

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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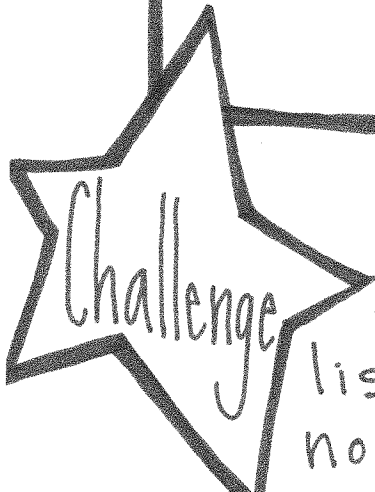
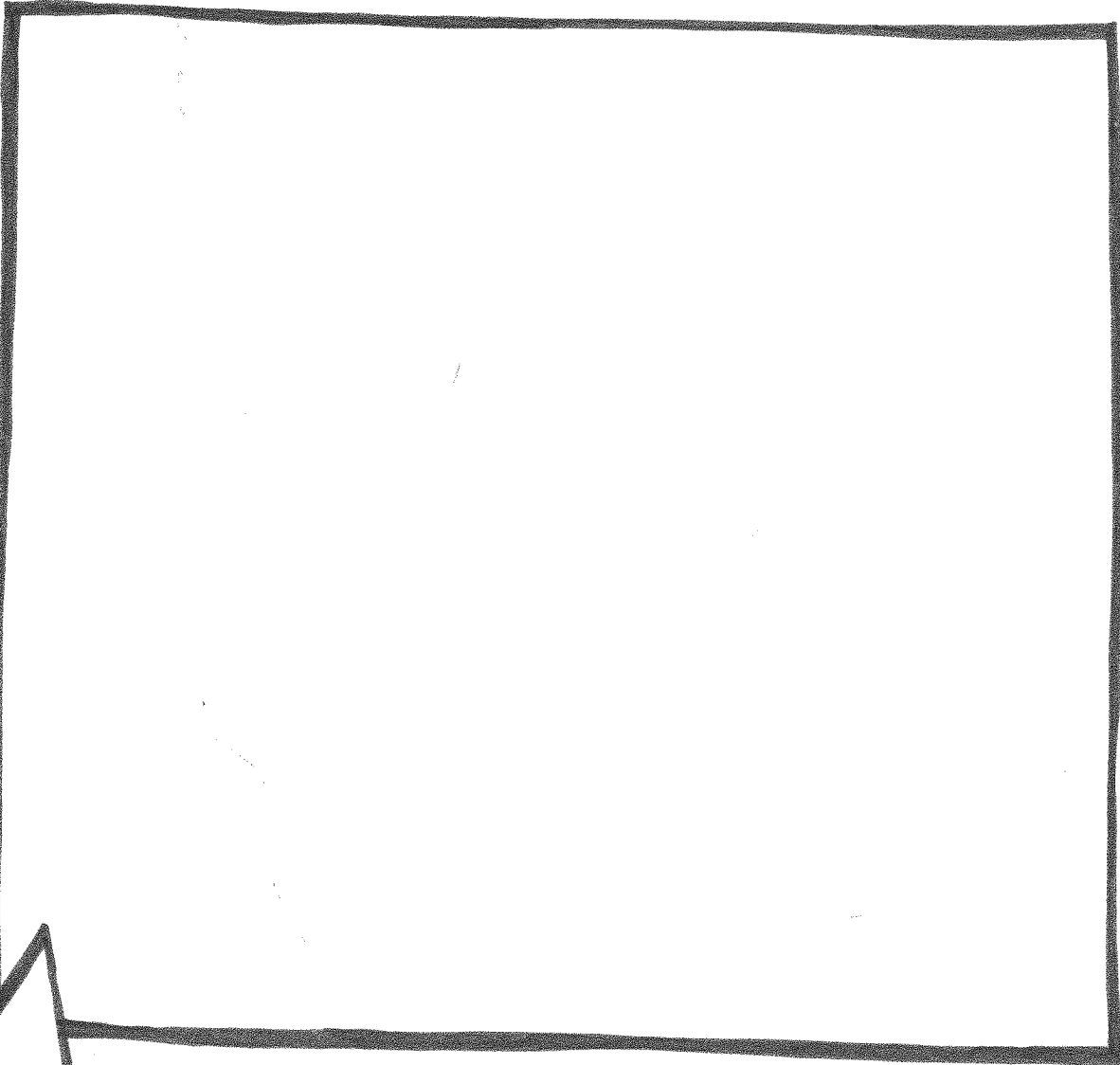
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MINDFUL Bodies

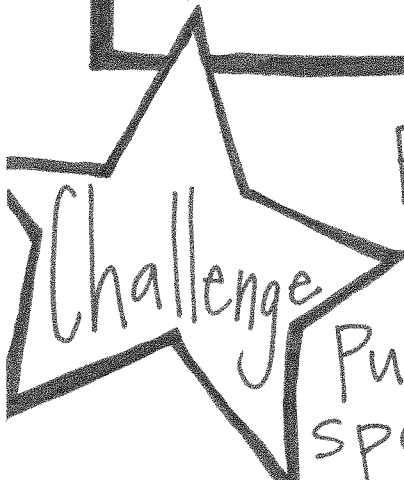
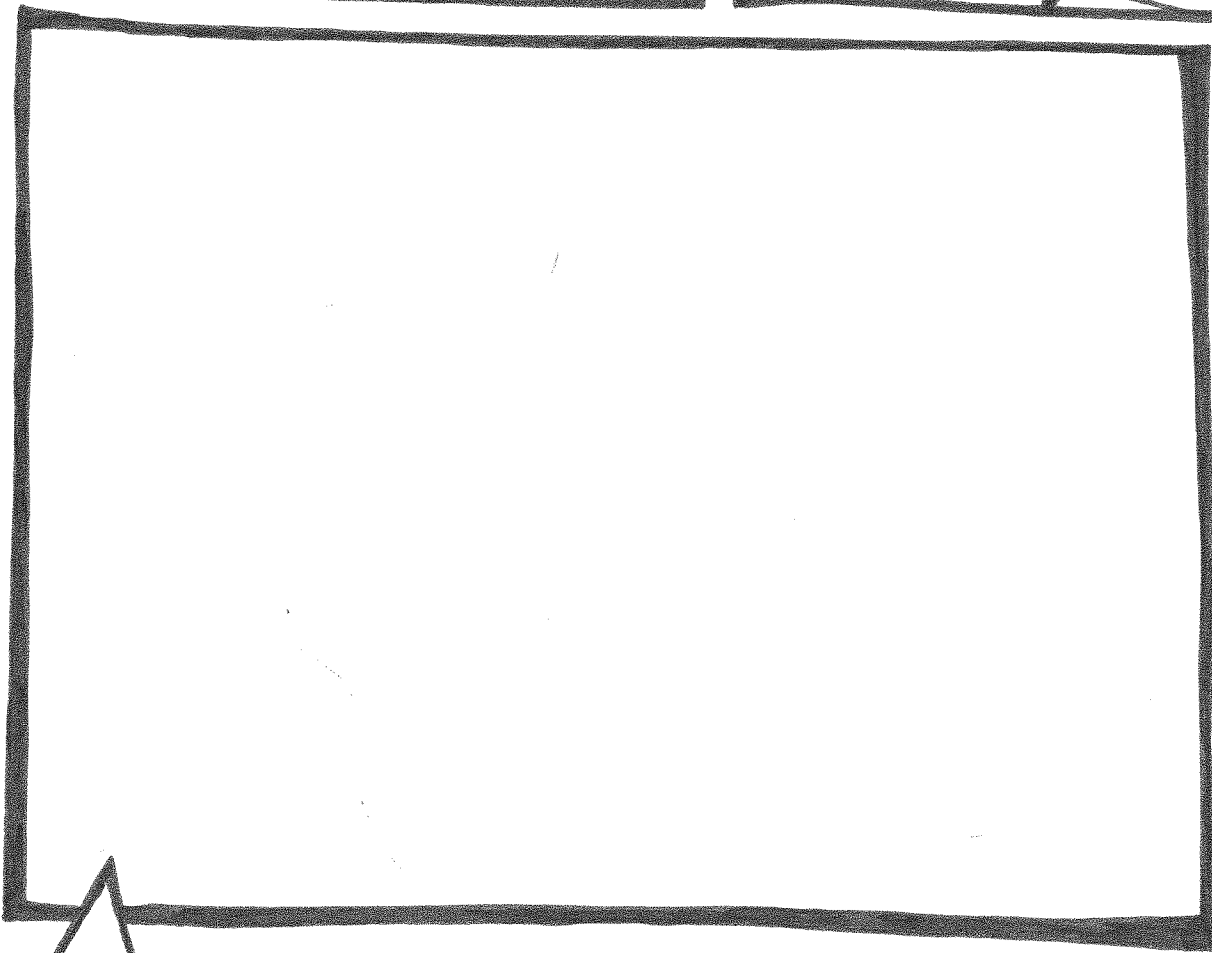
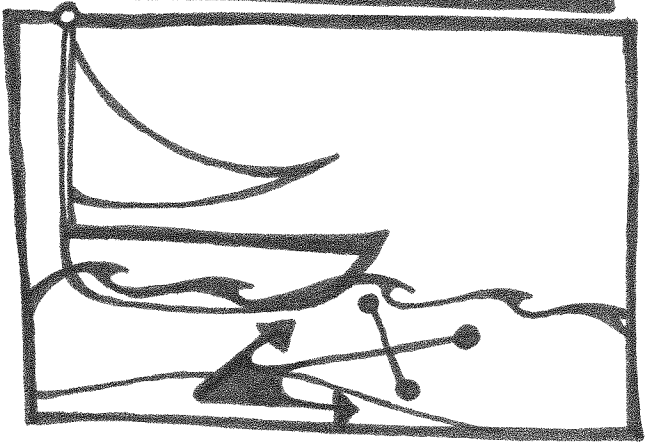
Draw a picture of yourself in your mindful body.



Sit in your room at home, put on your mindful listening ears, and listen for sounds you may not have noticed before.

