

Name:

My Mindfulness Journal

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When we pause and take a few deep breaths before reacting in just about any situation, things usually go better. We are all living in a changing world and the easy and fun mindfulness activities included in this packet will help develop self-awareness, improve focus, release anxiety and stretch imaginations. Just start some of these activities together and see what happens.

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INTRODUCTION

8/1/2020

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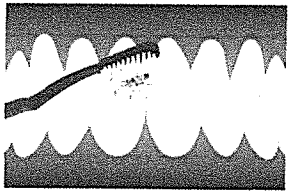

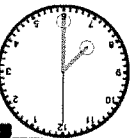

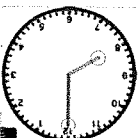
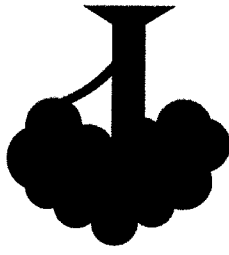
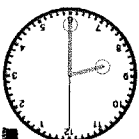
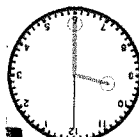
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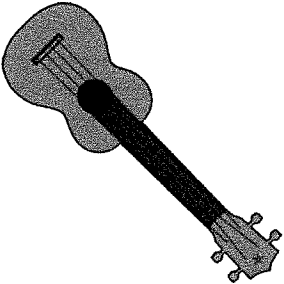
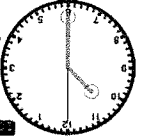
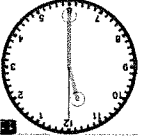

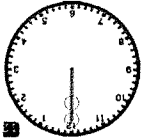
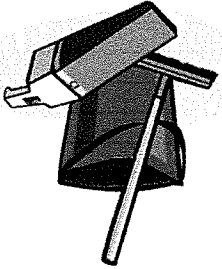
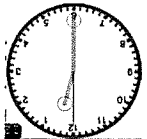
All of us need schedules to help us feel that we have some order in our lives. Children especially like to know "what is coming next?" in their day. Schedules can also help divide our time between our work and play so we have plenty of time for both. You may choose to use the following schedule or create your own. You will notice that the schedule is also in Spanish since our students have begun learning that language this year.

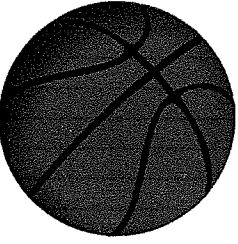

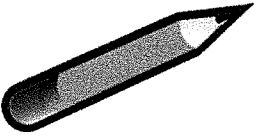


Sample Schedule



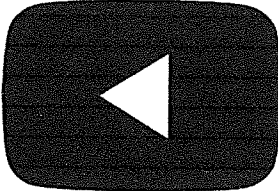
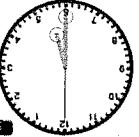
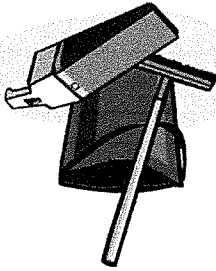
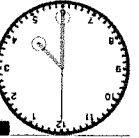
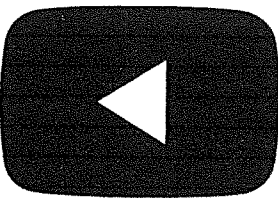
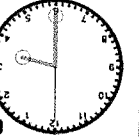
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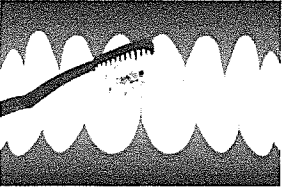

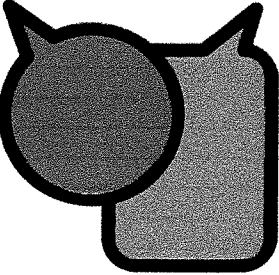



**Sample Daily Routine (edit as you see fit)
Rutina Diaria Demostrativa (edite según sus
necesidades)**



	<p>Brush teeth, make bed, get changed, put away laundry, make it musical! Lavase los dientes, haga la cama, guarda la ropa, hazlo musical!</p>	<p>Wake up! Despierta i</p> 	<p>7:30- 8:00 AM</p>	
	<p>No screens Cero pantallas</p>	<p>Breakfast Desayun o</p>	<p>8:00- 8:30 AM</p>	
	<p>Get outside; walk the dog; yoga/stretching; recess games; Cully Park Vayanse afuera; caminar al perro; hacer yoga/estirar; juegos de recreo; parque Cully</p>	<p>Morning walk Caminata de la mañana</p>	<p>8:30- 9:30 AM</p>	
<p>Clever</p>	<p>PPS Clever links; Reading books/leer libros; Lexia; MyOn; newsela;</p>	<p>Academic Reading Hora académic a: Lectura</p>	<p>9:30- 10:30 AM</p>	

	<p>Legos; magnets/ imanes; drawing; coloring; painting; dancing/baile; music making/hacer musica; code.org</p>	<p>Creative time Hora creativa</p>	<p>10:3 0- 11:3 0 AM</p>	
	<p>Unstructured time builds executive function. Boredom is a vitamin! El tiempo libre desarrolla funcion ejecutiva. El aburrimiento es una vitamina!</p>	<p>Free time Tiempo libre</p>	<p>11:3 0- 12:0 PM</p>	
	<p>No screens Cero pantallas</p>	<p>Lunch Almuerzo</p>	<p>12:0 0- 12:3 PM</p>	
	<p>Dishes; wipe down counters; vacuum; sweep; mop; laundry... Trastes; sacudir las mesas; aspirar; barrer, trapear; lavanderia...</p>	<p>Chores Quehaces</p>	<p>12:3 0- 1:00 PM</p>	

