

Help your students learn about mindfulness with these 4 cut and paste activities!

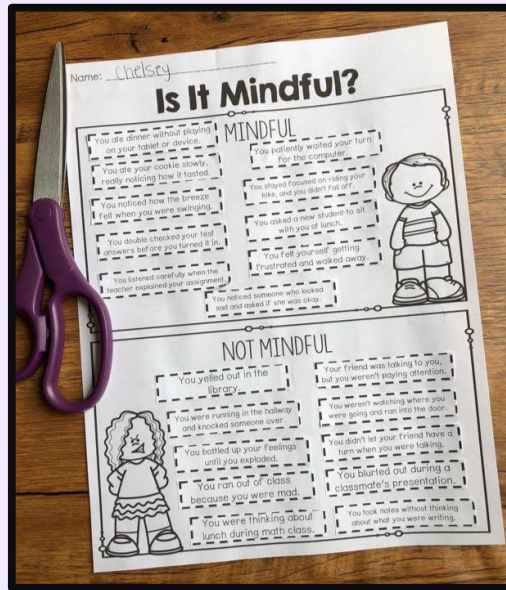


Perfect For:

- Mindfulness lessons or small groups
- Self control lessons or small groups
- Coping skills lessons or small groups
- Students who could benefit from learning to stay focused in the present moment
- Students who have ADHD
- Students who have anxiety

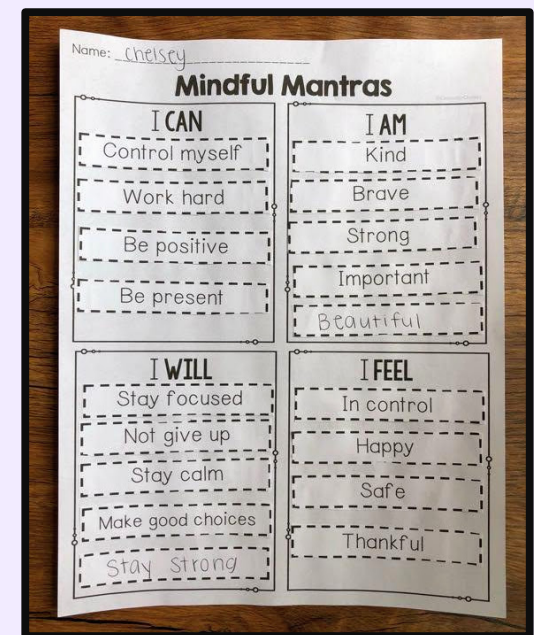
“Is It Mindful?” Cut And Paste

Students will look at 20 scenarios and determine whether or not they are mindful.



“Mindful Mantras” Cut And Paste

Students will create their own mindful mantras. They will complete the mindful mantra sentence starters by choosing from various words and phrases. Students can also write in their own responses.



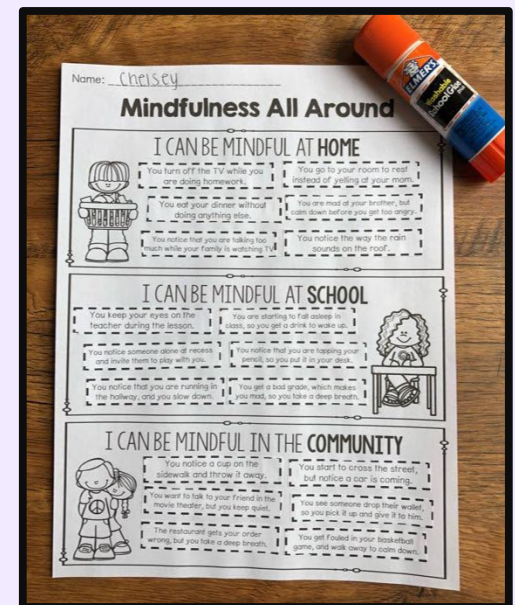


“Things To Notice” Cut And Paste

Students will look at 18 scenarios and determine whether the scenarios describe ways that students can notice their thoughts, their feelings, or their bodies.

“Mindfulness All Around” Cut And Paste

Students will look at 18 scenarios and decide whether the scenarios describe ways that the students can practice mindfulness at home, at school or in the community.



Why use cut & paste activities:

- Cut and paste activities are an **easy, no-prep** addition to any lesson!
- They are a great way to introduce a subject, or to gauge how well your students understand a certain topic.
- Cut and paste activities allow students to sort information in a way that makes sense and helps them to remember.
- Students will learn about topics by looking at scenarios they experience in real life.

How to use cut & paste activities:

- Cut and paste activities can be used in individual, small group or classroom settings.
- They can also be used in centers.
- This resource contains 4 cut and paste activities that can be used individually, or as a set.