Mindful Breathing

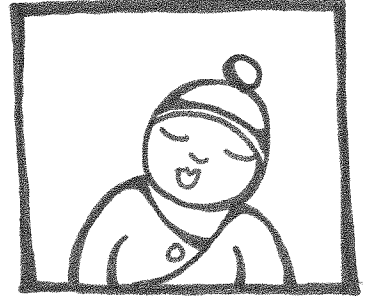
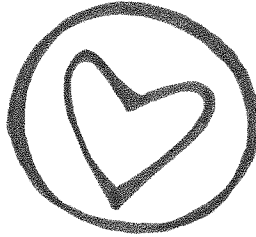
Draw a picture of your hand on your anchor spot



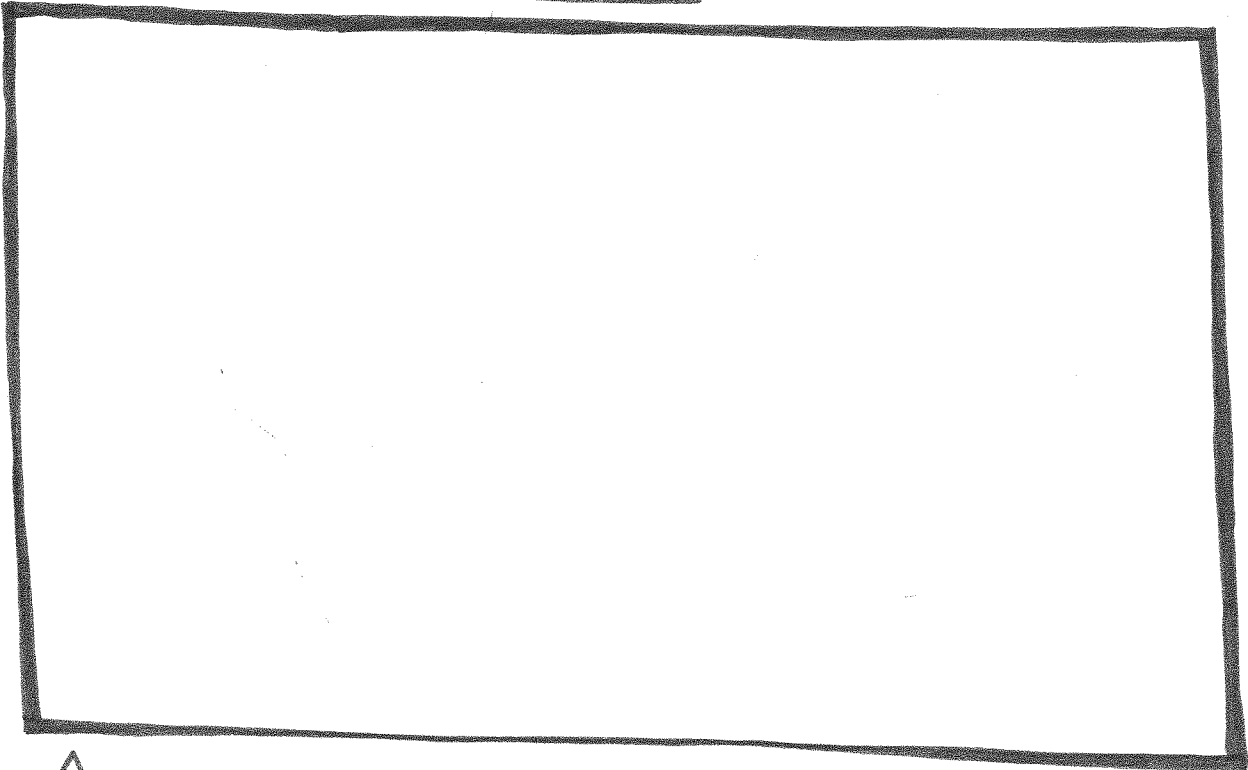
Pick a noisy place. Try to pay attention to 3 breaths. Put your hand on your anchor spot, see if this makes it easier.

Heartfulness

SENDING KIND THOUGHTS

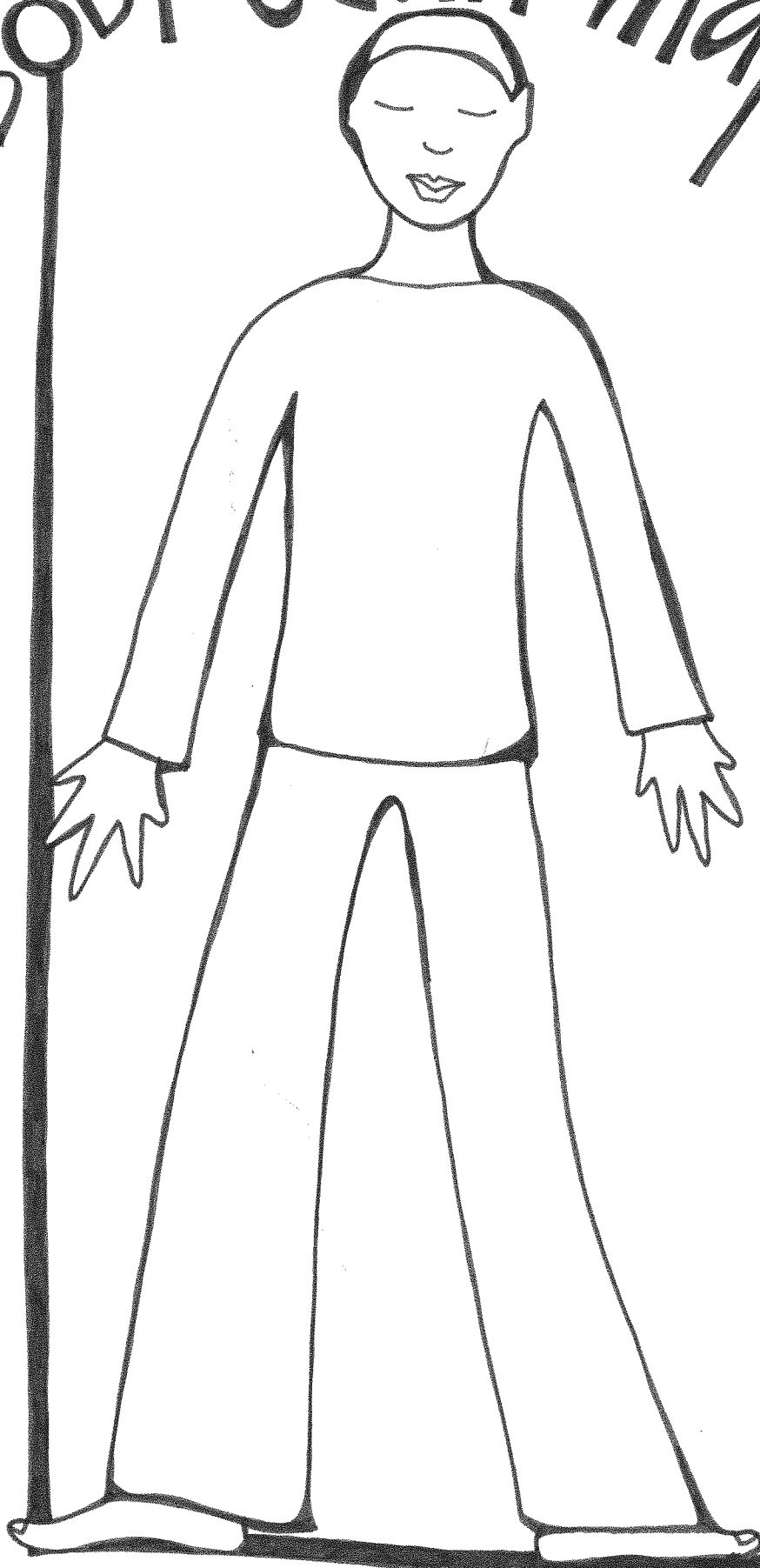


Draw a picture of a person or animal you would like to send kind thoughts to:



Go to a place with lots of people around. Practice sending kind thoughts as a secret practice, saying the words silently in your mind

BODY SCAN MAP



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

DRAW

WHAT YOU FELT
IN YOUR
BODY
DURING THE
BODY SCAN

**Body Scan
Challenge:**

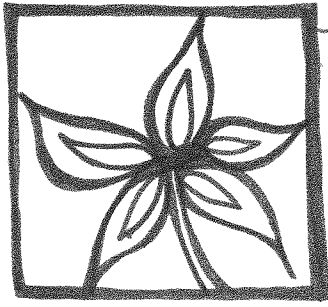
Try doing a body scan
in bed, before fallin
asleep.

Notice if it helps
relax you or fall aslee
easier.

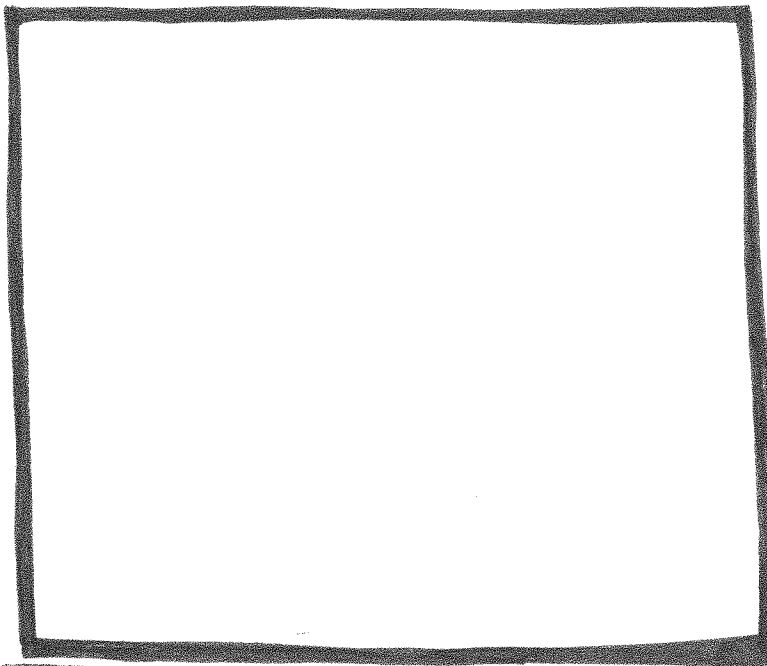
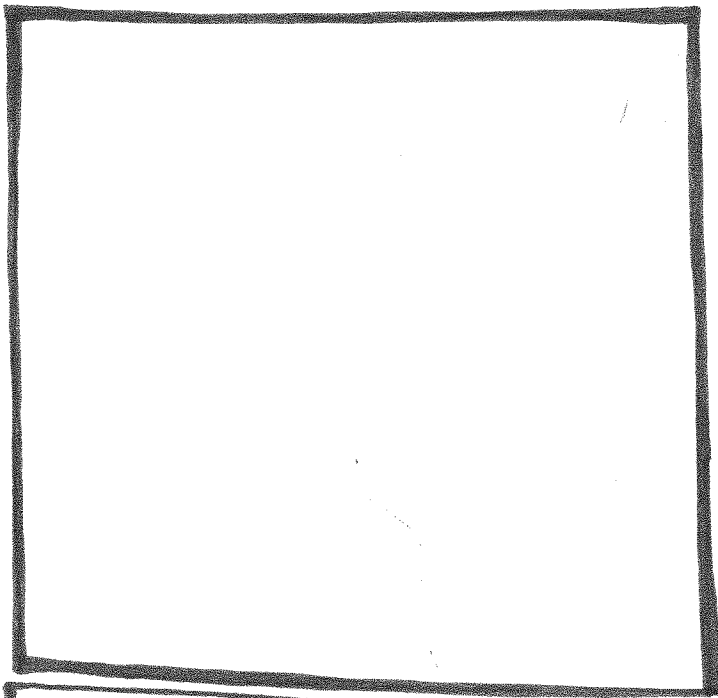
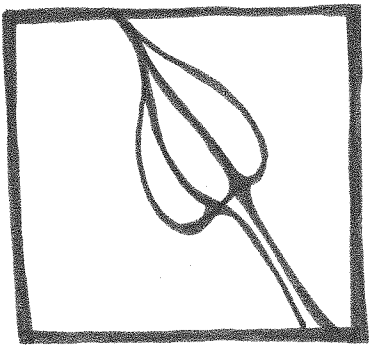
MINDFULNESS of Breathing

