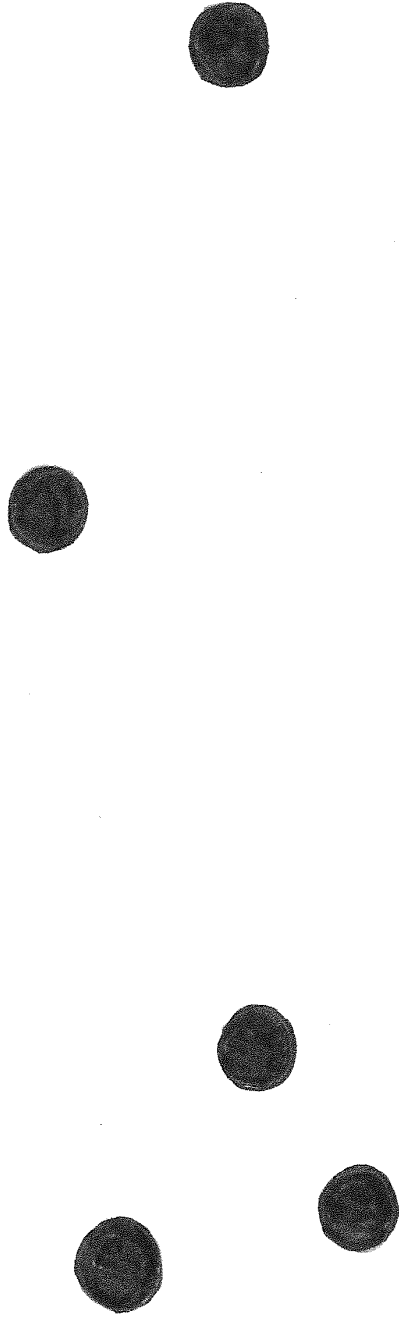
Help someone carry things.

When someone is sad, help cheer them up.

	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>
	<input type="checkbox"/>

Generosity

USE MINDFUL EYES.

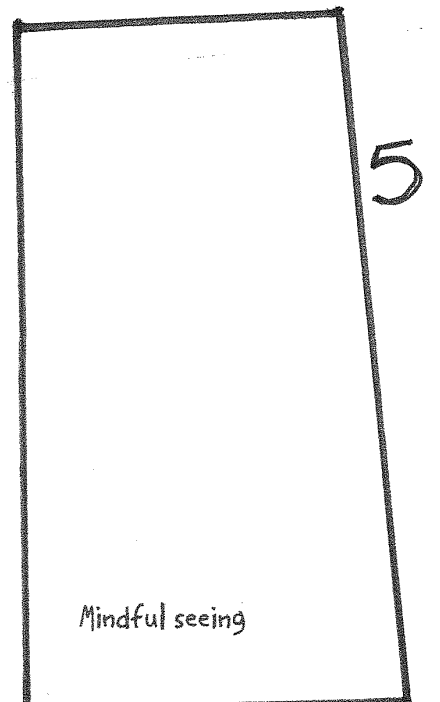
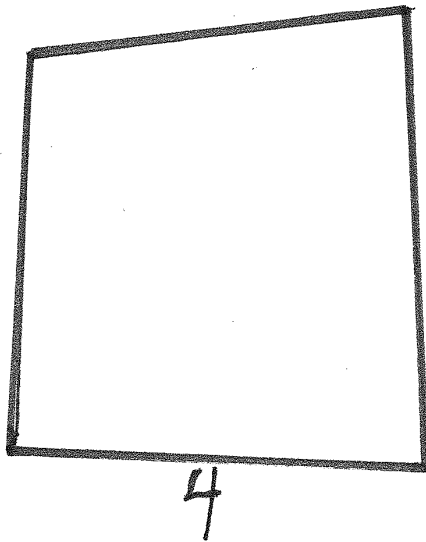
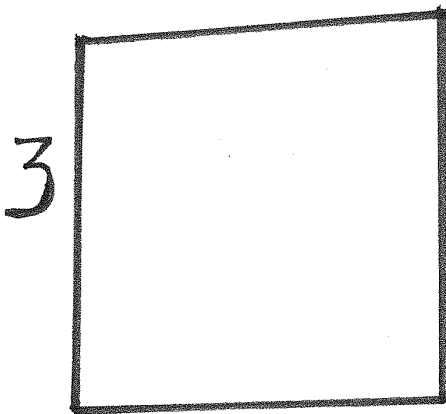
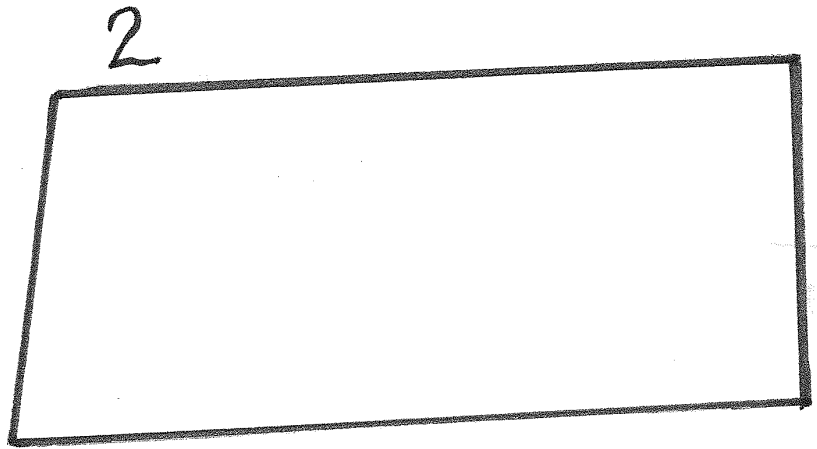
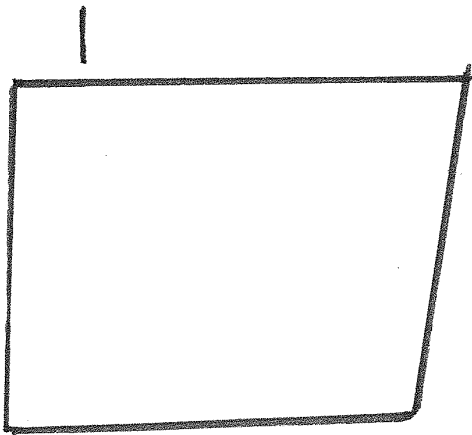
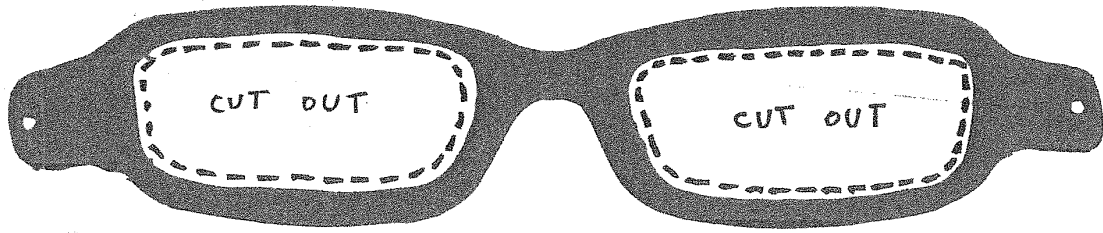


