



# Is It Mindful? Sort

Students will look at 16 actions and decide whether or not they are examples of mindfulness.

# Mindful Mantra Cut And Paste

Students will look at positive adjectives to complete the statement "I am..." They will then cut out the adjectives they think best describes them, and paste them onto the paper. Next, the students will color the person to look like them.







# Awareness Worksheet

Students will observe their surroundings using the 5 senses. They will then record their observations on the worksheet.

Name: Orlsey

**Take a few minutes to notice what is happening around you!**

<b>Things I can see:</b>  <ul style="list-style-type: none"><li>- This paper</li><li>- my friends</li><li>- Mrs. Wilson's desk</li><li>- The clock</li><li>- The bookshelf</li><li>- Aena's hair</li><li>- my water bottle</li></ul>	<b>Things I can feel:</b>  <ul style="list-style-type: none"><li>- This paper</li><li>- my seat</li><li>- The floor</li><li>- my clothes</li><li>- my hair</li></ul>	
<b>Things I can hear:</b>  <ul style="list-style-type: none"><li>- People talking</li><li>- Music playing</li></ul>	<b>Things I can smell:</b>  <ul style="list-style-type: none"><li>- Play doh</li><li>- The dry erase markers</li></ul>	<b>Things I can taste:</b>  <ul style="list-style-type: none"><li>- my water</li></ul>

One new thing I noticed was:  
The crack in the wall under the clock.

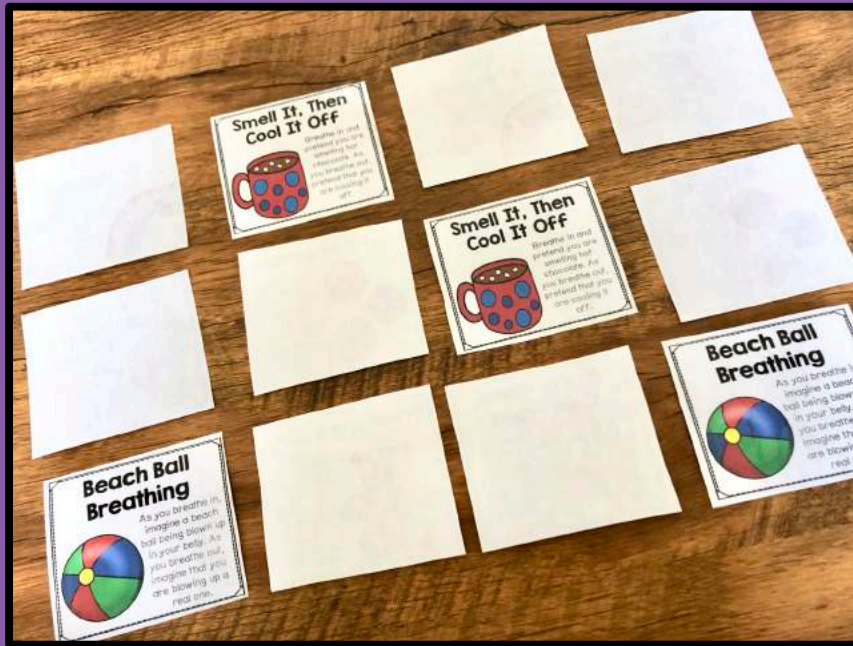
# Mindfulness Dice Game

Students will roll a dice and respond to the corresponding prompt about mindfulness. Students will consider what mindfulness is, why it's important and how they can practice it.



# Deep Breathing Matching Game

Students will learn about and practice 6 deep breathing strategies through this matching game!



## Breathing Buddy

Students will place a small object (or their hand) on their belly and take deep breaths. Students will notice how the object moves as they breathe. Includes a recording sheet for students to write down their observations.



# How To Use These Centers:

**Prep:** Before starting your lesson, set up each center according to the directions for each center. If you go in the classroom to do the lesson, you can have the teacher help you set up. If the teacher is out of the room, you can play a mindfulness video while you set up the stations.

**Pre-Center Time:** Before starting the centers, here are some brief questions you can ask your class/group to get them thinking about mindfulness.

- What do you think mindfulness is?
- How can being more mindful help you? Why is it important?
- Is it easy or difficult for you to be mindful? Why?

Then, explain that they will be learning about mindfulness at each of the centers. Go through each station and explain what they will be doing at each center. Also explain the order in which students will travel through the centers to make the transitions easier.

## **Center Time:**

Divide your class/group into six smaller groups. If your group has fewer than 6 members, one (or more) of the centers during each rotation will not have anyone at it. Assign each group/student to begin at a specific station. Give each group 5-7 minutes at each station. Use a timer to help the students understand when it is time to transition. During the center time, walk throughout the room to make sure students are on track and provide any guidance that is needed.

**Post-Center Time:** If you have extra time after the centers, you can ask your students the following questions:

- What is one thing you learned from our lesson today?
- What is one way that you can practice mindfulness today?