Anchor Words

☆ Breathing in, the flower opens its petals in the sun...
Breathing out, the flowers closes its petals in the dark

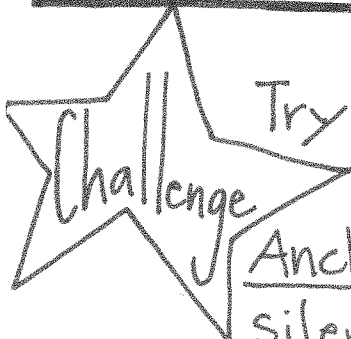


Draw a picture of:



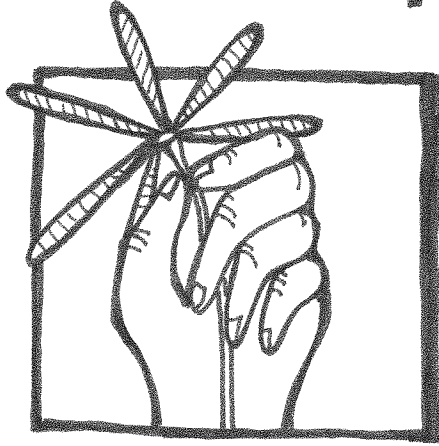
A flower with its petals open

A flower with its petals closed

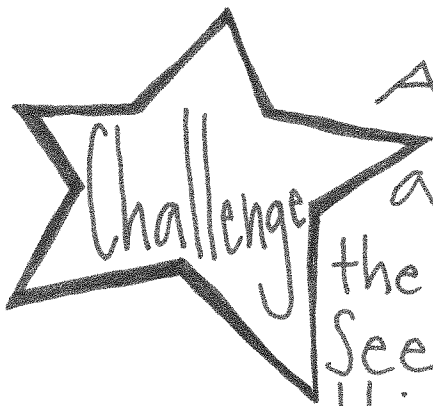
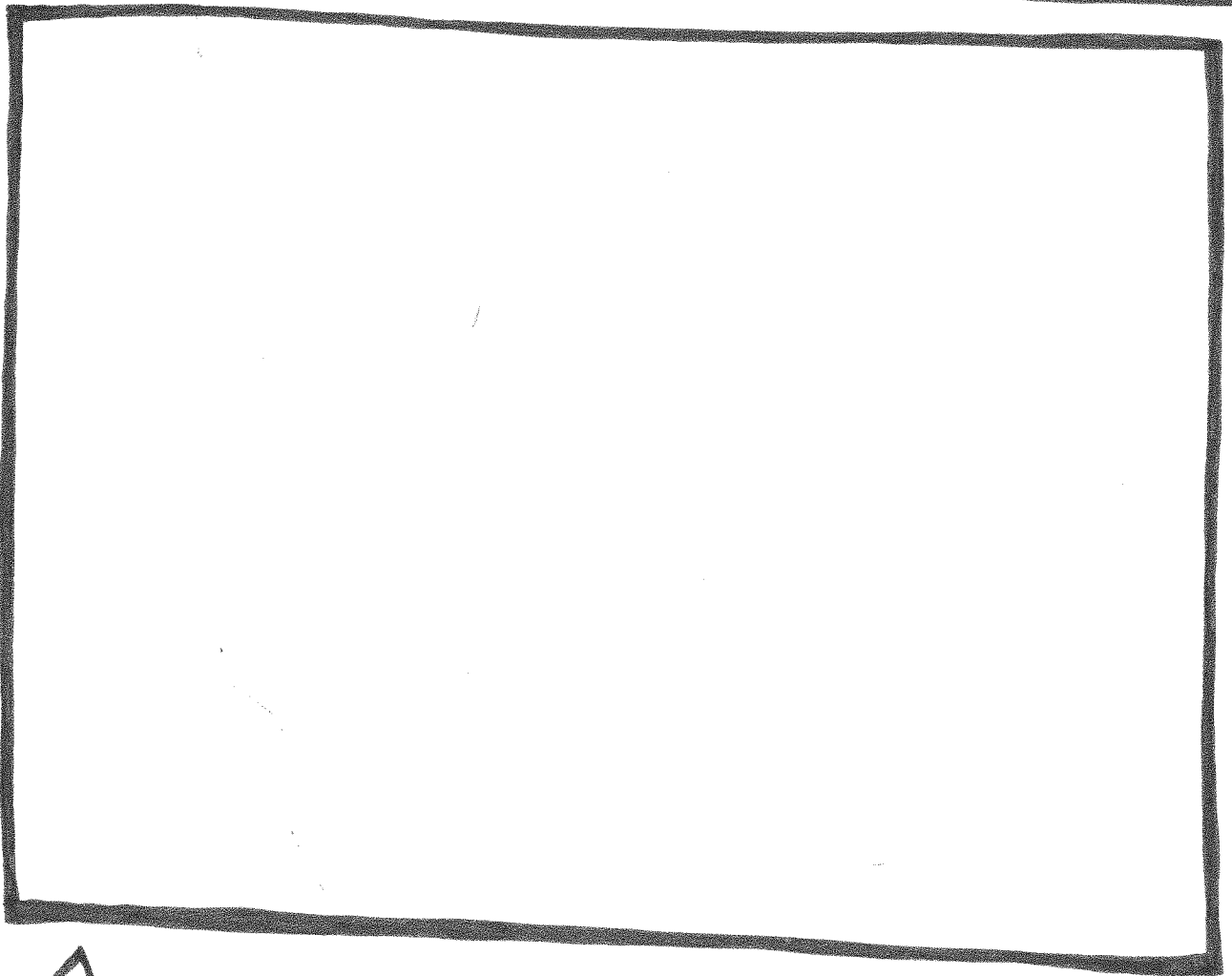


Try to stay focused on your breath in the lunchroom for 30 seconds. Use your Anchor Words, "breathing in, breathing out," silently in your mind.

Generosity



Draw a picture of something you can give that doesn't cost money, like smiles!

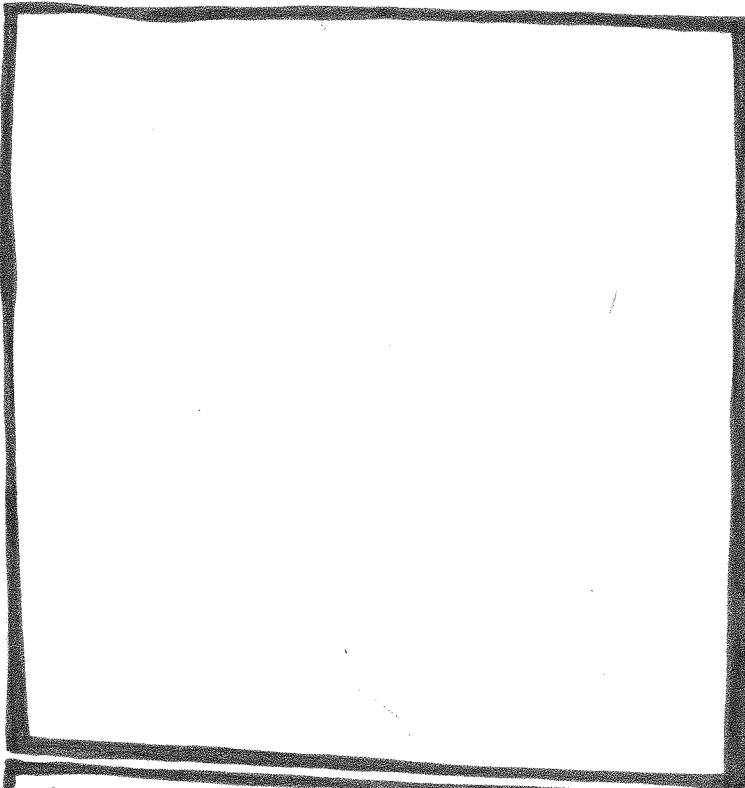


As a class, create a list on a large piece of paper of all the kind and generous acts you see. See if together you can write **30** things.

