

COLEGIO PARROQUIAL "NUESTRO SALVADOR"
PARROQUIA "NUESTRA SEÑORA DEL CARMEN"
INSTITUCIÓN EDUCATIVA DE ACCIÓN CONJUNTA
- ORACIÓN, FRATERNIDAD Y SERVICIO -



"Familia Carmelita Viviendo el Bicentenario"

PURPOSE: Deduce diversas relaciones lógicas jerárquicas (ideas principales y complementarias, y conclusiones) en la lectura escruta en inglés a partir de información explícita e implícita.

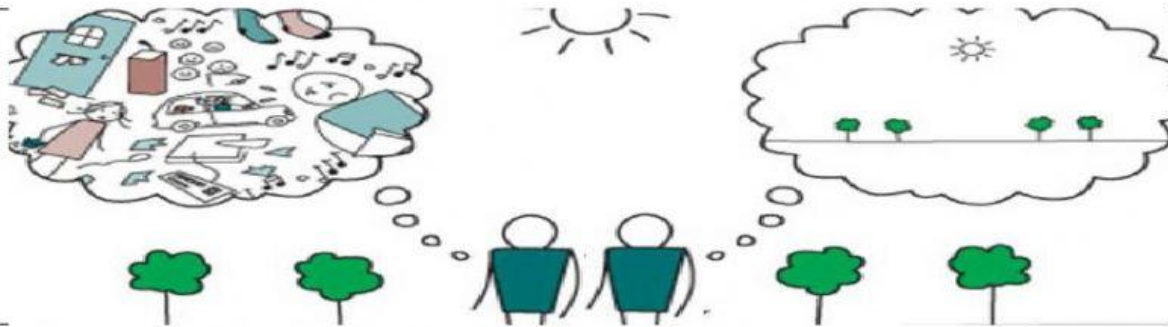


WHAT MAKES YOU HAPPY?

1.- COMPLETE THE ACROSTIC WITH THE WORD HAPPY

H	
A	
P	
P	
Y	

2.- ENUMERATE, WHAT MAKES YOU HAPPY?



3.- WHICH OF THEM ARE YOU? (X)

MIND FULL

MINDFULNESS

what is mindfulness?



mindfulness is our ability to pay attention to the present moment, with curiosity & without judgment

mindfulness can be cultivated through a formal practice, like meditation...

...and we can bring mindful attention to our daily activities

the benefits of mindfulness include:

increased empathy and compassion



improved immune functioning

increased happiness and optimism



improved sleep



greater focus and concentration

reduced stress and anxiety



mindfulness is a practice you can begin today

4.- READ AND CHOOSE THE BEST OPTION:

(X)

1.-The ideas explains how to be bored.

2.-The ideas explains how to focus on the PRESENT MOMENT.

3.-The ideas gives a few techniques for exercises.

HOW DO I FEEL TODAY?

MINDFULNESS



MEDITATION

BREATHE

BALANCE

STRESS REDUCTION

AWARENESS

BODY

SOUL

STRESSES

I'm stressed by:

1.-
2.-
3.-

THE JOY IN MY HEART

TAKING CARE OF MYSELF

REMINDERS

List one people, places or things that make you happy today:

1.-
2.-
3.-

Last night I slept ____ hours.

Will I eat today? ____ YES ____ NO

Will I laugh today? ____ YES ____ NO

Today I treated myself with kindness, respect and love because:

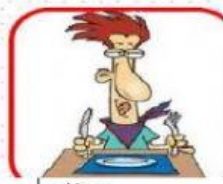
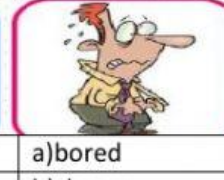
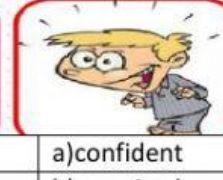
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Someone who knows I'm a special person:

Someone who helps Me problem solve:

5.- BE MINDFUL NOW! Choose the correct option(X) FEELINGS AND EMOTIONS: (Copy the vocabulary)

				
a)histerical	a)lazy	a)frustrated	a)interested	a)hot
b)depressed (X)	b)busy	b)disgusted	b)terrified	b)hurt
c)jelaous	c)happy	c)peaceful	c)bored	c)hungry
				
a)ecstatic	a)lonely	a)comfortable	a)excited	a)happy
b)exhausted	b)loving	b)nervous	b)exhausted	b)hot
c)embarrassed	c)relaxed	c) furious	c)tired	c)cold
				
a)sad	a)puzzled	a)amazed	a)bored	a)confident
b)surprised	b)pessimistic	b)ashamed	b)sleepy	b)surprised
c)scared	c)proud	c)upset	c)worried	c)helpless
				
a)glad	a)happy	A)tired	a)enthusiastic	a)exhausted
b)joyful	b)hurt	b)comfortable	b)embarrassed	b)ecstatic
c)lonely	c)hysterical	c)sleepy	c)hostil	c)excited

6.- DAILY QUARANTINE QUESTIONS:

-WHAT AM I THANKFUL OF TODAY?	.
-WHO SHOULD I CARE FOR AT HOME?	.
-HOW AM I FEEDING?	.
-WHAT DO YOU ENJOY DOING AT HOME?	.
-HOW MANY HOURS AM I SLEEPING?	.

7.- WRITE feelings or emotions with each letter of THE ALPHABET :

A ngry	K	U
B	L	V
C	M	Worry
D	N	X
E	O	Y
F	P	Z
G	Q	
H	R	
I	S	
J	T	



HOW WELL DID YOU DO IT?