	<p>Get outside; exercise; play catch, walk, run, lift weights, Vayanse afuera; ejercicio; tirar una pelota; caminar; correr; levantar pesas</p>	<p>Afternoon "recess" "Recreo" matutino</p>	<p>2:30- 3:30 PM</p>	
	<p>Journal; typing practice; Un diario; practica de teclear</p>	<p>Academi c time: Writing Hora académic a: Escritura</p>	<p>2:00- 2:30 PM</p>	
<p> $2 > -3$ $+$ \times \div $\pi \approx 3.14$ $\sqrt{2+2} = 2$ $(1-2)+3$ $101_2 = 5_{10}$ </p>	<p>Prodigy; Xtramath; analog clock work; Khan Academy</p>	<p>Academi c time: Math Hora académic a: Matemati cas</p>	<p>1:00- 2:00 PM</p>	

	<p>No Screens Cero pantallas</p>	<p>Dinner Cena</p>	<p>6:00- 6:30</p>	
	<p>"YouTube University": Learn something new!!! Mr. H's YouTube Playlist Aprender algo diferente! Ideas de Sr. H</p>	<p>Something new! Algo nuevo!</p>	<p>5:30- 6:00</p>	
	<p>Dishes; wipe down counters; vacuum; sweep; mop; laundry...</p>	<p>Chores Quehaces</p>	<p>4:30- 5:30</p>	
	<p>Fun reading; video games; YouTube University- learn to solve a Rubik's cube! Magic tricks Science experiments Crash Courses (science, history, and more!) Portal Puzzle or board games</p>	<p>Afternoon quiet time/ screen time Hora quieta de la tarde / pantallas</p>	<p>3:30- 4:30 PM</p>	

	<p>Add music! Try Super Cumbias!</p>	<p>Clean the kitchen Limpiar la cocina</p>	<p>6:30-7:00</p>	
	<p>Get changed; brush teeth; shower Cambiarse; lavarse los dientes; bañarse</p>	<p>Prep for bed Alistarse para la cama</p>	<p>7:00-7:30</p>	
	<p>How are your friends doing? Do they need anything? ¿Cómo están los amigos? ¿Necesitan algo?</p>	<p>Evening TV; check in with neighbors TV de la tarde; chequear con los vecinos</p>	<p>7:30-8:30</p>	
	<p>Dimmer lights; read in bed; read with siblings/adults Practice gratitude Practicar agradecimiento</p>	<p>Pre-bedtime routine rutina diaria antes de dormir</p>	<p>8:30-9:30</p>	

	<p>10 hours of sleep for children! 8 hours for adults! No screens/ devices in children's bedrooms! 10 horas mínimo para los niños! 8 horas para adultos! !Cero pantallas en los cuartos de los niños!</p>	<p>BEDTIM E! Lights out! Hora de dormir! Apagar las luces!</p>	<p>9:30</p>	
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Mindful Activities

- Decorate your cover!
- Gratitude journal (daily)
- Three Days of Mindfulness for AWARENESS
- Three Days of Mindfulness for HAPPINESS
- Three Days of Mindfulness for FOCUS and CALM
- Three Days of Mindfulness for EMOTIONAL INTELLIGENCE
- 3 - 2 - 1 Activity
- The "Mindful" Jar
- The Heartbeat Exercise
- Body Scan

Each day think of three things that you are grateful for and list them below.

Day: _____

1. _____

2. _____

3. _____

Day: _____

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2. _____

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Day: _____

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3. _____

Day: _____

1. _____

2. _____

3. _____



How does focusing your attention like this feel?



Try mindful listening. Sit down for a minute and close your eyes. Listen very carefully and be still. At first you might think there are no noises. But maybe you can hear the sound of a plane or car outside, a clock ticking, an appliance humming, the roof creaking, or your ears buzzing. Count how many noises you can notice in a minute.

Was this experience different from how you usually eat? How?

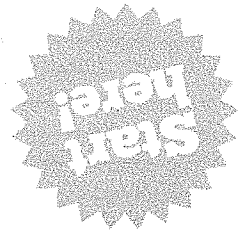


Eat a raisin or a piece of chocolate mindfully. Slow down and really look at it. Then feel the raisin or chocolate between your fingers. How does it feel? Smell it. Take your time. Put it on your tongue - what does it feel like? Bite it. Are there many flavours? Does it taste different when you slow down and pay attention like this? Swallow and see what flavours linger.

You have just learned to pay attention better.



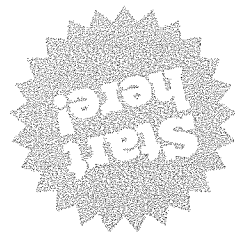
Wash your hands mindfully today. How does washing your hands really feel? Slow down and feel the flow of water. Watch the water flow. Feel the soap. How does it feel in your hands? Feel the cloth you dry your hands with. Take your time and enjoy it!



3 DAYS OF MINDFULNESS FOR AWARENESS



3 DAYS OF MINDFULNESS FOR HAPPINESS



Think of a happy memory.

Close your eyes and remember a time when you felt happy. Maybe someone was kind to you. Perhaps you got a smile from a friend or your pet was happy to see you. Remember a wonderful moment like that. Simply close your eyes and bring it into your mind. What did you see and hear? Did you laugh or smile? Who was there?

Notice how you feel when you remember the memory.

Send kind thoughts.

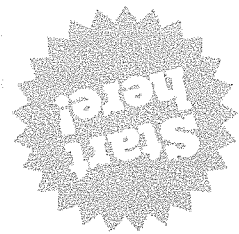
Close your eyes and bring someone you really like to mind. Imagine them happy and smiling at you. Say to them: May you be healthy and strong. May you be happy. May you be peaceful. Notice how your body feels. Now try a self hug and send kind thoughts to yourself! Say to yourself: May I be healthy and strong. May I be happy. May I be peaceful. How does this make you feel?