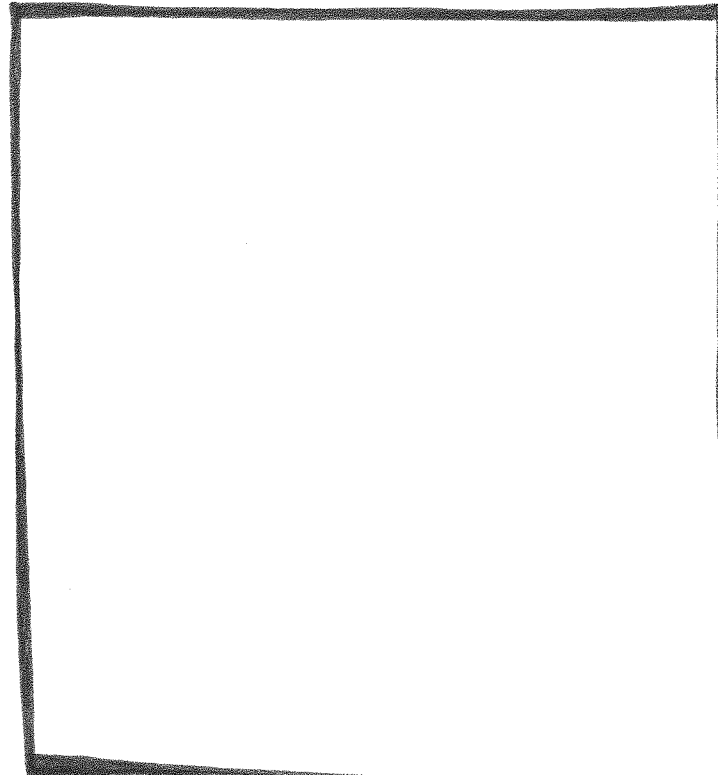
Thoughts

Sometimes our thoughts run around like puppies!

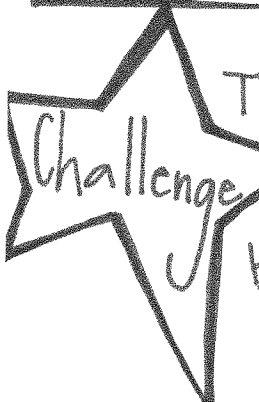
Draw a picture of:



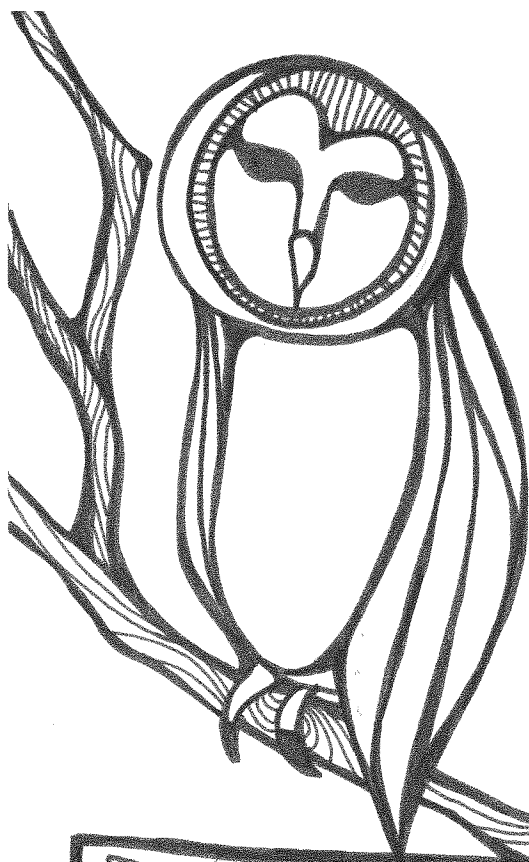
A puppy dog running around.



A puppy dog resting calmly.

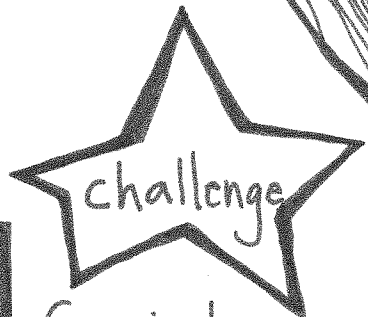
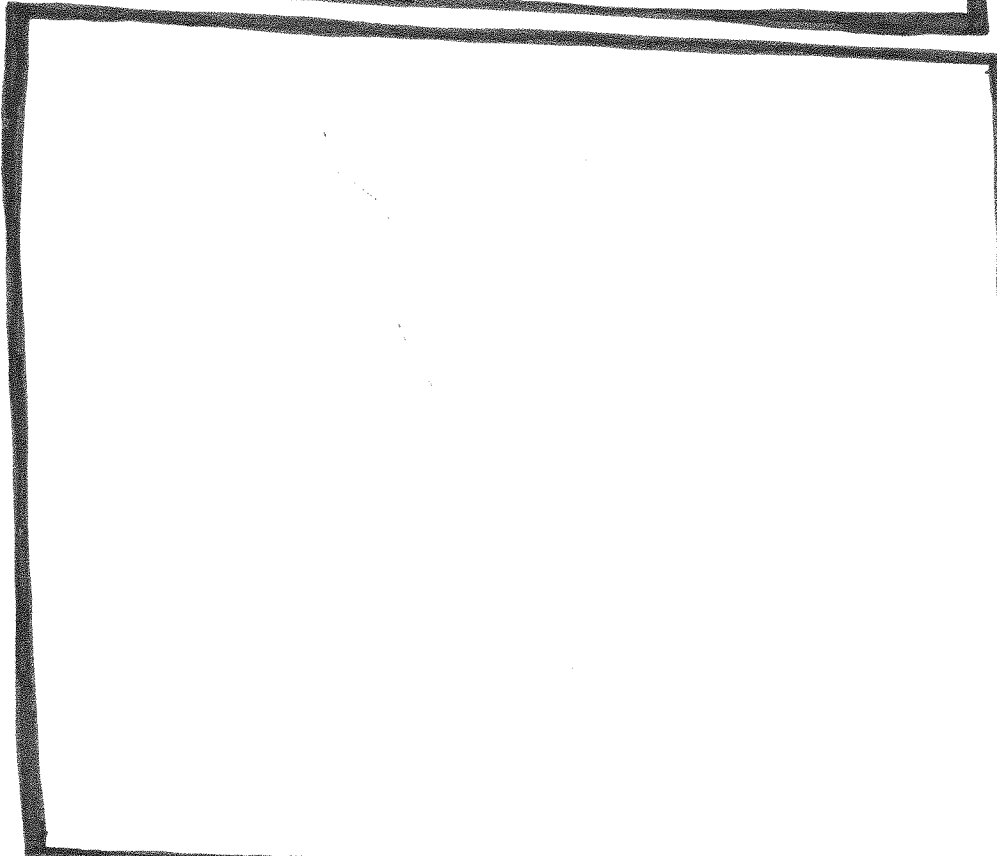


The next time you are having a hard time paying attention in class, try telling your puppy dog mind to come back to what is happening in class.



MINDFUL Seeing

Draw a picture of an animal that sees with very mindful eyes.

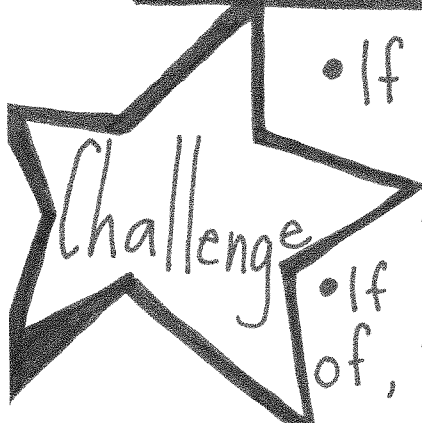


Go into your room at home and put on your "owl" eyes. See if you can notice **5** things you have never noticed before.

KIND and caring on the playground



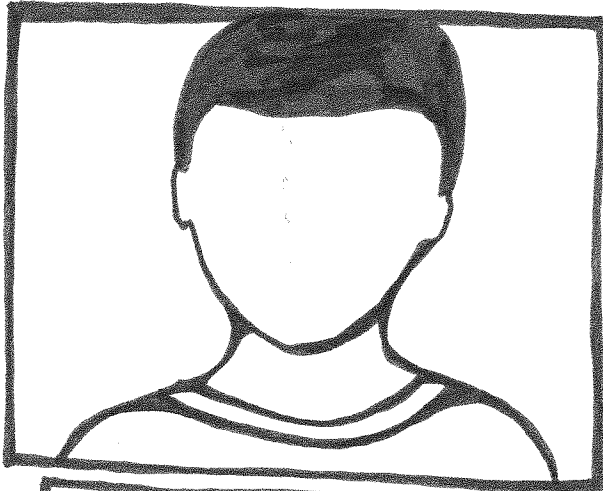
Draw a picture of yourself playing happily with a friend.



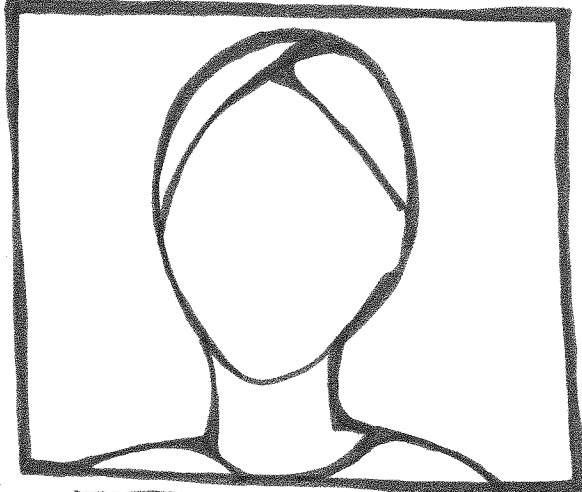
- If you notice someone being left out at recess, see if you can find a way to include him or her.
- If you see someone being made fun of, try sending kind thoughts to him or her.

Emotions

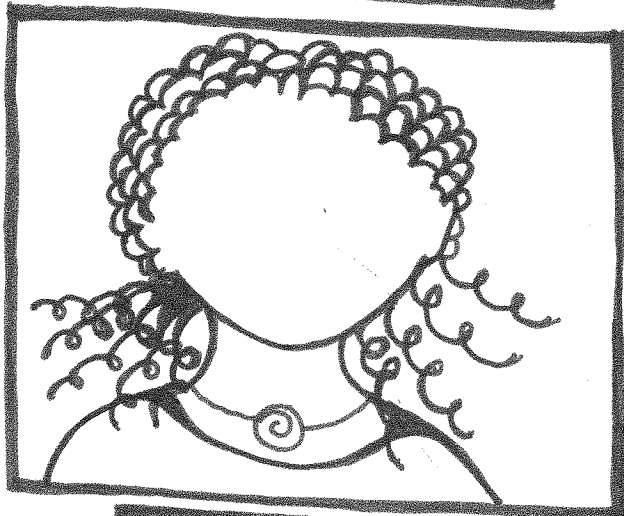
Draw the emotion on each blank face.



