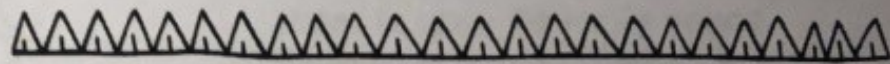




Mindfulness

is the ability to live in the moment without judgement. It's the ability to have your mind and body in the same place. (not overthinking, thinking ahead or dwelling on problems) For such a simple concept, it has profound benefits. The American Psychological Association claims that practicing mindfulness increases working memory, concentration, happiness, and overall physical & mental health.



MINDFUL ACTIVITIES:

You can turn any activity into a mindful one by completely focusing on the here and now during the event. Use your 5 senses to tap into a deeper level of mindfulness.

Mindful Coloring:

Color without letting your mind wander off. Think about the colors that you are using and how the colors go together. Enjoy the moments while you are living them.

Mindful Eating:

Paying attention to the food you are eating while noticing the texture & taste. Eat slowly while thinking only about the process of eating. IF your mind starts to wander, bring yourself back to the moment of eating.

Mindful Nature Walk:

Take a walk in nature while paying close attention to your senses. Consider what you are seeing, smelling, and feeling.

Mindful Breathing

Think of something that you love or that is a blessing in your life. Use your 5 senses to think about it more deeply. Does it have a smell, a taste, or a feeling? Can you hear or see it? Think of those things for a moment.

Now, take in a deep breath while repeating the name of this blessing.

Breathe out slowly while imagining this thing that brings you joy.

Repeat this each day with a new blessing

Mindful Balancing:

Try balancing on one leg noticing how your body has to correct itself to stay balanced.

EXPLAIN HOW YOU CAN TURN YOUR FAVORITE ACTIVITY INTO A MINDFUL ACTIVITY.

Handwritten student response: "I can turn my favorite activity of reading into a mindful activity by focusing on the words and the story while reading."

WITH MINDFULNESS YOU WILL HAVE:

MORE

- focus
- self-control
- healthy relationships
- feelings of well-being
- ability to regulate emotions
- academic success
- happiness

LESS

- stress
- anxiety
- depression

