

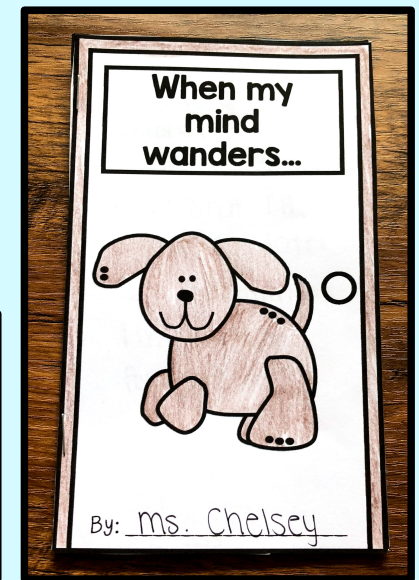


Includes 4 activities to teach mindfulness techniques using the book "Puppy Mind" by Andrew Jordan Nance. The activities can be used with or without the book!

Includes 2 booklets!

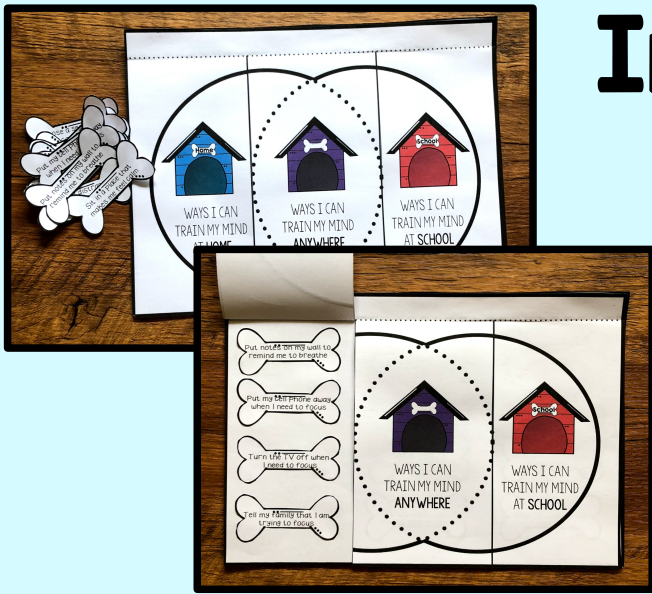
"When My Mind Wanders" has 5 prompts to help students understand why and when their mind wanders, and how to recognize when they are not focused.

"I Can Train My Mind" has 4 prompts to help students learn when and why they should use mindfulness strategies, and which strategies they can use.



Includes a venn diagram cut & paste activity!

Students will look at 12 strategies they can use to keep their minds focused. They will decide whether the strategy can be used at school, at home or anywhere and then paste the strategy under the correct flap!



Includes a worksheet!

Students will identify 3 things they think about when their minds wander, and 3 strategies they can use to "train their minds!"