CLOSE YOUR EYES.

CONNECT THE DOTS
FROM MEMORY.



Cut out these glasses.
Using mindful eyes draw
5 new things you see.



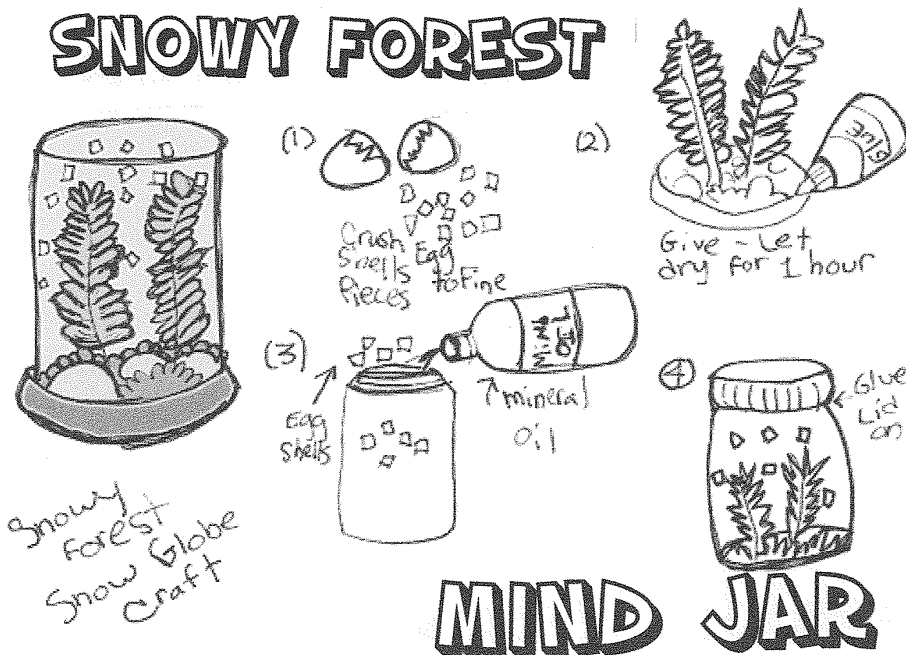
HOW TO MAKE A MIND JAR

Make your own Mind Jar with someone in your family.

