

Mindfulness

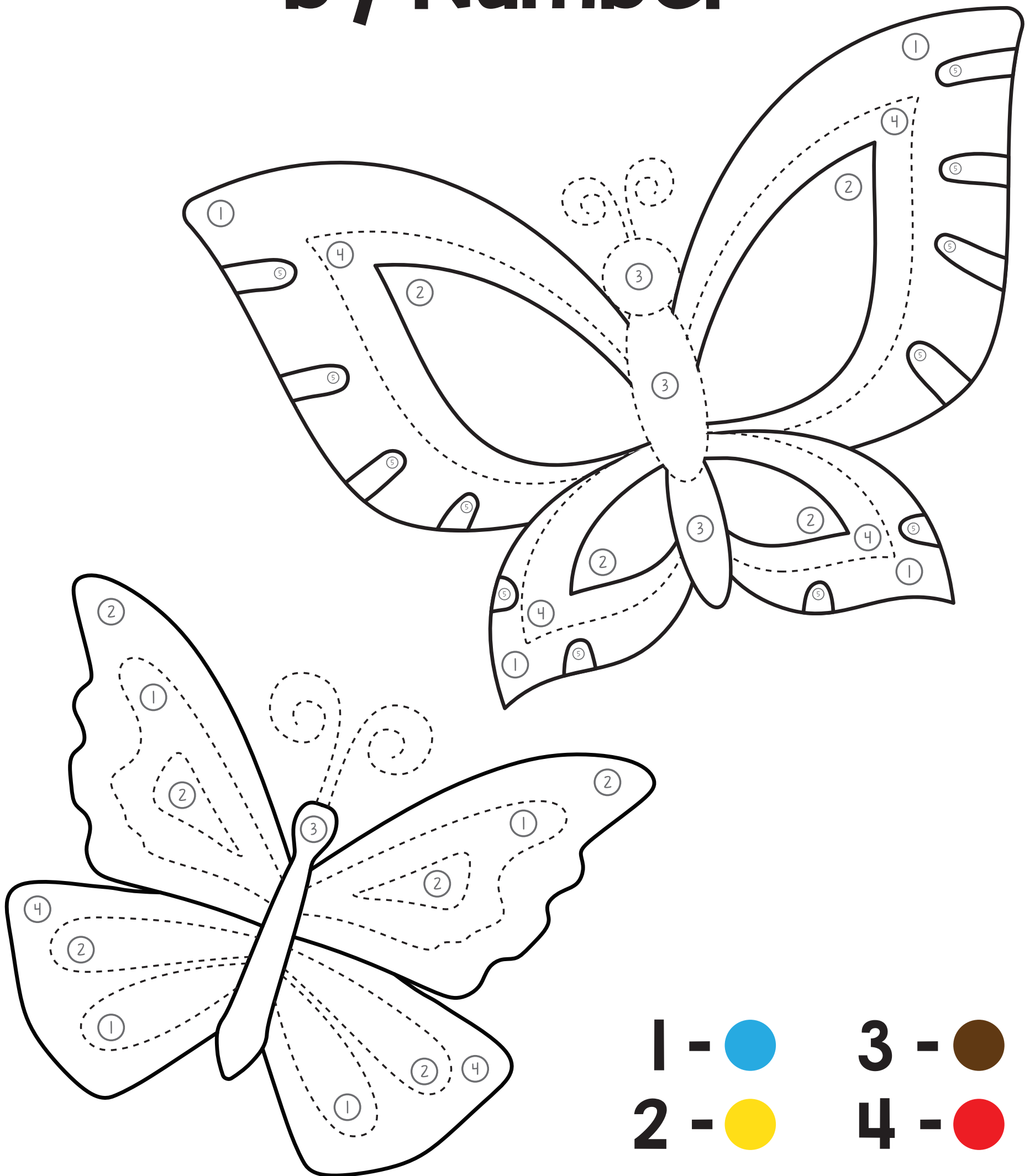
Activities

Why be mindful? Mindfulness practices can help us to:

- *Better regulate our emotions*
- *Decrease stress*
- *Manage anxiety and depression*
- *It can also help us to focus our attention*
- *Observe our thoughts & feelings without judgment*

It helps us to be in the present.

Trace and Color by Number



Trace and Breathe

Trace along the rainbow with your finger
as you breathe in and out



5-4-3-2-1 Mindfulness List...

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

Mindfulness Bingo

find
something
smooth

find a
flower that
smells good

find
something
hard

notice the
color of the
sky

find
something
that is your
favorite
color

make
someone
laugh

listen to a
song you
love

help a
family
member

give
someone a
compliment

find
something
soft

feel the
grass under
your feet

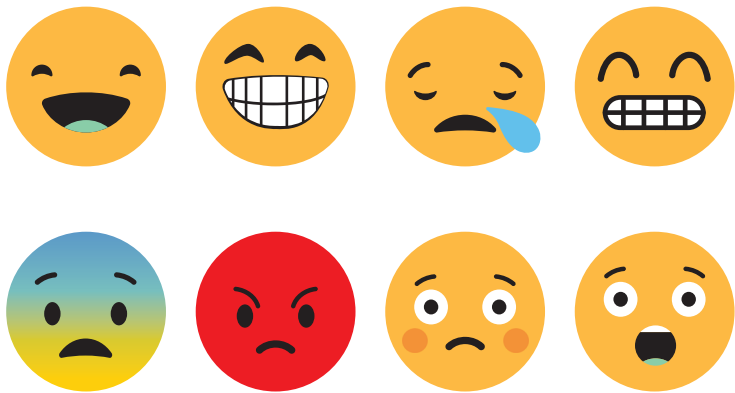
find
something
bumpy

Daily Reflection

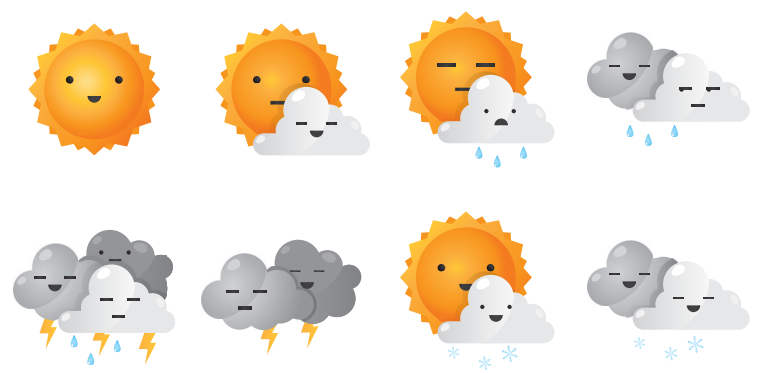
About My Day

Today's Date: _____

My Mood



Today's Weather



Something I learned today:

3 things that made me happy today

1. _____
2. _____
3. _____

3 things that I am grateful for today

1. _____
2. _____
3. _____

Yoga Poses

