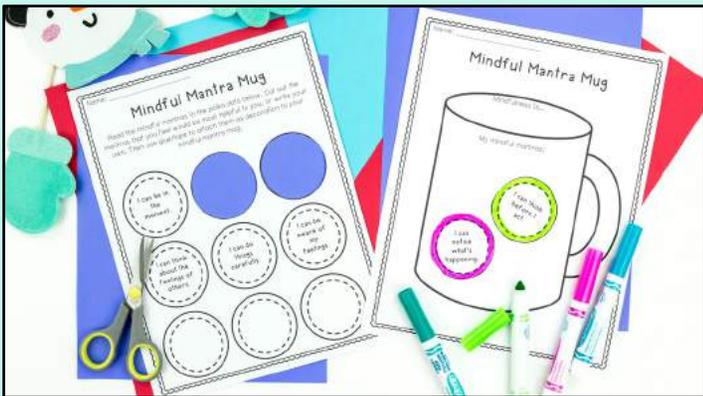


ABOUT THIS RESOURCE

This resource will help kids learn about and practice mindfulness techniques and strategies in a fun, seasonal way!

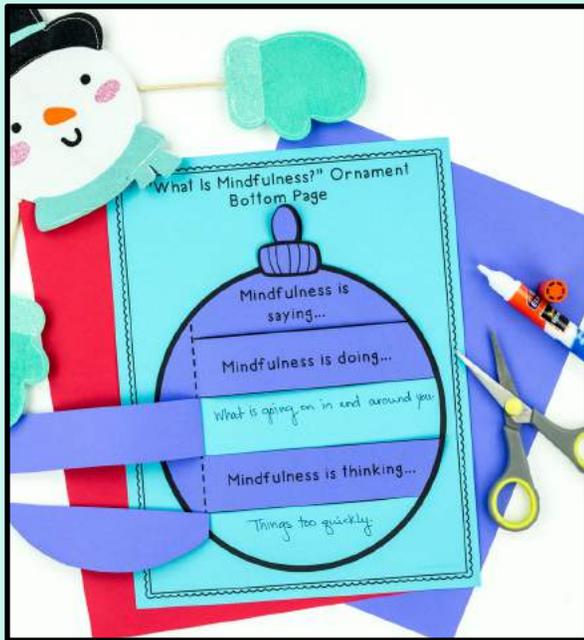


INCLUDES 8 ACTIVITIES:

- Mindful Ornament Craft
- Mindful Cookie Sort
- Winter Mindfulness Cards
- Winter Reflection Worksheet
- Mindful Mantra Mug
- Winter Word Association Activity
- Favorite Winter Memory Flap Book
- “What I Would Notice” Worksheets



MINDFUL ORNAMENT CRAFTIVITY



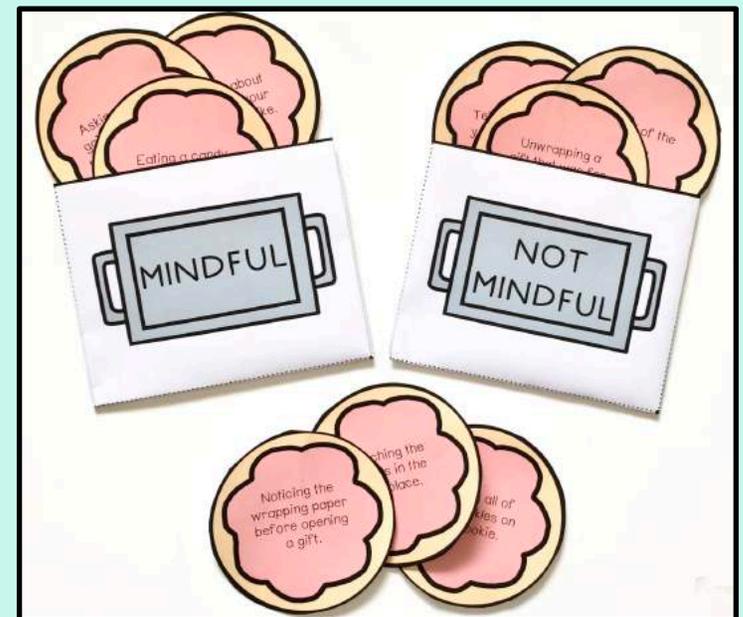
Students will create this ornament flap book and respond to prompts that describe what mindfulness is and what it's not. Discussion questions are included to help guide the activity.