1. Find a jar, glue, egg shells or glitter.
2. Crush the egg shells into pieces.
3. Fill the jar with mineral oil and add the egg shells or the glitter.
4. Glue the lid on.
5. Seal the outside of the jar with more glue.
6. Let it dry.

Now you have a Mind Jar to use whenever you have angry thoughts.

SNOWY FOREST

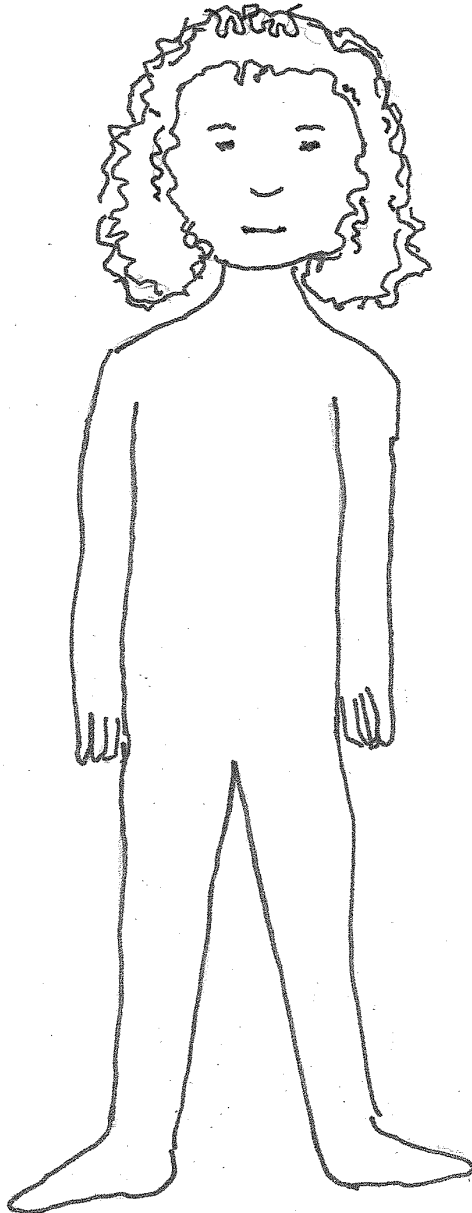


1. The crushed egg shells are your angry thoughts.
2. Sit quietly and do mindful breathing.
3. Watch & let your angry thoughts settle down to the bottom of the jar.
4. Notice how you feel.

Being mindful of strong emotions

Fill in this page when you have a strong emotion. Circle the emotion(s) you are feeling. You can write or draw what you feel and show where in your body you feel the emotion(s). You can use different colors for each emotion you feel.

Happy
Scared
Angry
Mad
Excited
Silly
Bored
Disappointed



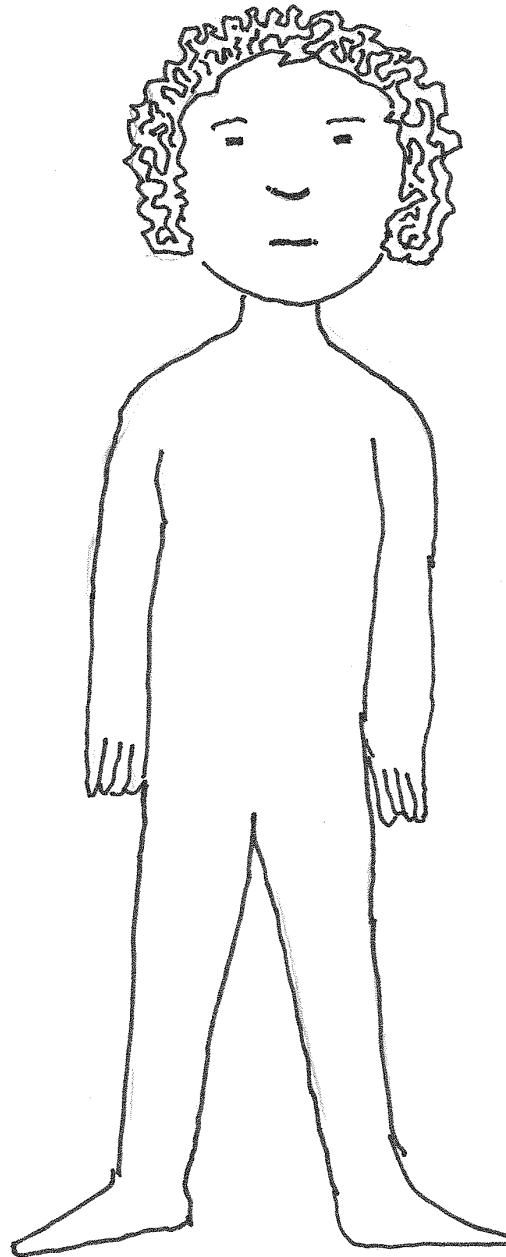
Happy
Scared
Angry
Mad
Excited
Silly
Bored
Disappointed

