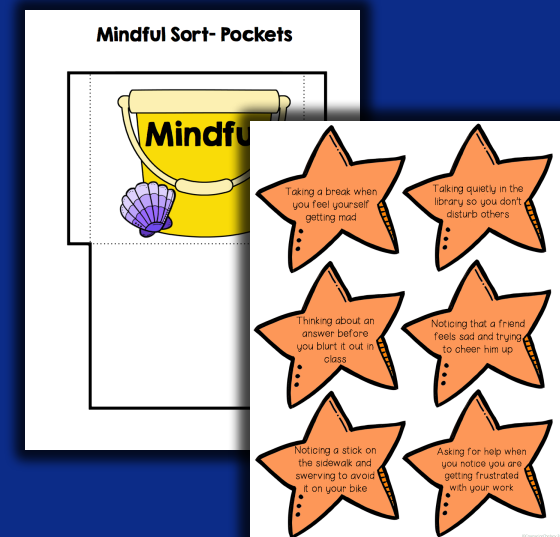


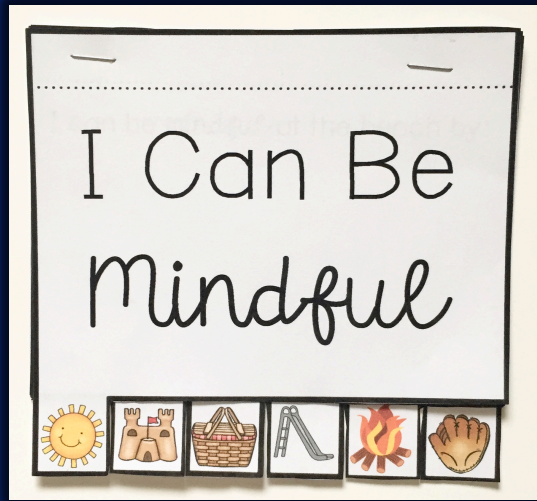
Mindful Sun Craftivity

Students will create this sun shaped foldable page and then answer the prompts about what mindfulness is and what it is not. Includes 8 prompts. Craftivity comes in color and black and white. Discussion questions included to help guide the activity.

“Mindful Or Not?” Sort

This activity includes 24 starfish scenarios that students will categorize as either mindful or not mindful. Students will create pockets for each category, cut out the starfish scenarios, and place in the corresponding pocket. Activity materials come in color and black and white. Discussion questions included to help guide the activity.



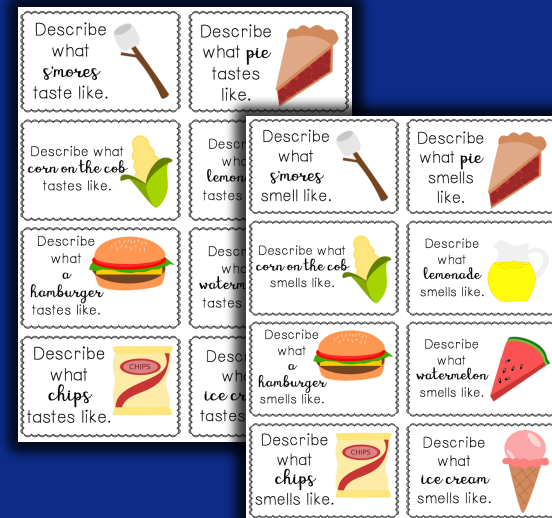


“Where I Can Be Mindful” File Book

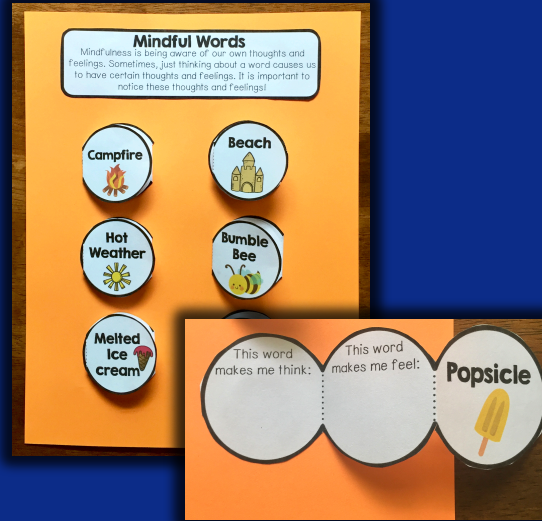
This file book encourages students to identify how they can practice mindfulness in 5 summer places: the beach, a picnic, the park, a campfire and a baseball game. File book comes in color and black and white. Discussion questions included to help guide the activity.

Summer Food Mindfulness Cards

This activity includes 32 task cards to encourage students to deeply reflect on how they experience various summer foods. Students will identify what 8 foods taste like, smell like, feel like and look like. Cards come in color and black and white. Discussion questions included to help guide the activity.



Summer Word Association Accordion Books



Students will look at 6 summer 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.

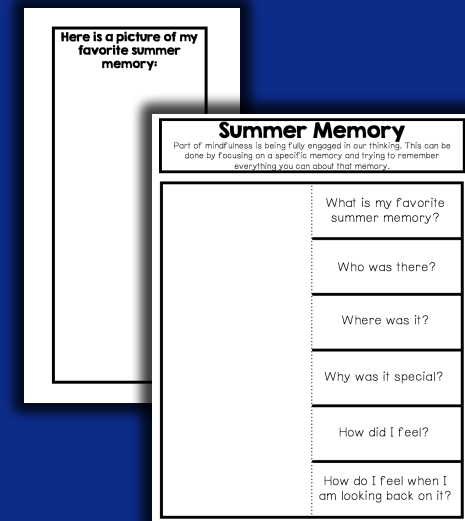
“My Favorite Summer Memory” Flap Book

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



Summer 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 summer 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?	

Flip Flop Close Listening Cards







This activity includes 24 close listening cards with the words “flip” “flop” and “flap” on them. Students listen carefully to the words being read, and react, by clapping their hands or raising their hands, every time they hear the word “flap.” A perfect activity to help with close listening and impulse control. Discussion questions included to help guide the activity.

What I Would Notice

Students will consider 8 summer 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.

 Swimming In A Pool I would see: _____ I would smell: _____ I would hear: _____ I would feel: _____ I would taste: _____	 Eating A Popsicle I would see: _____ I would smell: _____ I would hear: _____ I would feel: _____ I would taste: _____
 Going To A Park I would see: _____ I would smell: _____ I would hear: _____ I would feel: _____ I would taste: _____	 Sitting Around A Campfire I would see: _____ I would smell: _____ I would hear: _____ I would feel: _____ I would taste: _____

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