MINDFUL COOKIE SORT

Students will look at 18 scenarios and decide whether or not they are mindful.

Students will then put each scenario cookie in the corresponding tray envelope.

Discussion questions are included to help guide the activity.



WINTER MINDFULNESS CARDS

These 8 winter themed mindfulness activity cards will help students use mindfulness techniques such as guided imagery, deep breathing, and staying focused.

Discussion questions are included to help guide the activity.

 <p>Keep Warm Wrap your arms around yourself to give yourself a hug. Take 3 deep breaths and notice how your body moves.</p>	 <p>Cocoa Breathing Take 3 deep breaths. As you breathe in, pretend that you are smelling a cup of hot cocoa. When you breathe out, pretend that you are cooling it off.</p>
 <p>Look At My Mitts Hold your hands out in front of you. Try to notice something new about your hands. Do you have any lines, cuts or wrinkles that you didn't notice before? What are the differences between your right and left hand?</p>	 <p>Winter Animal List Focus your brain on making a list of winter animals. How many can you think of? What makes an animal a winter animal? If you get distracted, gently redirect yourself.</p>
 <p>Life As A Snowman Focus your mind on what life would be like as a snowman. What would you eat? Where would you go? What would you see? What would you do? Try to keep your mind focused.</p>	 <p>Are You Cold? Focus on your body temperature. Does your body feel cold? Does it feel warm? Where does it feel warm? Where does it feel cold?</p>
 <p>Winter Words Quietly and slowly say the following winter words: "br", "winter", "snow", "cold" and "freezes." Notice your mouth as you say these words. What does your mouth feel like and how does it move? How are the words different? How are they the same?</p>	 <p>Melting Snowman Pretend you are a snowman, standing up tall. Then, let your body melt. Exhale as you relax your muscles and sink into your seat. Notice what your body feels like as you do this.</p>

"ALL ABOUT WINTER" REFLECTION WORKSHEET

Students will use mindfulness techniques to consider how they experience winter. Students will consider what they feel, notice, think, like and don't like in the winter. Discussion questions included.

Name: _____

All About Winter

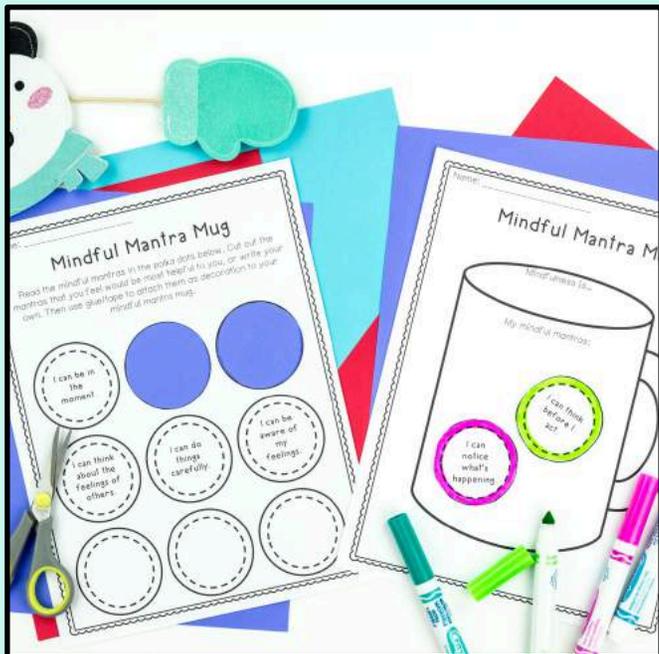
In each circle, respond to the prompt to show how you experience winter!