Emotions

Being mindful of strong emotions

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Happy
Scared
Angry
Mad
Excited
Silly
Bored
Disappointed



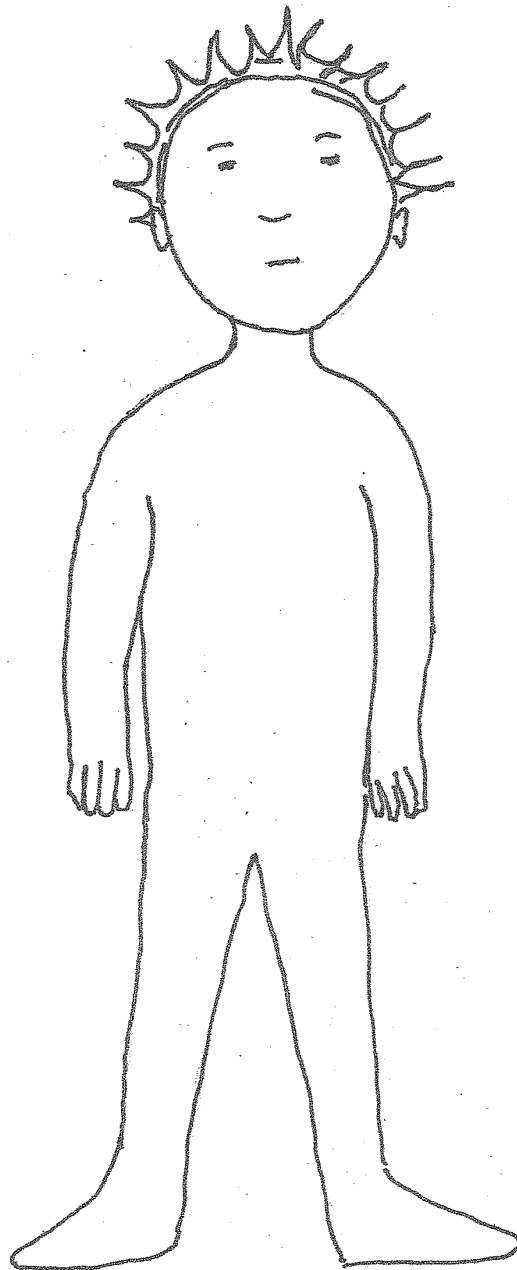
Happy
Scared
Angry
Mad
Excited
Silly
Bored
Disappointed

Emotions

Being mindful of strong emotions

Fill in this page when you have a strong emotion. Circle the emotion(s) you are feeling. You can write or draw what you feel and show where in your body you feel the emotion(s). You can use different colors for each emotion you feel.

Happy
Scared
Angry
Mad
Excited
Silly
Bored
Disappointed



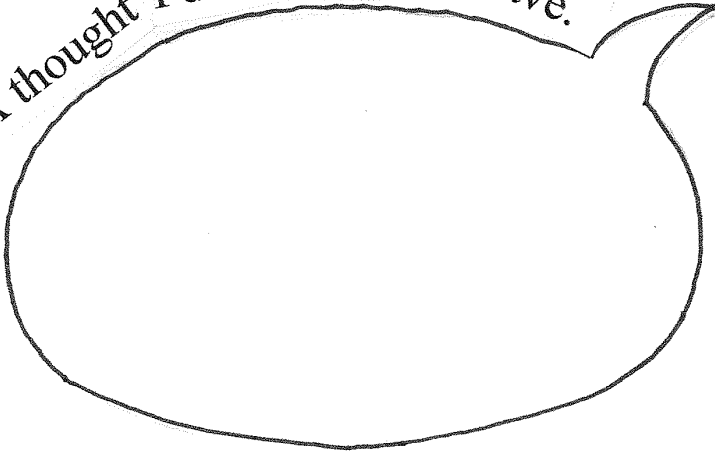
Happy
Scared
Angry
Mad
Excited
Silly
Bored
Disappointed