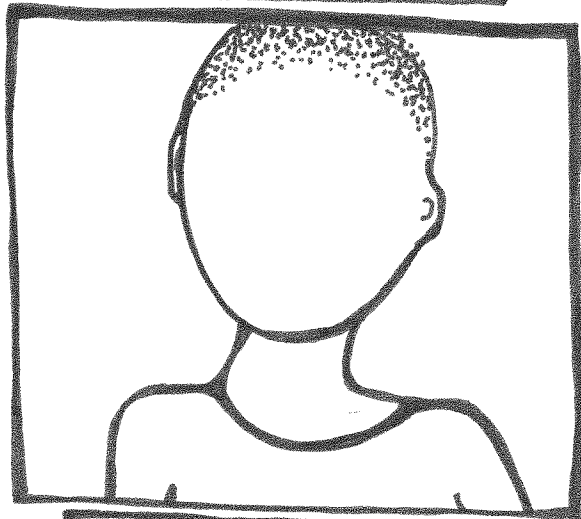
HAPPY



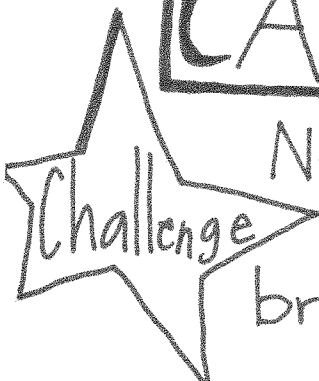
SAD



CALM



ANGRY



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

SLOW motion

Write your name in slow motion 5 times.

Notice all the body feelings you can in your shoulders, arms, hands and fingers.

①

②

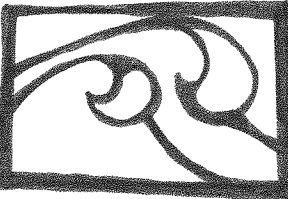
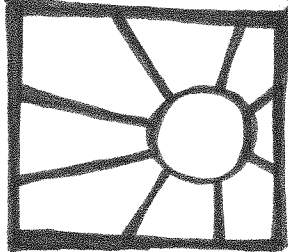
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④

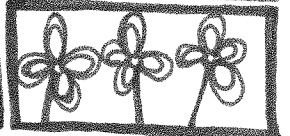
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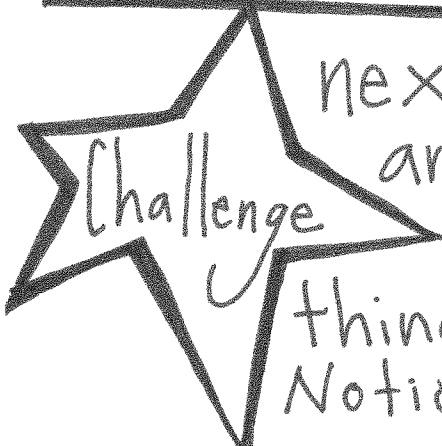
Challenge When you raise your hand in class, normal speed, see how many body feelings you can feel in your arm.

GRATITUDE



Write and Draw 3
things you are
grateful for

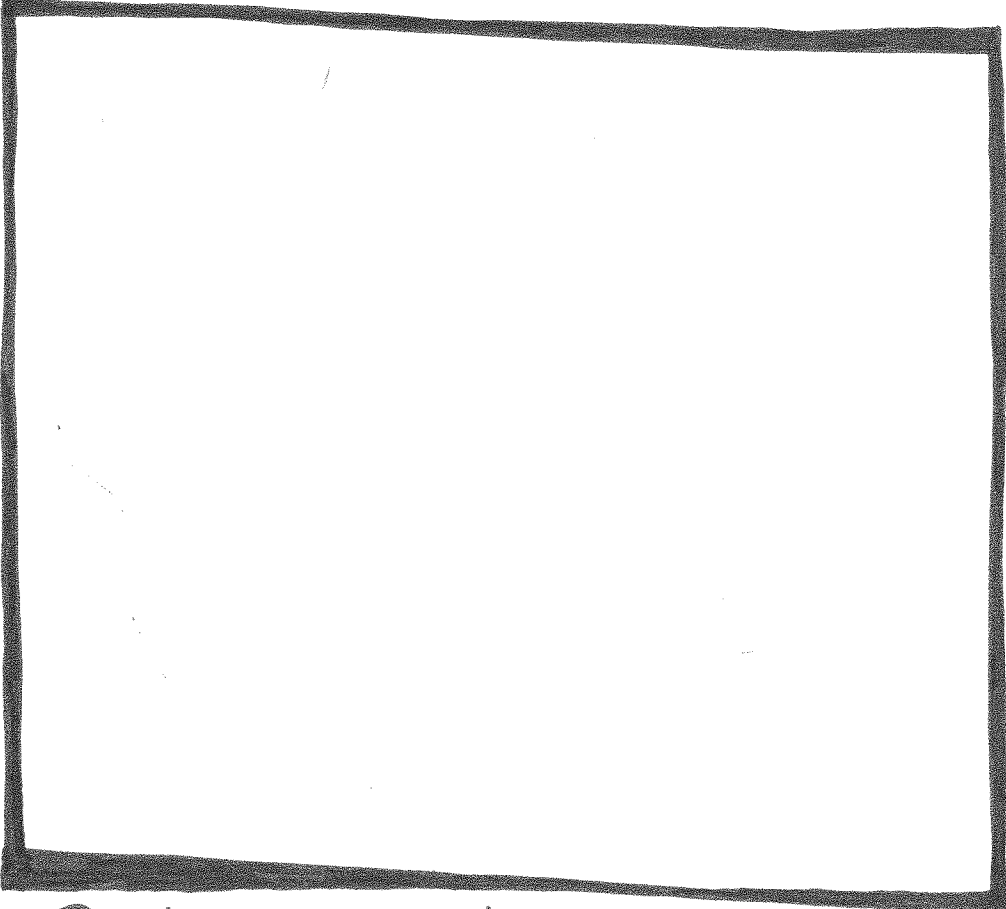




next time you are feeling sad,
angry, lonely or afraid this
week, try to think of 3
things you are grateful for.
Notice how this makes you feel.

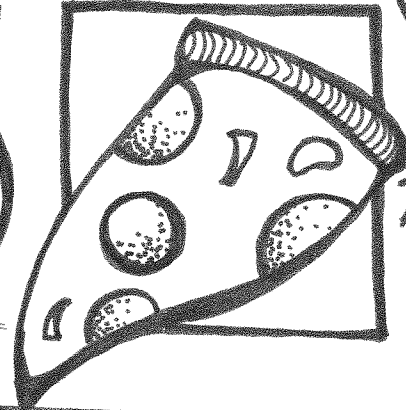
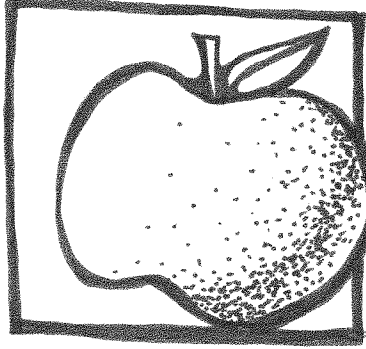
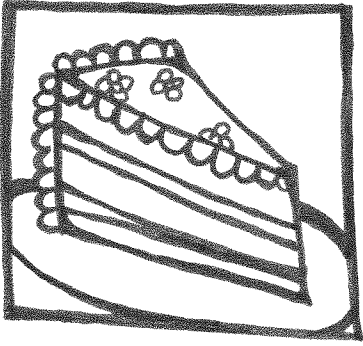


Draw a picture of yourself walking mindfully.

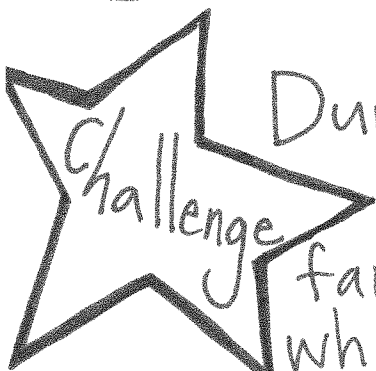
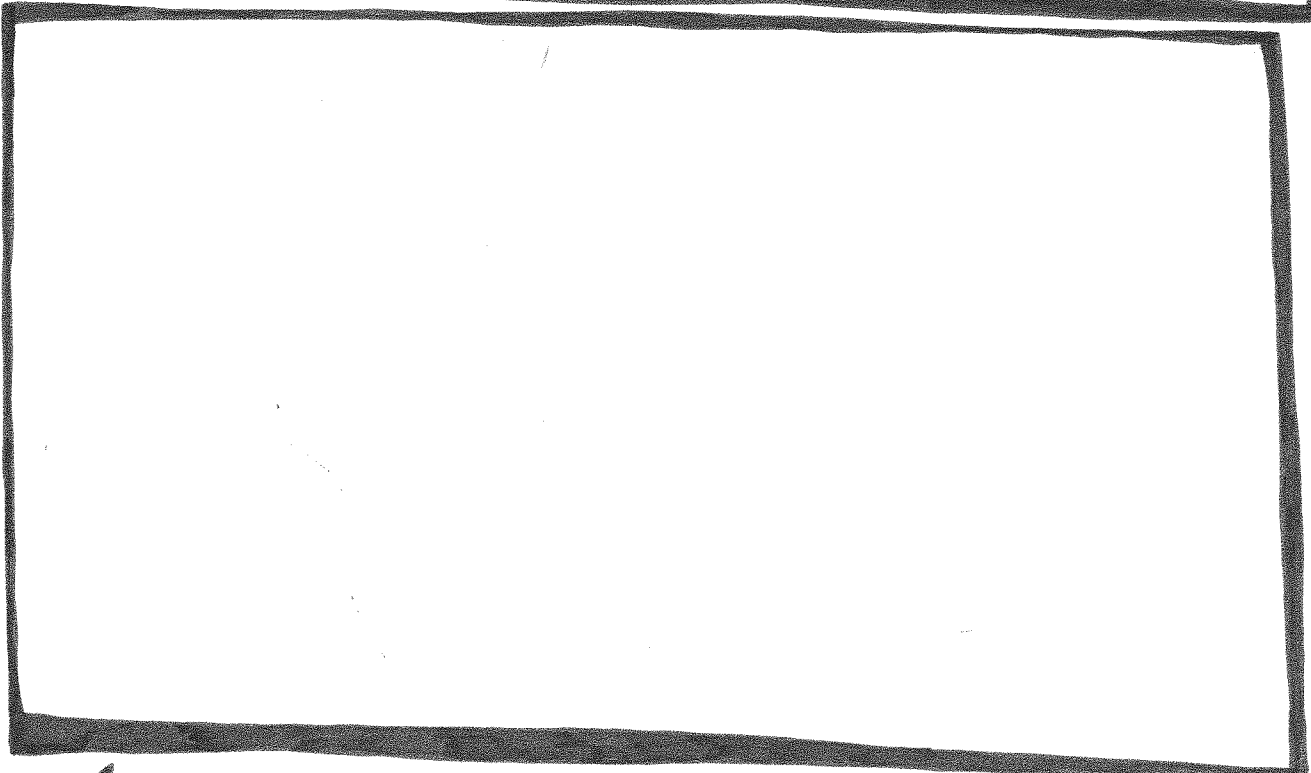


Pick an activity like biking, running, jumping rope and put your attention in your feet. Does this make the activity easier?

