



# Nature Observations

Two activities that include recording sheets for a nature walk and a leaf observation. In the nature walk, students will mindfully observe the world around them. For the leaf observation, students will carefully observe a fallen leaf and record their findings. Discussion questions included to help guide the activities.



# Trick-Or-Treat Mindfulness Sort

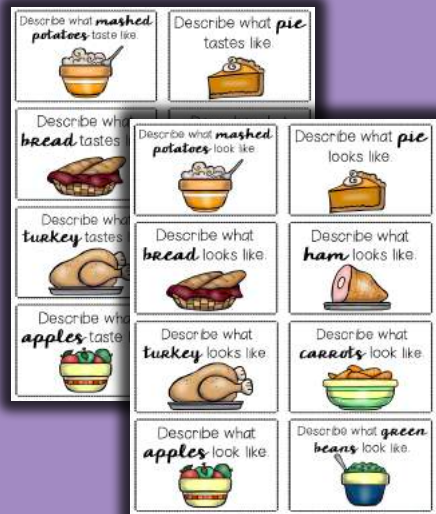
This activity includes 18 trick-or-treat scenarios that students will categorize as either mindful or not mindful. Activity materials come in color and black and white. Discussion questions included to help guide the activity.

## "Where I Can Be Mindful" File Book



This file book encourages students to identify how they can practice mindfulness in 5 fall situations: trick-or-treating, carving pumpkins, at a football game, raking leaves, and picking apples. File book comes in color and black and white. Discussion questions included to help guide the activity.

## Thanksgiving Food Mindfulness Cards



This activity includes 32 task cards to encourage students to deeply reflect on how they experience various Thanksgiving foods. Cards come in color and black and white. Discussion questions included to help guide the activity.

# Fall Word Associations Accordion Books

Students will look at 6 fall themed words and identify the feelings and thoughts they associate with these words. Discussion questions included to help guide the activity.



# My Favorite Fall Memory Flap Book

Students will construct a flap book that encourages them to thoroughly reflect on a favorite fall memory. Students will try to recall as many details as possible about the event and then draw a picture of the memory. Discussion questions included to help guide the activity.



# Mindful Acorn Craftivity







Students will create this acorn shaped foldable activity and then answer the prompts about what mindfulness is. Includes 3 prompts. Discussion questions included to help guide the activity.

# What I Would Notice

Name: \_\_\_\_\_

**What I Would Notice**  
Part of mindfulness is being aware of our surroundings. We can do this by using our five senses. Look at the situations below and use your five senses to imagine what they would be like.

 <b>At A Football Game</b>	 <b>At Thanksgiving Dinner</b>
I would see: _____	I would see: _____
I would smell: _____	I would smell: _____
I would hear: _____	I would hear: _____
I would feel: _____	I would feel: _____
I would taste: _____	I would taste: _____
 <b>At A Pumpkin Patch</b>	 <b>At A Haunted House</b>
I would see: _____	I would see: _____
I would smell: _____	I would smell: _____
I would hear: _____	I would hear: _____
I would feel: _____	I would feel: _____
I would taste: _____	I would taste: _____

Students will consider 8 fall situations, and determine what these situations would be like using their five senses. Once the worksheets are completed, students can use them to play a guessing game. Discussion questions included to help guide the activity.