I feel... In the **winter** I notice...

I like... I think...

I don't like...





MINDFUL MANTRA MUG

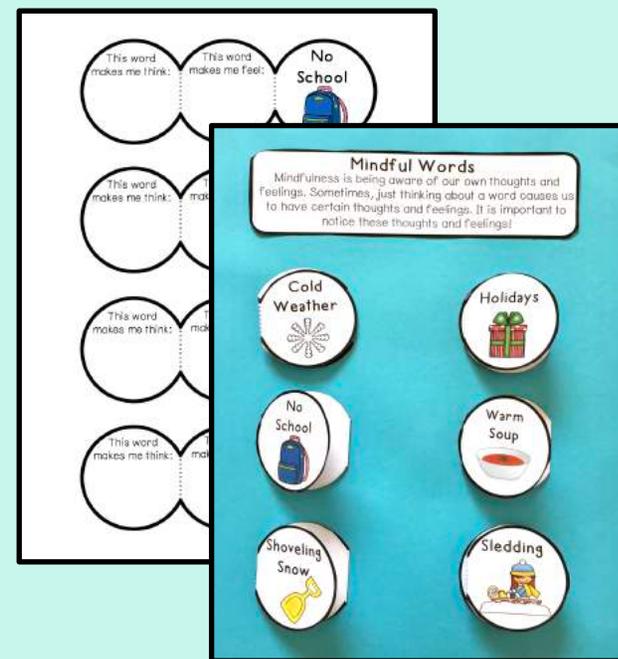
Students will describe what mindfulness is and will choose, or create, mindful mantras they can use in their own lives.

Discussion questions are included.

WINTER WORD ASSOCIATION ACCORDION BOOKS

Students will look at 6 winter themed words and identify the feelings and thoughts they associate with these words.

Discussion questions included to help guide the activity.



“FAVORITE WINTER MEMORY” FLAP BOOK

Students will construct a flap book that encourages them to thoroughly reflect on a favorite winter 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.

Here is a picture of my favorite winter memory:

Winter Memory

Part of mindfulness is being fully engaged in our thinking. This can be done by focusing on a specific memory and trying to remember everything you can about that memory.

What is my favorite winter memory?

Who was there?

Where was it?

Why was it special?

How did I feel?

How do I feel when I am looking back on it?

“WHAT I WOULD NOTICE” WORKSHEETS

Students will consider 8 winter 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.

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.

 Time With Family I would see: _____ I would smell: _____ I would hear: _____ I would feel: _____ I would taste: _____	 Snow Ball I would see: _____ I would smell: _____ I would hear: _____ I would feel: _____ I would taste: _____
 Eating Warm Soup I would see: _____ I would smell: _____ I would hear: _____ I would feel: _____ I would taste: _____	 Baking Cookies I would see: _____ I would smell: _____ I would hear: _____ I would feel: _____ I would taste: _____
 Sitting By A Fire I would see: _____ I would smell: _____ I would hear: _____ I would feel: _____ I would taste: _____	 Drinking Hot Cocoa I would see: _____ I would smell: _____ I would hear: _____ I would feel: _____ I would taste: _____
	 Sled Riding I would see: _____ I would smell: _____ I would hear: _____ I would feel: _____ I would taste: _____

WHAT OTHERS ARE SAYING...

“Great winter themed tool that provided a variety of activities! My students really enjoyed the Mindfulness scripts especially melting like a snow man!”
–Stephanie D.

“Great activities to reinforce important skills. My students enjoyed working on these.” –Lisa P.

“I used this as supplementary materials for our Mind Up unit and it worked so well last year! I plan on doing the same this year. Thank you!” –Caitlynn N.

WANT MORE MINDFULNESS? BUNDLE & SAVE!



This resource is part of a bundle that includes mindfulness activities for all four seasons.

The bundle is a great way to help your students practice mindfulness throughout the year!

[See The Bundle Here](#)