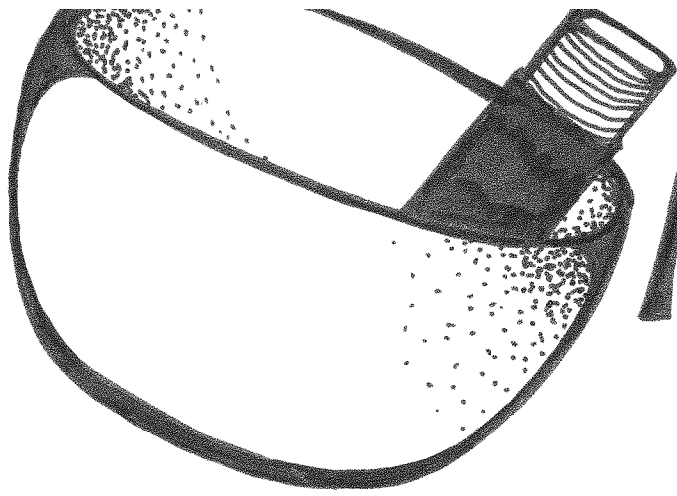
MINDFUL EATING



Draw a picture of a delicious food you would like to eat mindfully.



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



MINDFULNESS

wrap-up

What was the best thing
you learned in mindfulness class?

A large rectangular box with a horizontal line inside, intended for writing the answer to the question above.

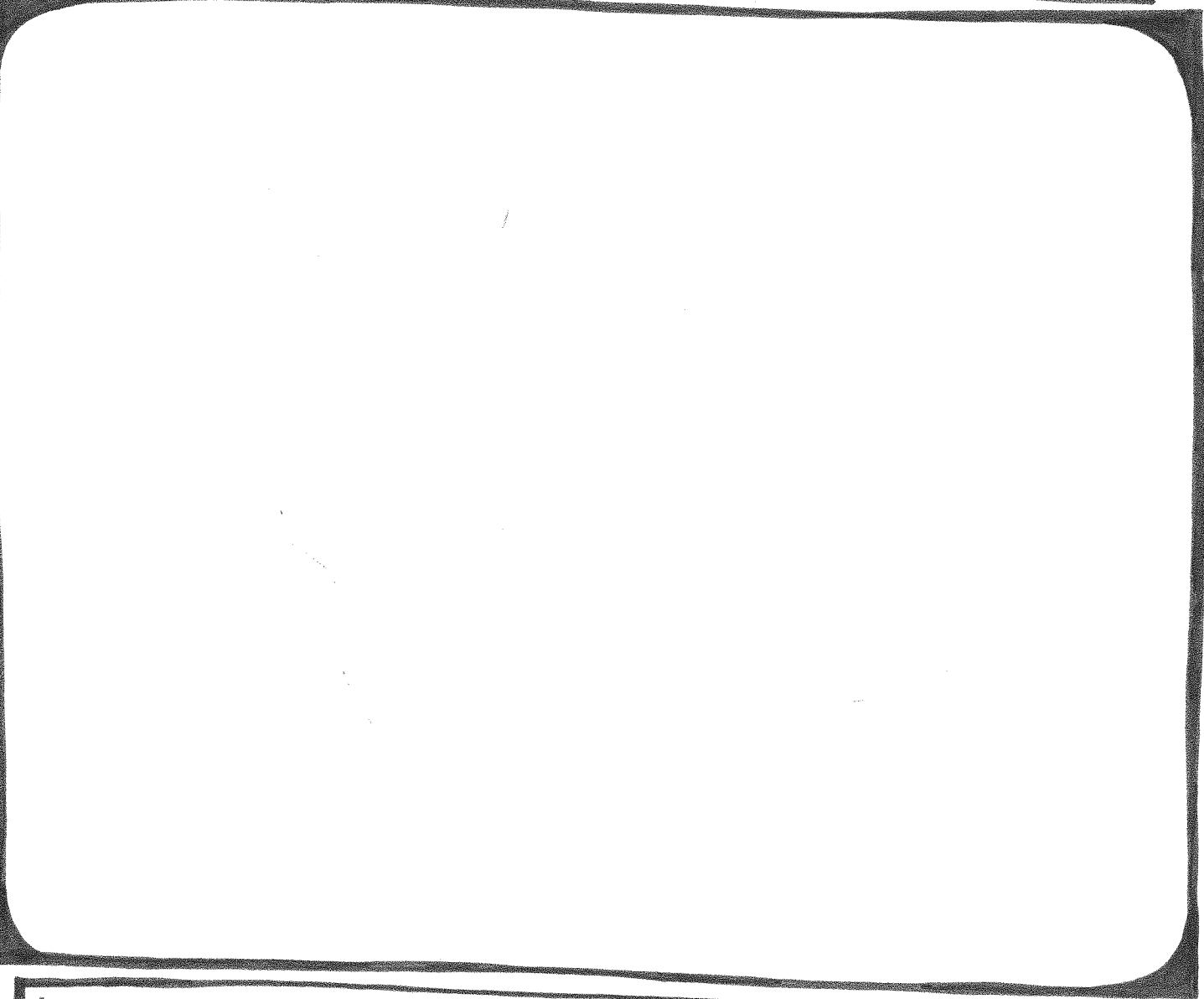
Draw
a picture
that makes
you happy!

A large rectangular box with a horizontal line inside, intended for drawing a picture that makes the student happy.

EXTRA

Drawing

Draw a picture of:



Lesson: _____



Challenge:

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

Lesson: _____

**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

PAGE OF KIND THOUGHTS

1. _____

2. _____

3. _____

4. _____

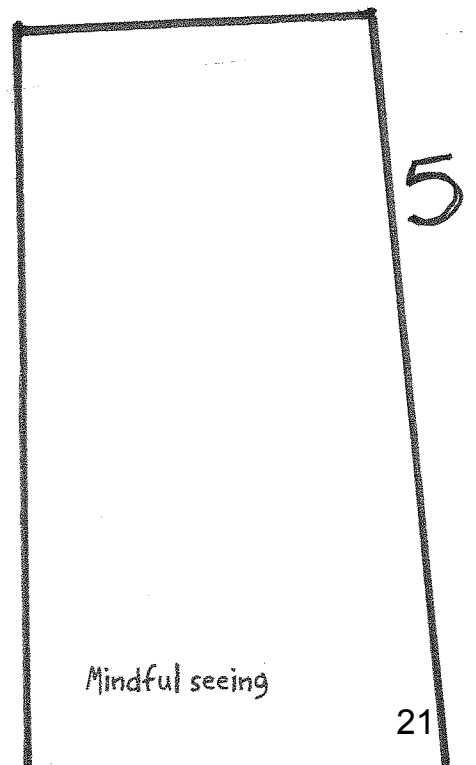
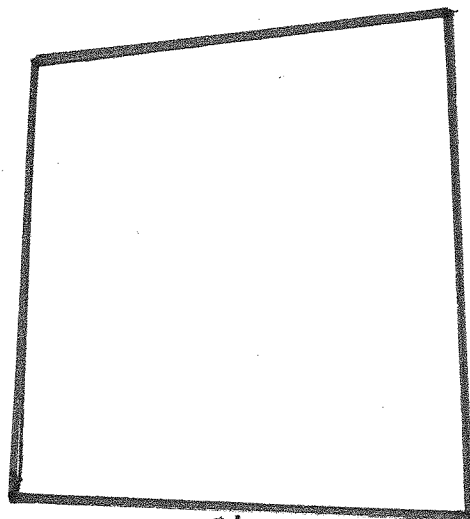
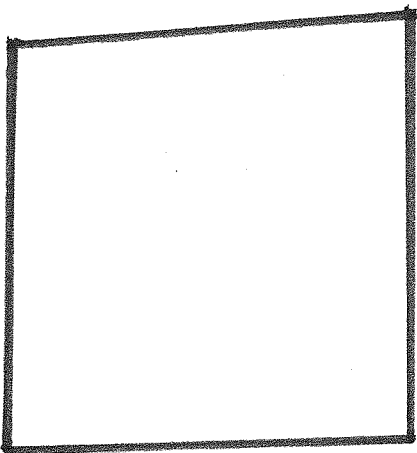
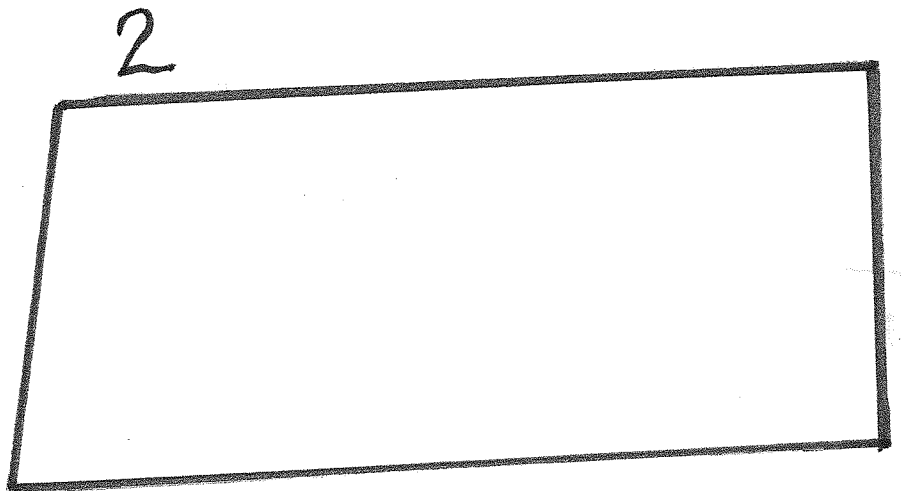
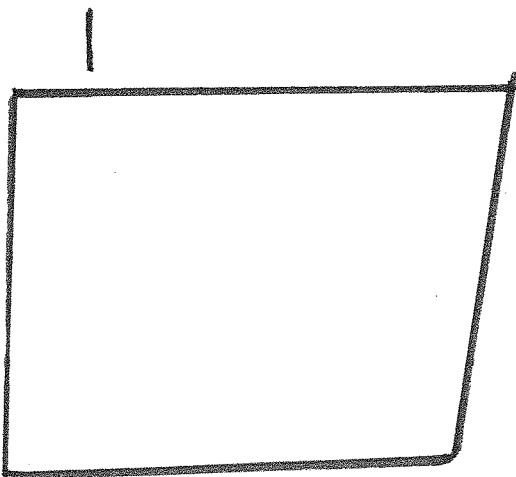
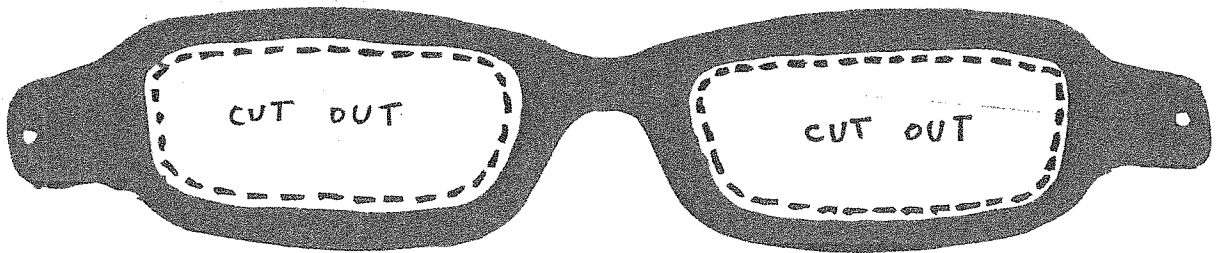
5. _____