Go to sleep smiling.

Next time you go to sleep, think of five things you are grateful for. Things like a friend who makes you happy, your family, a pet, the warm sun on your face, and good food. Spend a minute or two thinking of the things you are thankful for. See how this makes you feel. You can try this out pretty much any time, not just when you go to sleep. This exercise might even change your mood when you are sad or angry.

3 DAYS OF MINDFULNESS FOR FOCUS AND CALM

Blissful Kids



Find your breath.

Take three slow, mindful breaths right now. Feel each breath from start to finish. Take it slow and put all of your curiosity into it. Can you feel your breath at your nose, belly or chest? Does your belly go up and down? Does your chest expand and contract? Can you feel your breath at the tip of your nose?

How did this exercise make you feel?

Try 10 mindful breaths.

Put your hands on your belly and count every time your belly goes up and when it goes down. Like this: belly goes up – one, belly goes down – two. And so on, all the way to ten. See how paying attention to your breath makes you feel. How do you feel afterwards?

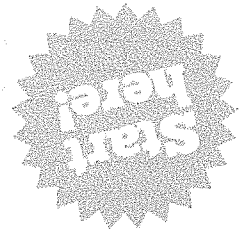
When angry, anxious or sad, take ten mindful breaths and see if it makes a difference.

Fill an idea jar.

What are the best ways for you to calm down and relax? Maybe yoga stretches help you calm down. Perhaps drawing is soothing for you. Write your ideas down on pieces of paper and put them in a jar. When difficult emotions become too much to handle, pay a visit to the "idea jar."



3 DAYS OF MINDFULNESS FOR EMOTIONAL INTELLIGENCE



Explore how different emotions feel.

See how it makes you feel inside when you slowly read these words. Spend at least ten seconds with each word: Happy. Sad. Excited. Mad. Stressed. Bored. Loving. Anxious. Worried. Scared. Jealous. Quiet. Silly. Peaceful.

Can you feel the difference?



Recognize at least one strong emotion today.

It might be anger, joy or excitement. See if you can feel the emotion in your body. Can you feel butterflies in your tummy when you're excited? How does your face feel when you are happy? When you are upset, how does your tummy feel, and how do your muscles feel? How does your body feel when you're angry?



See if you can figure out what sensation goes with what emotion.

What emotion did you name? How did it make you feel?



Name at least one difficult emotion today. Next time you experience a difficult emotion, try to give it a name if you can. It might be anger, jealousy, anxiety, sadness or something else. Paying attention to and naming the feeling can take its power away.

Heartbeat Exercise

Paying attention to your heartbeat has a role in many mindfulness exercises and activities. To begin, jump up and down in place or do jumping jacks for one minute.

When you have finished, sit down and put a hand over their heart. Close your eyes and pay attention only to you heartbeat and, perhaps, your breath as well.

This exercise teaches you to notice your heartbeat, and use it as a tool to help your focus. This skill will come in handy as you start engaging in more advanced mindfulness activities.

Body Scan

The body scan is a key practice in mindfulness, and an easy one to learn.

- Lie down on your back on a comfortable surface and close their eyes:
- Squeeze every muscle in their body as tight as they can. Squish your toes and feet, squeeze your hands into fists, and make your legs and arms as hard as stone;
- After a few seconds, release all your muscles and relax for a few minutes;
- Think about how your body is feeling throughout the activity

This simple exercise helps you to be more aware of your body and helps you find a way to be present in the moment.

YOGA POSES

Choose three poses each day. Discover which one feel the best when you try them. Hold each pose as you count to ten. Each day try to hold the pose for a longer period of time. Record your each day and see how long you can hold it after two weeks!

- Warrior I
- Triangle
- Boat
- River
- Elephant Breath
- Dolphin
- Cobra Rock
- Airplane
- Tree
- Gorilla
- Cat

3 - 2 - 1 Activity

Here is a quick and simple way to get fears and worries out of you head at anytime:

Name 3 things you SEE
Name 3 things you HEAR
Name 3 things you can TOUCH

Name 2 things you SEE
Name 2 things you HEAR
Name 2 things you can TOUCH

Name 1 thing you SEE
Name 1 thing you HEAR
Name 1 thing you can TOUCH

Now, don't you feel better?

The "Mindful" Jar

- First, get a clear jar (like a Mason jar) and fill it almost all the way with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.

