

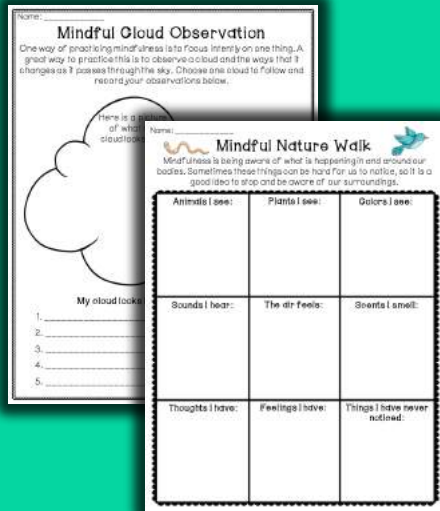
Spring Mindfulness Cards

12 spring themed mindfulness activity cards to help students use mindfulness techniques such as guided imagery, deep breathing, and staying focused. Discussion questions included to help guide the activity.

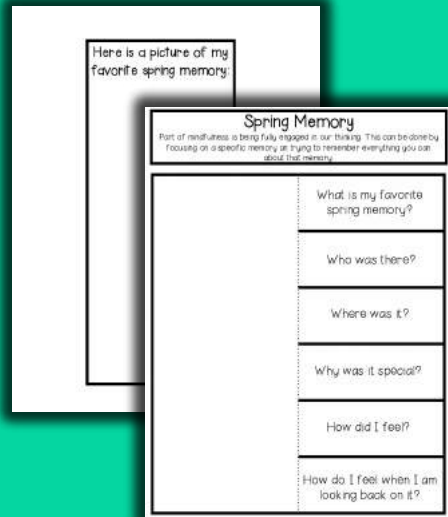


Nature Walk

During this activity, students will practice being mindful of their surroundings and feelings. Includes two recording sheets – one for a nature walk, and one for a cloud observation as well as directions and discussion questions.



Spring Memory Flap Book



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

Breathing Posters



Includes three posters to help students learn deep breathing strategies. Posters use the imagery of flowers and leaves to help guide students' breathing. Discussion questions included to help guide the activity.

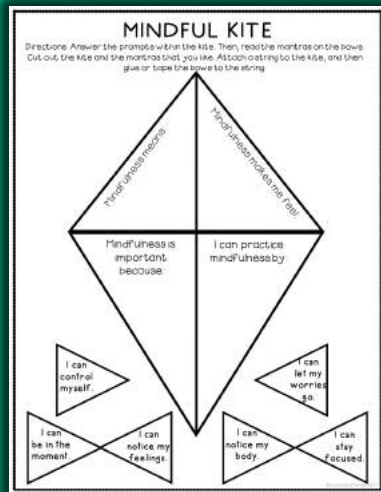
Spring Word Associations

Students will look at 6 spring themed words and identify the feelings and thoughts they associate with these words. Students will use accordion books that can be attached into an interactive notebook while practicing this mindfulness technique. Discussion questions included to help guide the activity.



Mindful Kite Craftivity

Includes one kite template with various mindfulness prompts on it. Students will respond to the mindfulness prompts, and then attach their kite to string or yarn. Students will then choose from the mindful mantra bows, and glue/tape the bows to the string. The kite and bows can be colored or printed out on colored paper. Discussion questions included to help guide the activity.



Mindful Flower Craftivity



Students will identify what mindfulness is and how they can practice mindfulness. Students can then glue/tape the parts of the flower together and color it. These are great for bulletin board displays! Discussion questions included to help guide the activity.

What Would I Notice

Name: _____

What I Would Notice
Parts 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.

Having A Picnic I would see: I would smell: I would hear: I would feel: I would taste:	Standing In The Rain I would see: I would smell: I would hear: I would feel: I would taste:
Walking In The Woods I would see: I would smell: I would hear: I would feel: I would taste:	Climbing A Tree I would see: I would smell: I would hear: I would feel: I would taste:

Students will consider 8 spring 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.

Also includes 6 additional activity ideas to encourage mindfulness. For each activity, discussion questions are included!