Emotions

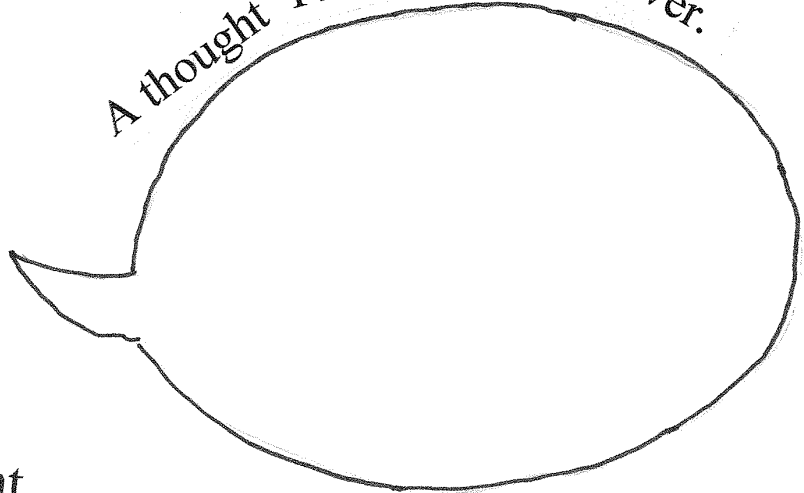
Being mindful of thoughts.

Write in the thought bubbles:

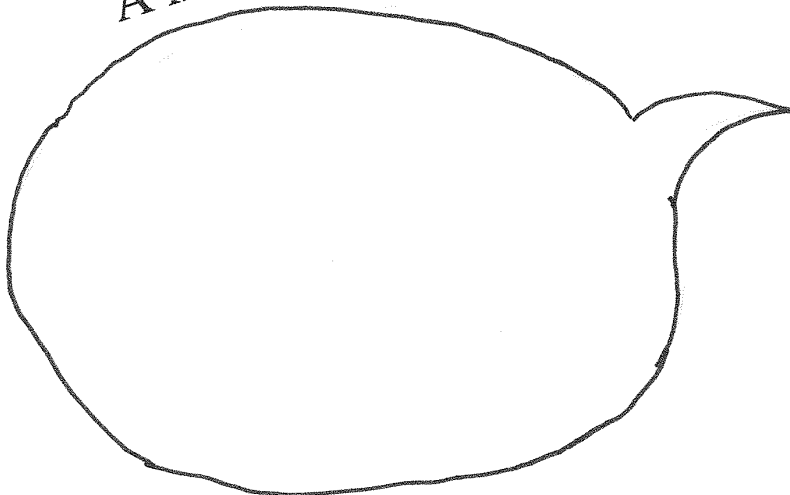
A thought I don't want to have.



A thought I have over and over.



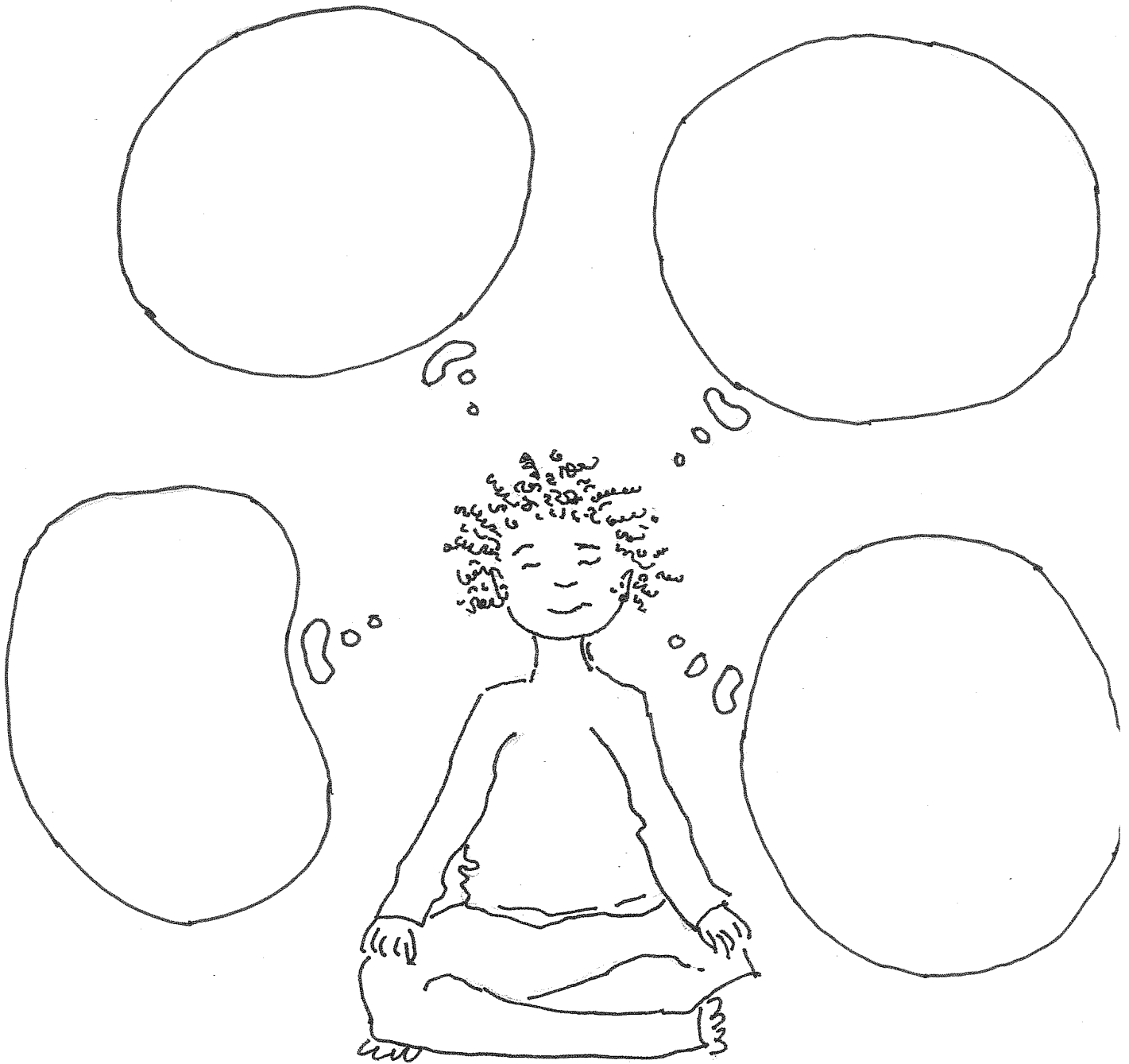
A new thought.