- Use the following script while the glitter swirls

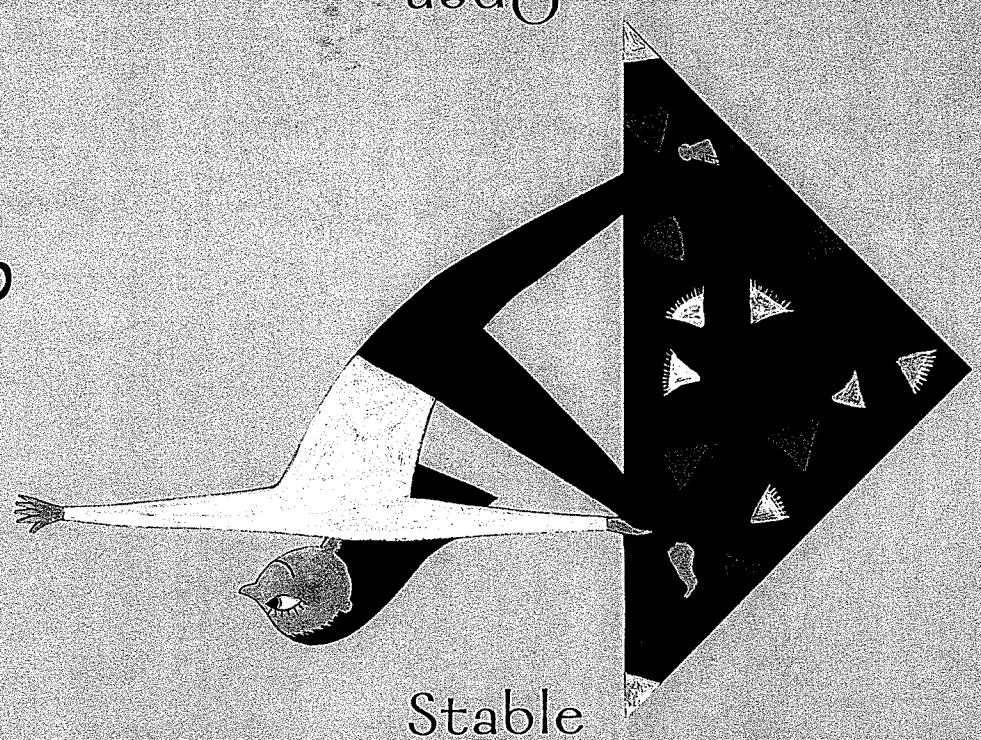
"Imagine that the glitter is like your thoughts when you're stressed, mad or upset. See how they whirl around and make it really hard to see clearly? That's why it's so easy to make silly decisions when you're upset – because you're not thinking clearly. Don't worry this is normal and it happens in all of us (yep, grownups too)."

Now put the jar down in front of you.

"Now watch what happens when you're still for a couple of moments. Keep watching. See how the glitter starts to settle and the water clears? Your mind works the same way. When you're calm for a little while, your thoughts start to settle and you start to see things more clearly. Taking deep breaths during this calming process can help us settle when we feel a lot of emotions"