6. _____

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



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



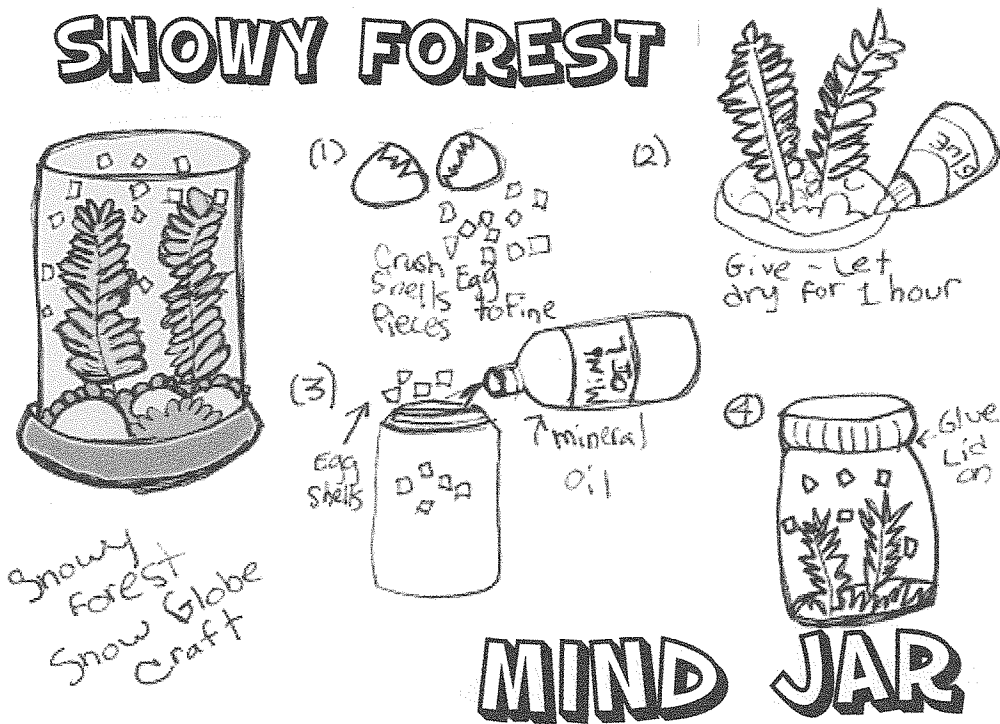
HOW TO MAKE A MIND JAR

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

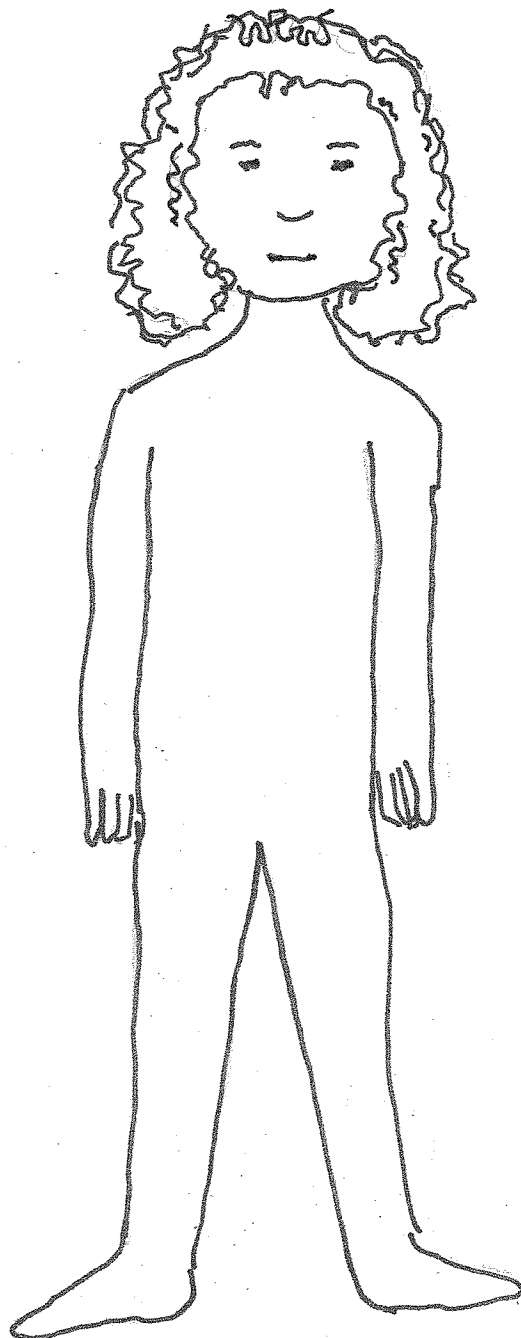


1. The crushed egg shells are your angry thoughts.
2. Sit quietly and do mindful breathing.
3. Watch & let your angry thoughts settle down to the bottom of the jar.
4. Notice how you feel.