Thoughts



THOUGHTS



Practice mindful breathing. Write out the first 4 thoughts you have in the thought bubbles above.

Trace **YOUR** hand.

mindfully, in slow motion

eyes open

eyes closed

Practicing being Grateful

We can be grateful for all kinds of things big and small. Write what you are grateful for.

Someone in my family _____

A friend _____

Something in my room _____

Something in my home _____

Something in my neighborhood _____

Something in my classroom _____

Something or someone at school _____

Something or some place in my city _____

Something or some place in my country _____

Something or some place on the planet Earth _____

Write some small things you are grateful for like a hug, a blanket, pair of shoes, flowers, playing a sport, sunshine or rain.

A favorite color _____

A game, toy or book _____

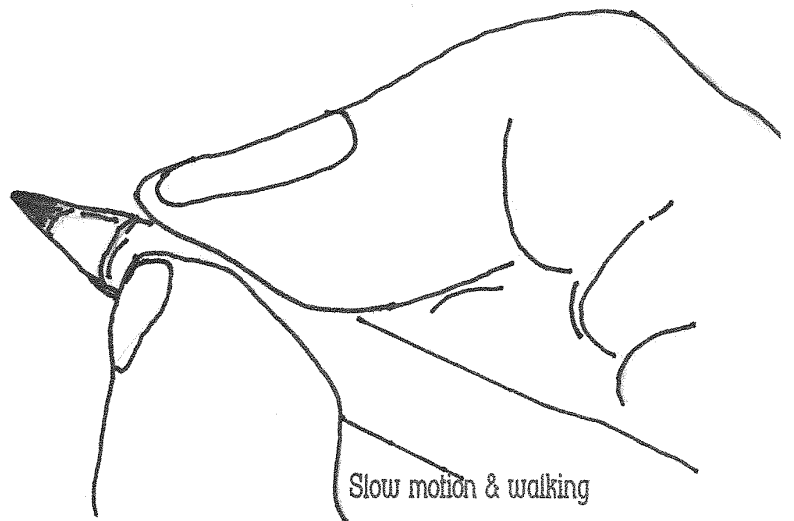
A special food _____

A kind of weather _____

An animal, insect, bird, or reptile _____

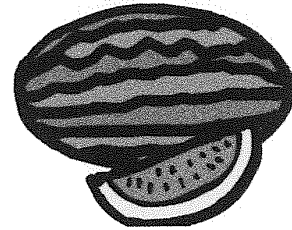
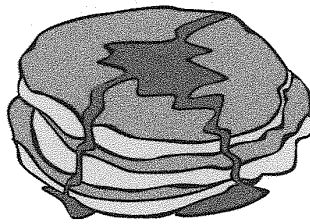
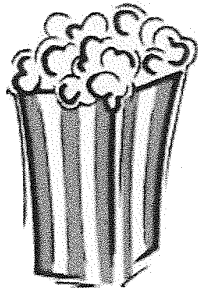
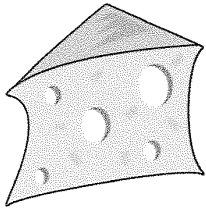
Your ideas _____

Try to write your name with your feet.
Now write your name with your hand.
Practice mindful movement.