STAND

Triangle



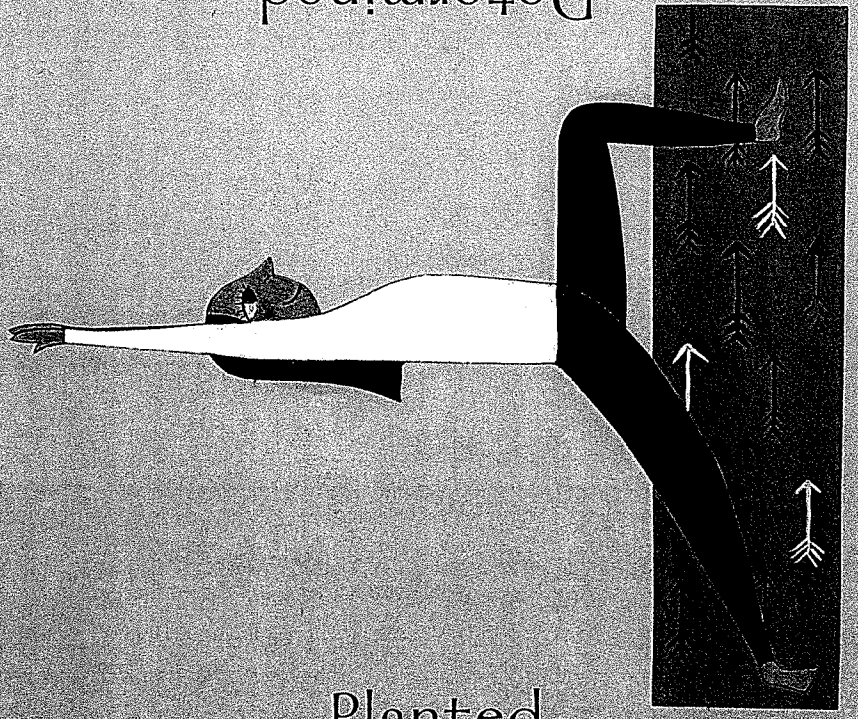
Open

Stable

Stretching

STAND

Warrior I



Determined

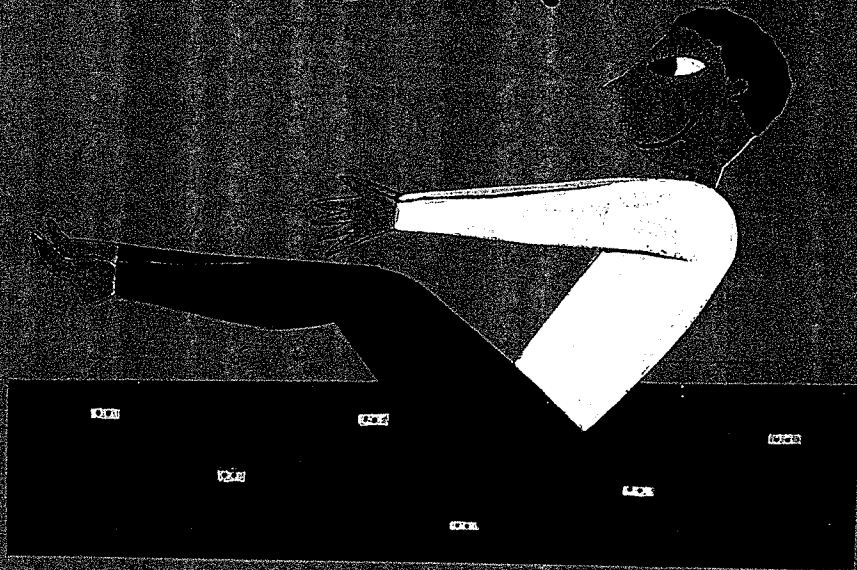
Planted

Reaching

BALANCE

Boat

Stable



Balanced

Strong

FORWARD BEND

River

Flowing



Deep

Folded

BACK BEND

Dolphin



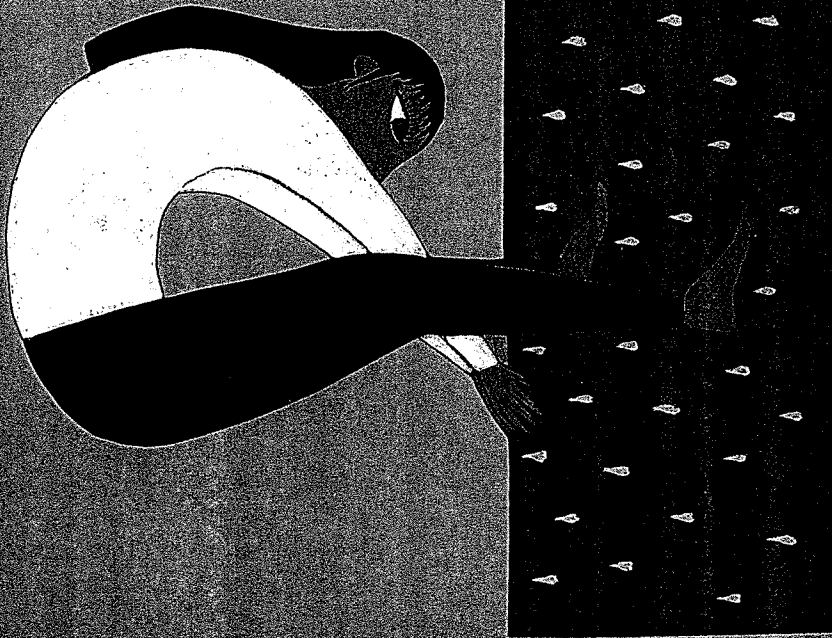
Playful

Friendly

Kind

BREATHE

Elephant Breath



Wake Up and Energize

BALANCE

Tree



Flexible

Rooted

Stable

BALANCE

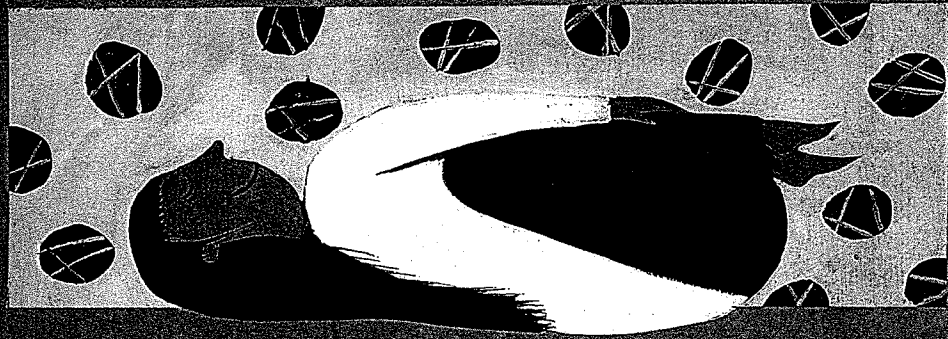
Airplane



Flying

Focused

Balanced



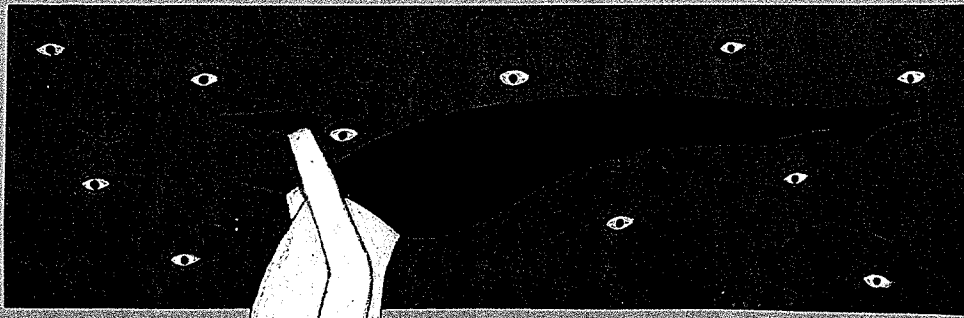
Silent

Still

Grounded

Roch

FORWARD BEND



Smooth

Majestic

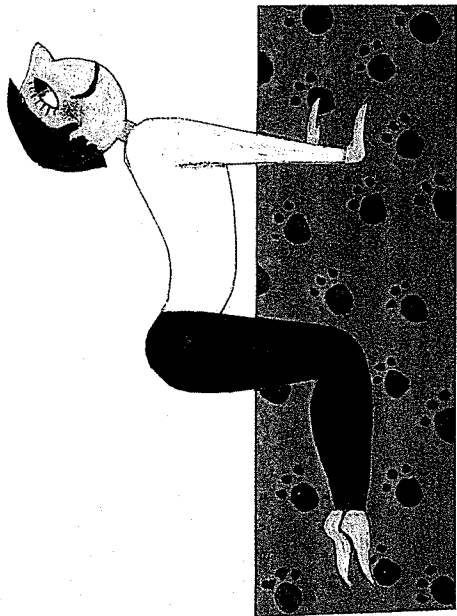
Long

Cobra

BACK BEND

TWIST &
STRETCH

Cat



Fluid

Balanced

Supple

FORWARD
BEND

Gorilla



SWIMMING

Flexible

Strong

Just Breathe

Just breathing is the simplest way to calm our bodies. Try each of the different breaths at different times of the day. Discover which times of the day they are most helpful. Make sure you are seated in a quiet, comfortable place with no distractions. It is always fun to try these with a friend.