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

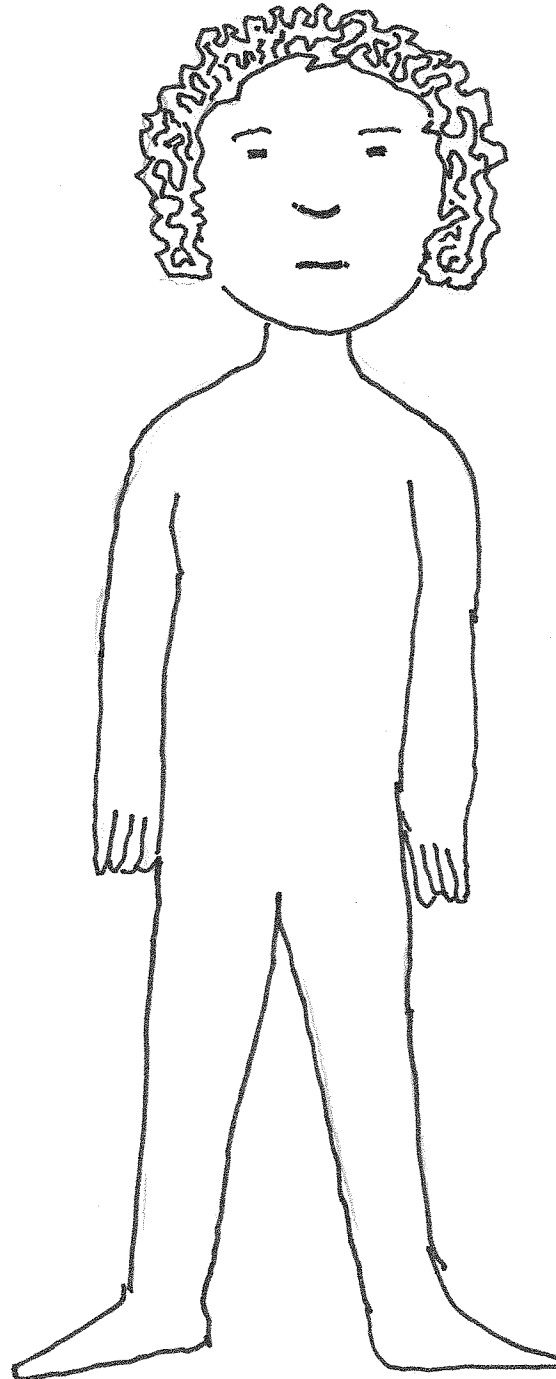


Happy
Scared
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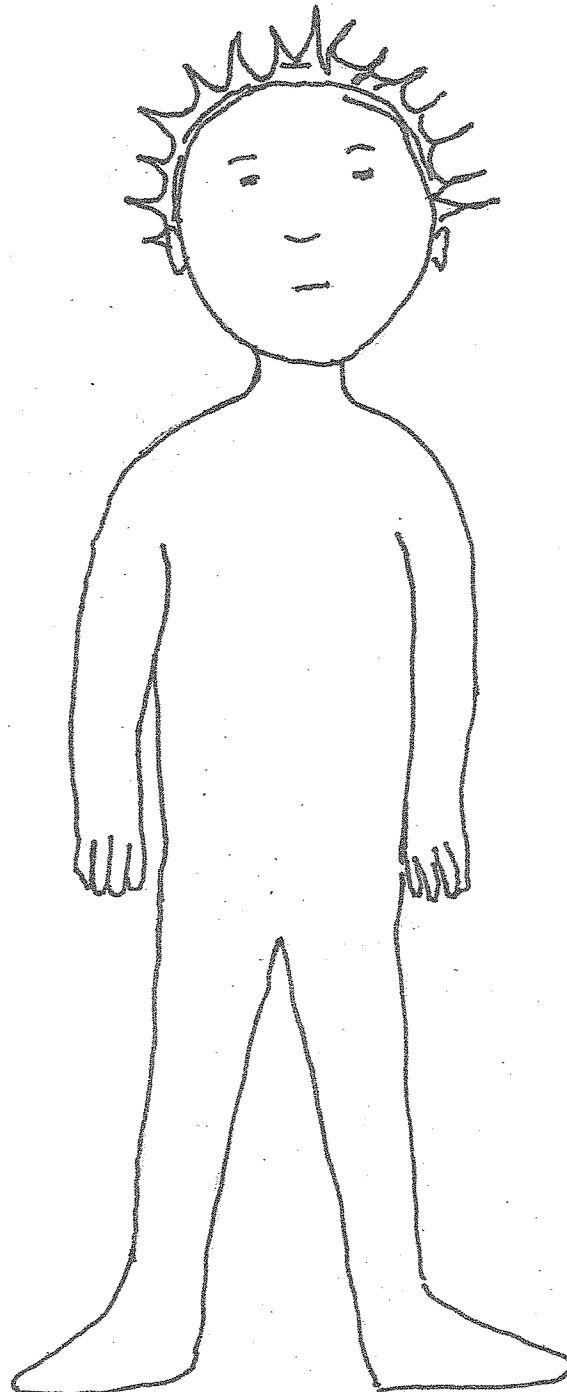


Happy
Scared
Angry
Mad
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Silly
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Happy
Scared
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Mad
Excited
Silly
Bored
Disappointed



Happy
Scared
Angry
Mad
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Silly
Bored
Disappointed

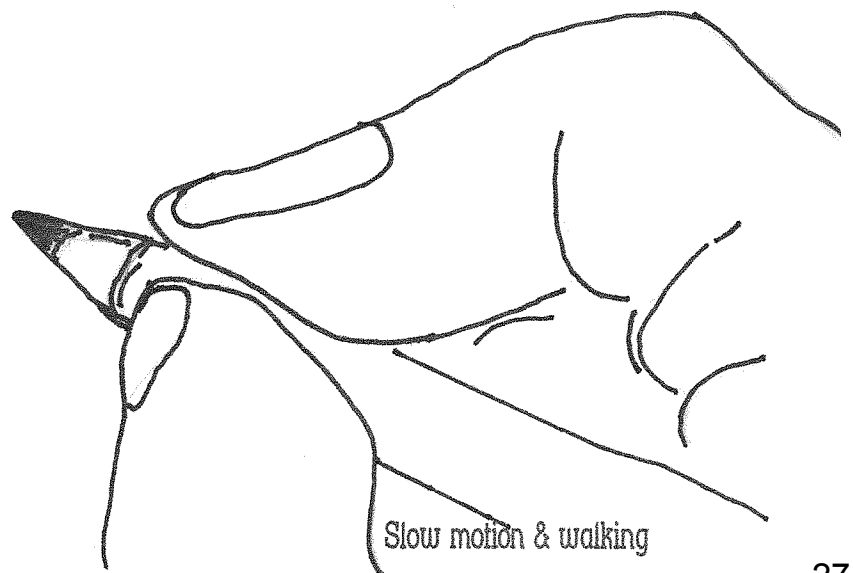
Trace **YOUR** hand.

mindfully, in slow motion

eyes open

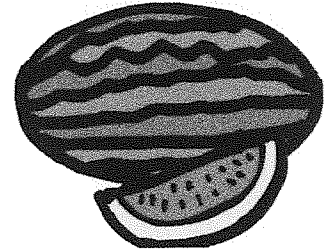
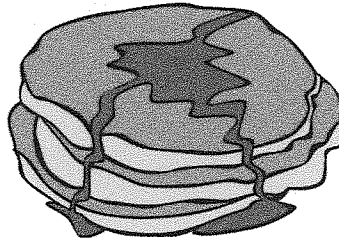
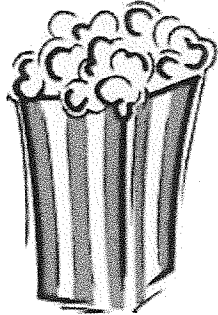
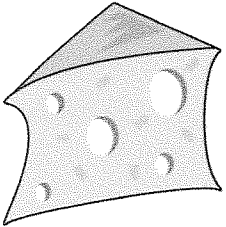
eyes closed

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

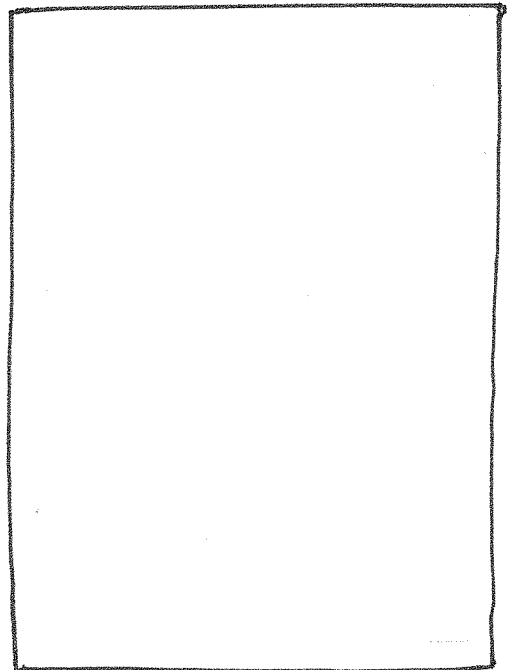
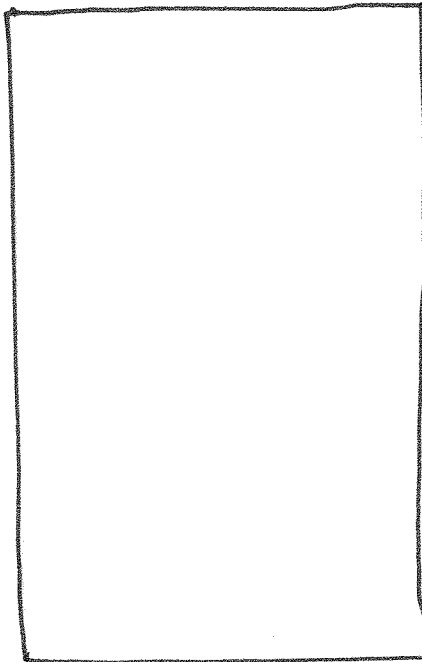
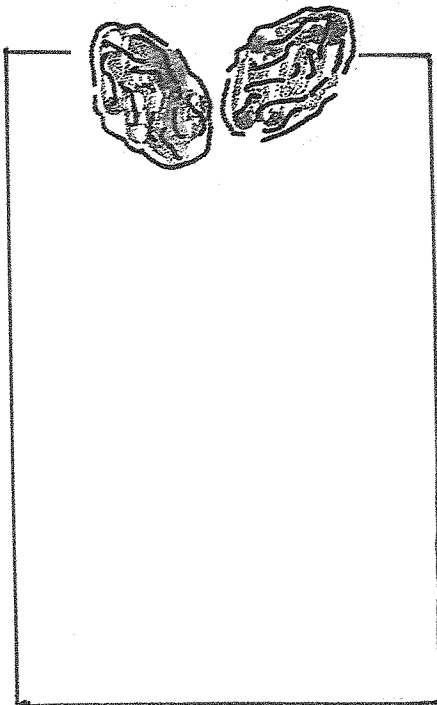
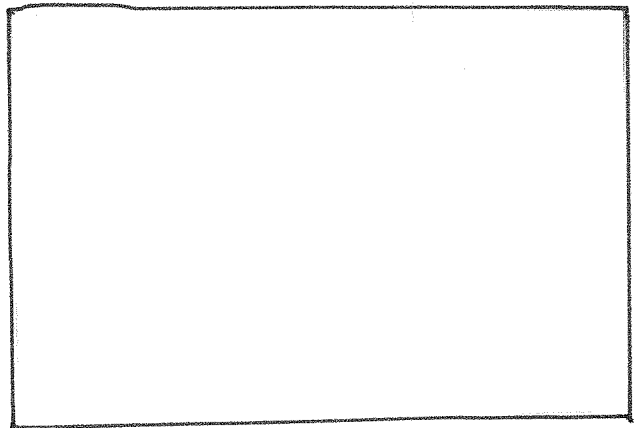


Slow motion & walking

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?



Practice Leading Mindfulness with your class

1. Please put on your mindful bodies.

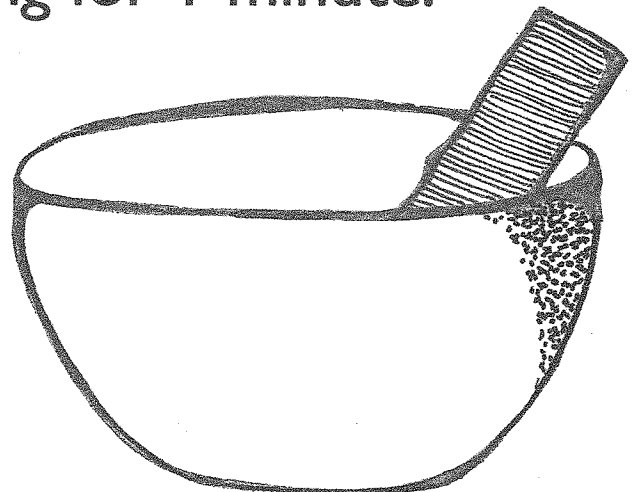


2. Please let your eyes close. (*Ring the Bell*).

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.

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