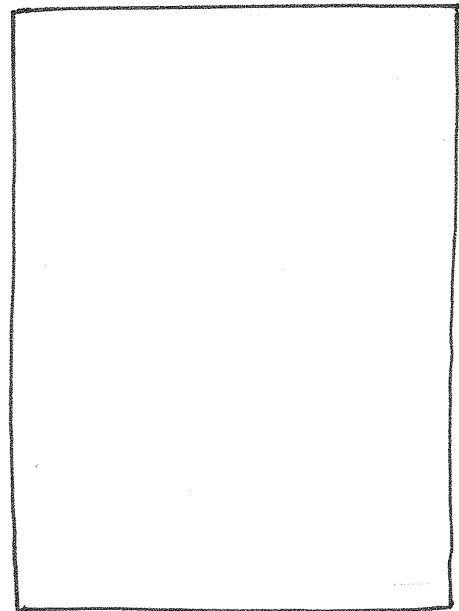
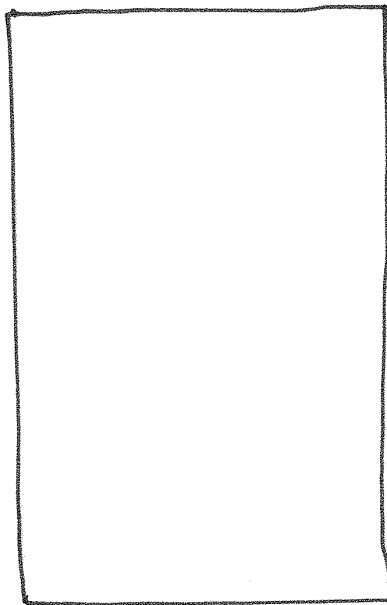
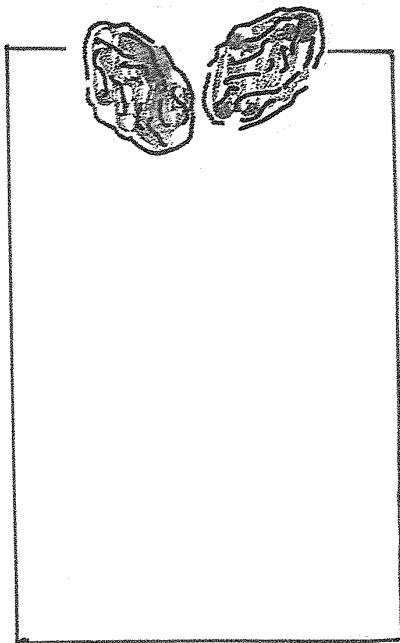
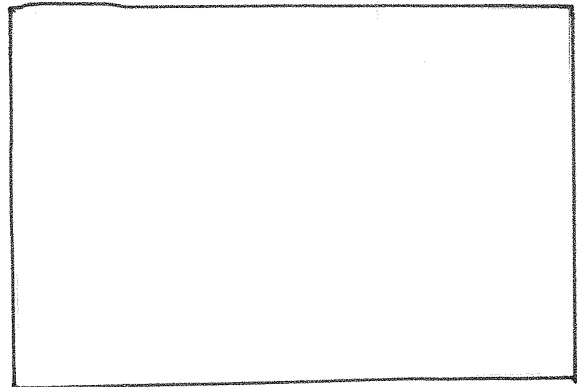


Slow motion & walking

**Choose 3 different foods to practice mindful eating.
Then draw a picture of the food and write anything
you noticed.**



1. What do you see?
2. What does it smell like?
3. What does it sound like?
4. Squish it and now listen to it.
5. What does it feel like?
6. stick out your tongue,
7. Put it in your mouth.
8. What does it taste like?
9. take one slow mindful bit
10. Can you feel it go into your stomach?