- Where is your breath?
- Count to Five
- Bear Breath
- Flower Breath
- Candle Breath

Where is your breath?

Sit up tall, shake your body out a little bit, and then hold still.

Take a long breath in, and let it all the way out. Keep taking long breaths in and long breaths out.

Think about where you feel the air in your body.

Do you feel it in your nose or your mouth?

Your chest or your belly? Your left pinky toe?

In your mind, follow the air as it comes into your body and goes back out again.

Breathe in, breathe out.

Breathe in, breathe out. Where do you feel the air?

Take one more long breath in, and just let it all the way out.



Count to Five

Have you ever heard someone say, "Let's take five?"

It means to take a quick break from what you're doing, and it's a great way to **CALM DOWN**.

As you breathe in, think ONE... TWO... THREE... FOUR... FIVE.

As you breathe out, and think ONE... TWO... THREE... FOUR... FIVE.

Try it again! Breathe in, and think ONE... TWO... THREE... FOUR... FIVE.

Breathe out, and think ONE... TWO... THREE... FOUR... FIVE.

Whenever you're mad or upset, try to remember to "take five."

It can help you feel calm and peaceful.



Bear Breath

Pretend you're a bear, hibernating for the winter.
When bears hibernate, they breathe **slowly**,
in and out through their noses.

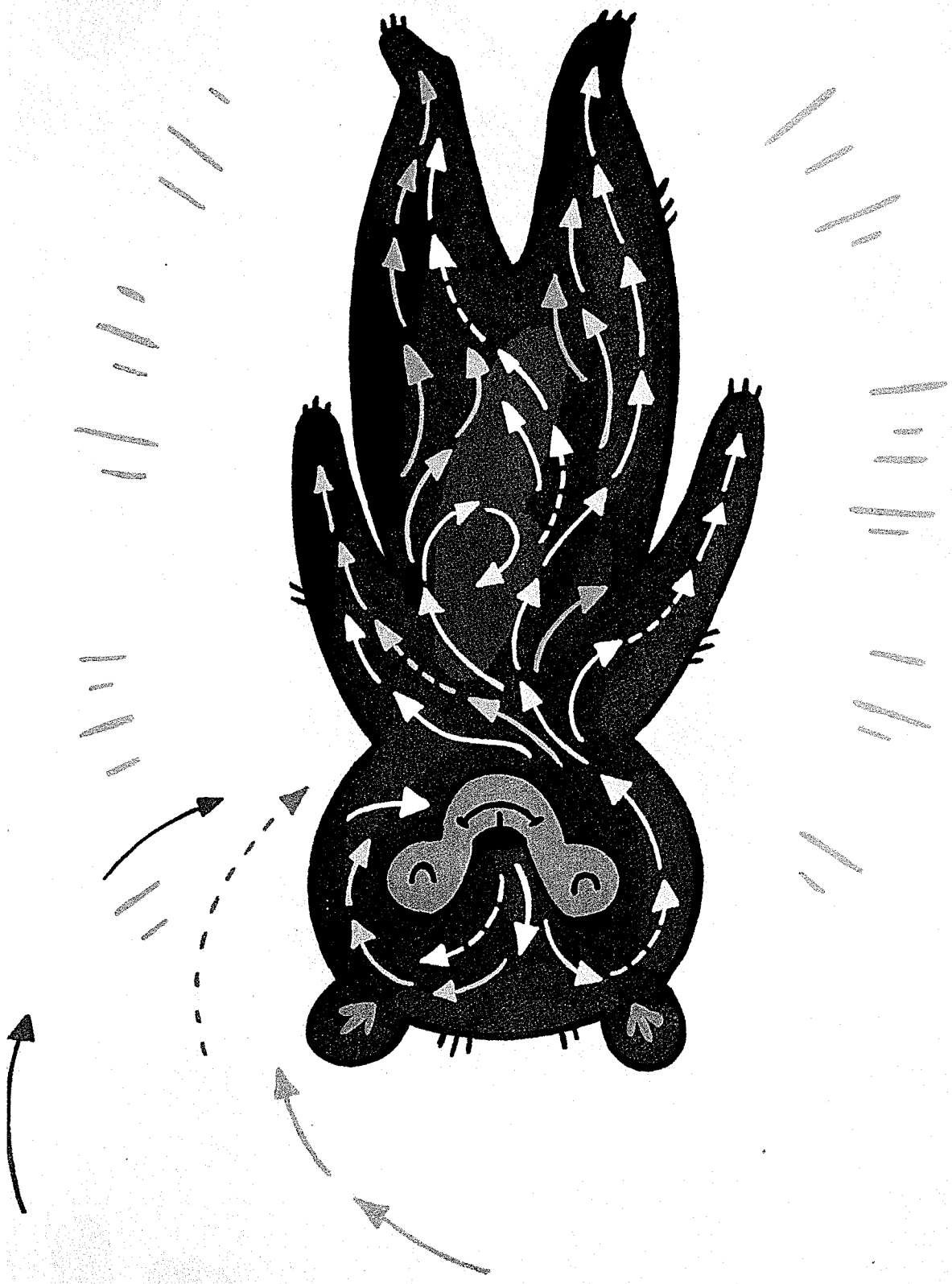
Take a long breath in through your nose,
and let it all the way out.

Take another long breath in through your
nose, and let it all the way out.

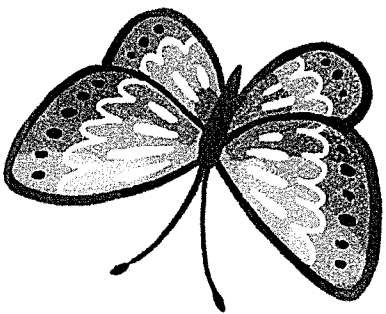
Feel how cozy and safe you are
in your bear cave.

