

# What's An Interactive Notebook?

Interactive notebooks are a visually creative way to engage students in the learning and note taking process. Students will use visual graphics and graphic organizers to learn the material in an engaging way. While learning about the topic, students can use their own creativity to color, decorate and manipulate the materials in their notebooks to make the material more interesting and captivating.

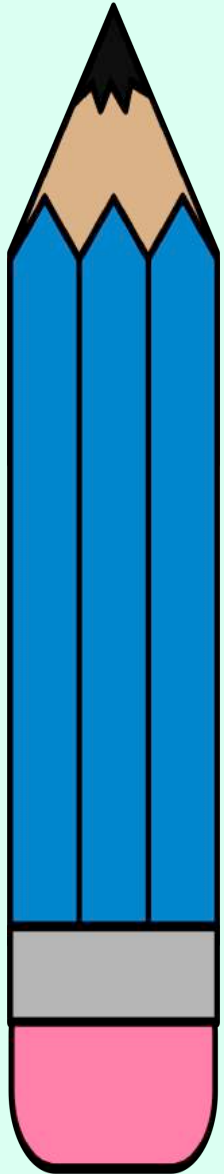
## How To Use:

These pages have multiple options for use.

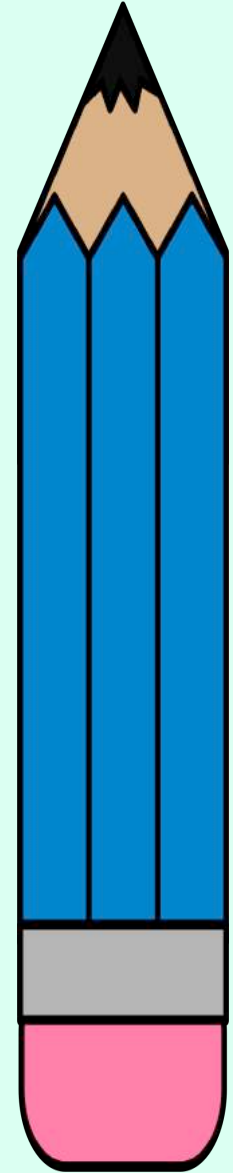
- They can be printed on colored paper, or students can color in the templates.
- They can be glued into an interactive notebook, or be glued onto a separate piece of paper.
- They can be used as a comprehensive unit, or as separate lessons.
- They can be used in individual, small group, or classroom counseling sessions.
- They can be used as stations in group lessons.

**\*\*Please note that this resource is a zip file. The materials for each page are included in their own folder for easier use. Please make sure you know how to unzip a file before downloading this resource.**

# Includes 8 pages!



1. What Is Mindfulness?
2. Why Is Mindfulness Important?
3. I Can Notice My Feelings!
4. I Can Notice My Thoughts!
5. I Can Notice My Surroundings!
6. Mindful Mantras
7. Deep Breathing
8. My Mindfulness Plan



# Includes complete template materials for each page

## I Can Notice My Thoughts

Each day, we have thousands of thoughts. If we are aware of our thoughts, it is easier for us to stay in the present moment. If just experience our thoughts, and not consider them as "bad" or "good," it will be easier to stay calm.



My thoughts are: \_\_\_\_\_  
 My thoughts make me feel: \_\_\_\_\_  
 Being aware of my thoughts \_\_\_\_\_

## Mindful Mantras

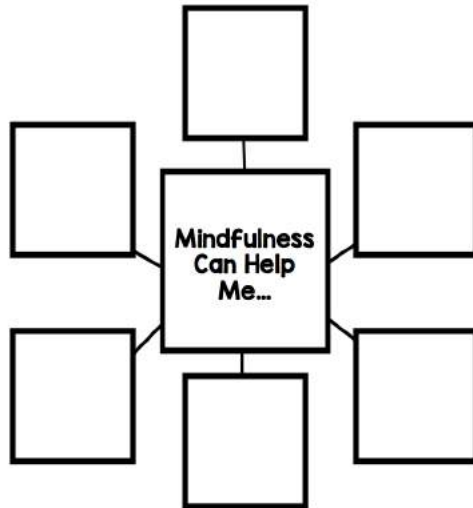
Mindful mantras are statements that we can repeat over and over to help us stay focused on what is true and continue to stay positive. You can repeat your mindful mantras to yourself when you are starting to lose focus!

## What Is Mindfulness?

Mindfulness is staying focused on the present moment, and being aware of your thoughts, feelings, actions and surroundings.

## Why Is Mindfulness Important?

Being mindful has many benefits. It helps us to stay focused in the present moment, remain calm, think about how our actions affect others and have better control over our thoughts and actions.



## My Mindfulness Plan

Mindfulness has so many benefits, and can be practiced anywhere! Having a plan of how you can be more mindful in different situations can make it easier for you to add mindfulness to your every day life!

### My Mindfulness Plan

- I CAN BE MORE MINDFUL AT SCHOOL BY...
- I CAN BE MORE MINDFUL AT HOME BY...
- I CAN BE MORE MINDFUL IN THE COMMUNITY BY...
- I CAN BE MORE MINDFUL WITH MY FRIENDS BY...

about	ally your	ing paths	elling at your friend because he was taking too long	Reminding yourself that you can't control what has already happened	Noticing that you are watching other students in the hallway instead of your teacher
Trying to go down the slide head first	Noticing that a friend seems sad and asking her if she is okay	Noticing that you are standing in someone's way			



# Includes photo and written directions for each page

### Directions For "I Can Notice My Feelings"

1. Cut out the accordion strips and fold along the dotted lines so the text is in front.

3. Glue the header and all folded accordion strips into the notebook.

### Directions For "My Mindfulness Plan"

### Directions For "What Is Mindfulness?"

### Directions For "I Can Notice My Thoughts"

1. Cut out the header, clock base, and response section. Glue them into the notebook.

3. Glue the clock topper on top of the clock base. The topper should be able to be lifted up to reveal the clock base below.

4. Give students 60 seconds of time to reflect on their thoughts. Students will record their thoughts on the clock base. Students will then use the response section to reflect on their experiences.

### Directions For "Why Is Mindfulness Important?"

1. Cut out the header, concept map base, and toppers.

2. Glue header and concept map base into notebook.

3. For each topper, fold along the dotted line and place glue on the back of the topper above the fold.

4. Glue each topper to the top of the concept map. Each topper should be able to be lifted up to reveal the space below.

5. Students will lift up each topper and write how mindfulness will help them in that specific situation.

2. Fold pocket templates along the folded lines so the flaps are in the back.

3. Place glue on the back of the flaps.

4. Look at each strip and decide whether the scenario is mindful or not mindful. Place each strip in the appropriate pocket.



# Includes photos of completed samples for each page