Mindful Eating

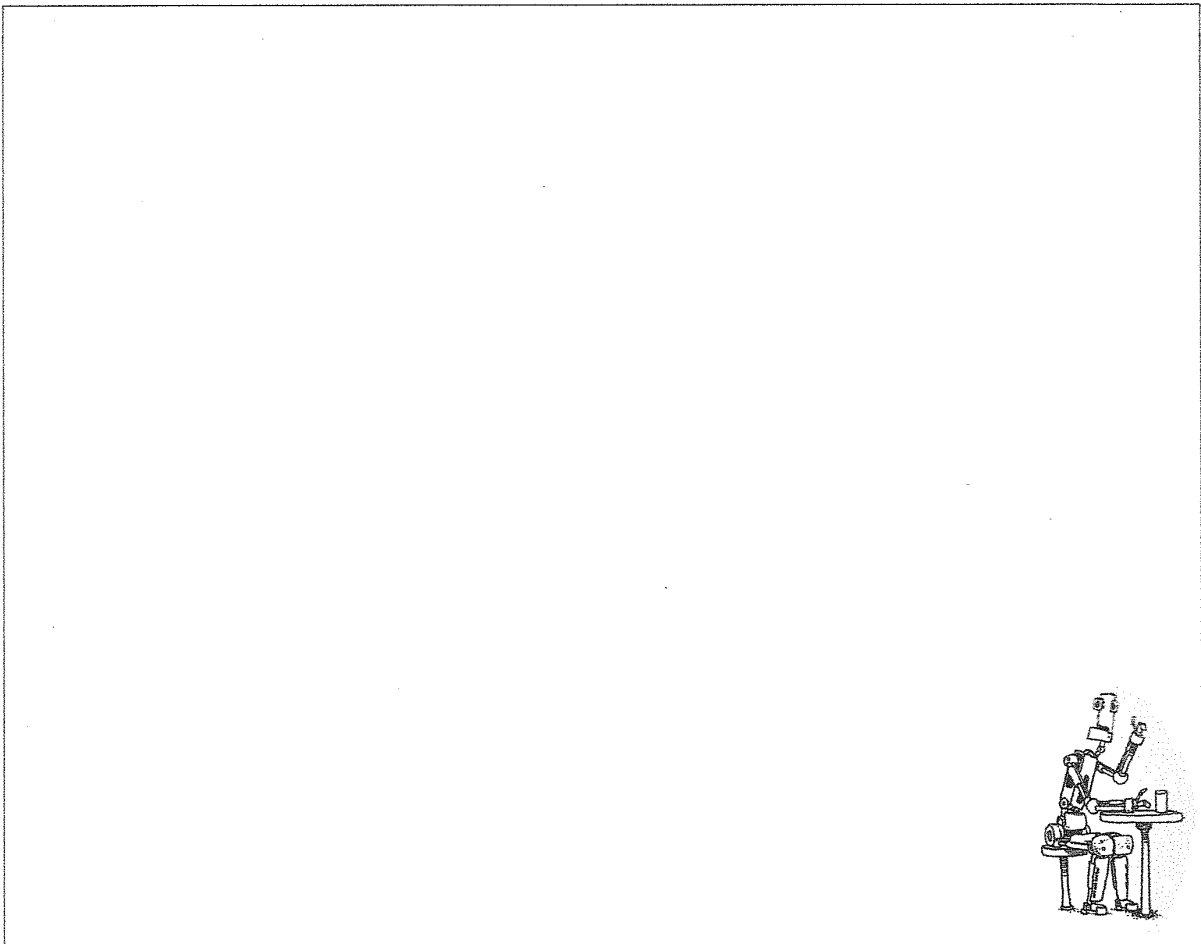
THIS IS A TEST!

Stop and notice how that makes you feel. How do you feel?

Relaxed Anxious Nervous Tense Good

Follow these instructions:

1. Do this test slowly and mindfully.
2. If you feel anxious, nervous or tense take 3 mindful breathes. Now start the test.
3. Draw a line from one side to the opposite side.
4. Draw a big circle in the middle.
5. Draw 3 dots of any size inside the circle.
6. Color one area.
7. Write your name above the circle.



Mindful test taking

Practice Leading Mindfulness with your class

1. Please put on your mindful bodies.

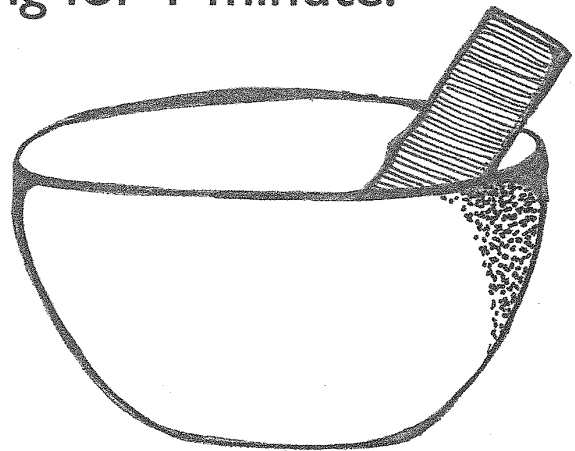


2. Please let your eyes close. (*Ring the Bell*).

3. Please bring your hand mindfully to your anchor spot.

4. Please . . .

- take 3 mindful breaths, or
- do mindful breathing for 1 minute, or
- do mindful listening for 1 minute.



Ending review and 2 + 2

Mindful activities to try

1. Tie your shoe.
2. Listen to a recording of yourself talking.
3. Watch TV with the sound off for 5 minutes.
4. Don't talk for one hour when you're around other people.
5. Watch ants for 5-10 minutes.

Draw a picture or write about what you notice.

EXTRAS: MINDFUL OF EVERY ACTIVITY

MINDFUL ACTIVITY CHART

Write or draw a picture of the mindful activity you did.
Write any thoughts or feelings you had.

At home	At school

Mindful of Every Activity