Take one more really long,
slow breath in through your nose,
and let it all the way out.





Flower Breath



Imagine a flower in front of you.

It's the most beautiful flower you've ever seen.

Can you see all the colors of the flower in your mind?

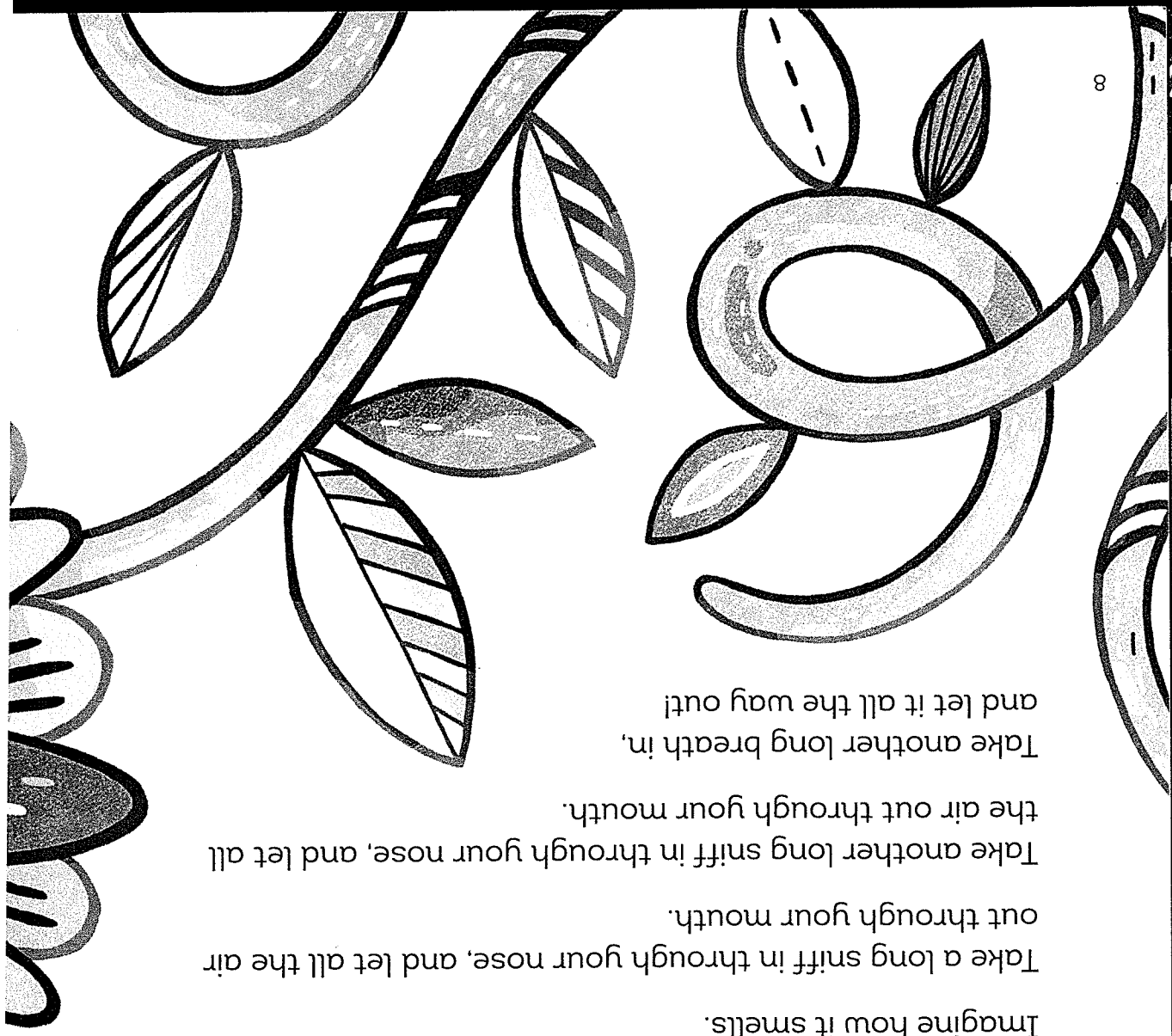
Imagine how it smells.

Take a long sniff in through your nose, and let all the air out through your mouth.

Take another long sniff in through your nose, and let all the air out through your mouth.

Take another long sniff in through your nose, and let all the air out through your mouth.

Take another long sniff in, and let it all the way out!



Candle Breath

Imagine you're holding a candle

Take a long breath in, and slowly blow

the air out toward your candle.

You want to make your candle flame wiggle, but

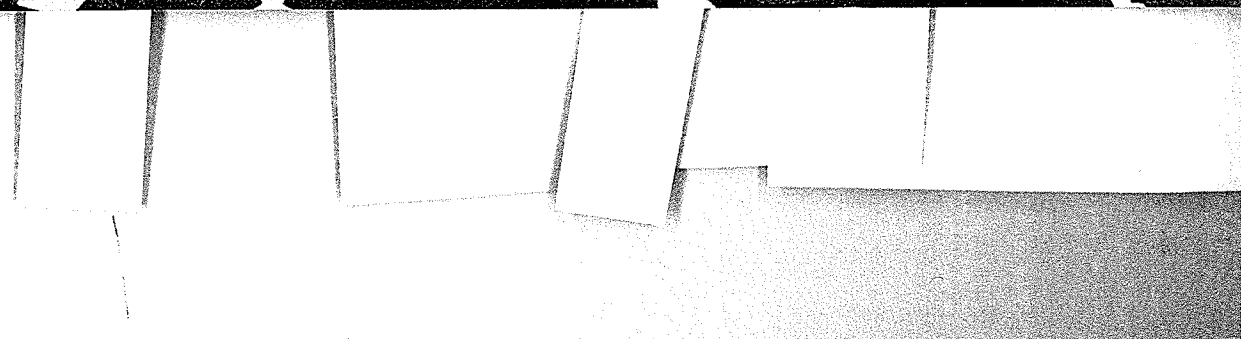
DON'T BLOW IT OUT!

