

The background features a gradient from light pink at the top to dark grey at the bottom. On the right side, there is a cluster of colorful, overlapping geometric shapes, including squares, pentagons, and hexagons, some of which have white 'X' marks. A solid orange horizontal bar is positioned below the text.

MINDFULNESS INTERACTIVE ACTIVITY

Click on students who are demonstrating mindfulness....





TEN STEPS TO MINDFULNESS MEDITATION

- 1. Find a quiet place.** Choose a quiet place where you won't be disturbed. It can be indoors or outdoors.
- 2. Get comfortable.** Sit cross-legged on the floor or on a cushion. You can also sit on a chair.
- 3. Close your eyes.** If you're having trouble closing your eyes, try focusing on your breath.
- 4. Breathe in and out.** Take a deep breath in through your nose, hold it for a few seconds, and then breathe out through your mouth.
- 5. Notice your thoughts.** As you breathe, you may notice thoughts coming into your mind. Don't worry about them. Just notice them and let them go.
- 6. Focus on your breath.** Bring your attention back to your breath. This is the most important step in mindfulness meditation.
- 7. Repeat the steps.** Repeat steps 4 through 6 several times.
- 8. Notice your feelings.** As you breathe, you may notice feelings coming into your mind. Don't worry about them. Just notice them and let them go.
- 9. Notice your body.** As you breathe, you may notice sensations in your body. Don't worry about them. Just notice them and let them go.
- 10. Practice regularly.** Practice mindfulness meditation every day, even if it's just for a few minutes.

My mom told me it was time to do my homework, but I wanted to play. This made me upset. Click on mindful choices.



I am not going to clean up. Hmm what's for lunch?

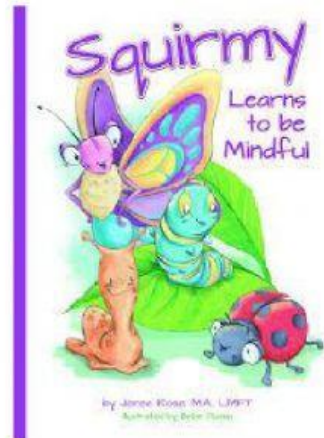


Focus on the present. "I am doing my assignments now!"

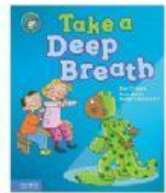


Click on the pictures that show students being mindful.

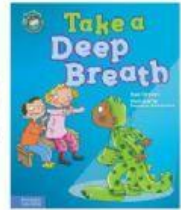
How many
deep breaths
does
Squirmy's
mother tell
her to take
whenever her
mind begins
to wander?



4



5



6





Focusing on what you are grateful for is another mindfulness strategy. What are you grateful for? Click on a picture.