Long breath in, slow breath out.

Long breath in, slow breath out.

Long breath in, now blow your candle out!

...
Ahhh



Thoughtful Stories

Read each of the stories or have someone read them to you. They may be ones you have heard before, but now you have the chance to take your time and really find the clues that help you discover the lessons hidden inside. Write on the bottom of each page what you think the author is trying to teach us. You have to write as many sentences as **your age**. Middle school must **double** that number of sentences!

The North Wind and the Sun

The Boy Who Cried Wolf

The Honest Woodcutter

Write down

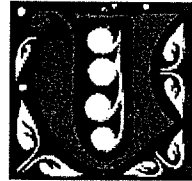
Write down

Write down

Some stories to ponder...

The North Wind and The Sun

The North Wind boasted of great strength. The Sun argued that there was great power in gentleness.



"We shall have a contest," said the Sun.

Far below, a man traveled a winding road. He was wearing a warm winter coat.

"As a test of strength," said the Sun, "Let us see which of us can take the coat off of that man."

"It will be quite simple for me to force him to remove his coat," bragged the Wind.

The Wind blew so hard, the birds clung to the trees. The world was filled with dust and leaves. But the harder the wind blew down the road, the tighter the shivering man clung to his coat.

Then, the Sun came out from behind a cloud. Sun warmed the air and the frosty ground. The man on the road unbuttoned his coat.

The sun grew slowly brighter and brighter.

Soon the man felt so hot, he took off his coat and sat down in a shady spot.

"How did you do that?" said the Wind.

"It was easy," said the Sun, "I hit the day. Through gentleness I got my way."

The Boy Who Cried Wolf

There once was a shepherd boy who was bored as he sat on the hillside watching the village sheep. To amuse himself he took a great breath and sang out, "Wolf! Wolf! The Wolf is chasing the sheep!"



The villagers came running up the hill to help the boy drive the wolf away. But when they arrived at the top of the hill, they found no wolf. The boy laughed at the sight of their angry faces.

"Don't cry 'wolf, shepherd boy," said the villagers, "when there's no wolf!" They went grumbling back down the hill.

Later, the boy sang out again, "Wolf! Wolf! The wolf is chasing the sheep!" To his naughty delight, he watched the villagers run up the hill to help him drive the wolf away.

When the villagers saw no wolf they sternly said, "Save your frightened song for when there is really something wrong! Don't cry 'wolf' when there is NO wolf!"

But the boy just grinned and watched them go grumbling down the hill once more.

Later, he saw a REAL wolf prowling about his flock. Alarmed, he leaped to his feet and sang out as loudly as he could, "Wolf! Wolf!"

But the villagers thought he was trying to fool them again, and so they didn't come.

At sunset, everyone wondered why the shepherd boy hadn't returned to the village with their sheep. They went up the hill to find the boy. They found him weeping.

"There really was a wolf here! The flock has scattered! I cried out, "Wolf!" Why didn't you come?"

An old man tried to comfort the boy as they walked back to the village.

"We'll help you look for the lost sheep in the morning," he said, putting his arm around the youth, "Nobody believes a liar...even when he is telling the truth!"

The Honest Woodcutter

"Woe is me!" a poor woodcutter cried when he dropped his ax into a deep pond. A friendly water spirit appeared before him with a silver ax and asked, "Is this yours?"



"No," the woodcutter said.

The spirit returned with a golden ax.

"Is this yours?" she asked.

"No," said the woodcutter.

Then the spirit appeared with his plain wooden ax.

"That one is mine!" said the woodcutter happily.

"You've been so honest," said the spirit, "take the gold and silver ax too!"

On the way home the woodcutter met a rich merchant. When the merchant heard the woodcutter's tale, he ran to the pond and dropped HIS wooden ax in.

"Woe is me!" he cried.

The spirit appeared with a silver ax.

"That one is mine!" the merchant said quickly.

"You know it is not," said the spirit, and disappeared.

The rich man's wooden ax stayed on the bottom of the deep pond.

Imagination

Our imagination can take us everywhere! We can even take it into our dreams! Let **YOUR** imagination take **YOU** anywhere you want to go!

- Imagine you're a Tree
- Write a play and act it out
- Draw
- Paint
- Sing
- Dance
- Listen to music and create your own video
- Write a Fairy Tale

Our imaginations are sooo powerful. You can go
anywhere you want in your mind. And you can
 be anything you want! But our imaginations need
 exercise to stay healthy, just like our bodies do. These
 fun exercises are a great workout for your imagination.
 And they'll help you remember to be kind and think
 about others, too. When you find one you really like, you
 can do it as many times as you want!

Imagine You're a Tree

Imagine you're a tree.

You have roots growing down into the earth,
holding your trunk steady and strong.

Your branches are reaching up high.

What kind of tree are you?

You can be any kind of tree you want.

Decide what color leaves you have, what your
branches look like, and how tall you are.

See your whole tree in your mind.

Remember, your tree has strong roots that
hold you safely in the ground, and strong
branches that reach up toward the sky!

Coloring Pages

Color the following pictures and mandalas any way you wish. You can always print some more if you find coloring makes you feel peaceful.

