

The background features a complex pattern of overlapping, colorful geometric shapes (squares, triangles, and circles) in shades of purple, teal, orange, and red. These shapes are arranged in a way that creates a sense of depth and movement. A horizontal gradient bar, transitioning from light pink to dark grey, runs across the middle of the image. Below this bar, a solid orange horizontal line is positioned.

MINDFULNESS INTERACTIVE ACTIVITY

Click on students who are demonstrating mindfulness....





**TEN STEPS TO
MINDFULNESS
MEDITATION**

- 1** Find a quiet place to sit. You can sit on the floor, a chair, or a cushion. Close your eyes and take a few deep breaths.
- 2** Set an intention. Think about what you want to achieve through this meditation. It could be to feel more calm, to be more focused, or to be more kind to yourself and others.
- 3** Focus on your breath. Notice the air coming in and out of your nose. If your mind starts to wander, gently bring it back to your breath.
- 4** Scan your body. Notice any sensations in your body, such as tingling, warmth, or tension. If you find any tension, try to relax it.
- 5** Notice any sounds. Listen to the sounds around you, such as birds, traffic, or a fan. If your mind starts to wander, gently bring it back to the sounds.
- 6** Notice any thoughts. Think about the thoughts that are coming into your mind. If you find any negative thoughts, try to let them go.
- 7** Repeat a mantra. A mantra is a word or phrase that you repeat to yourself. It can help you stay focused and calm. Examples include "I am peaceful," "I am strong," or "I am kind."
- 8** Notice your feelings. Notice how you are feeling at the end of your meditation. Are you more calm? More focused? More kind?
- 9** Notice your actions. Notice how you are acting at the end of your meditation. Are you more patient? More respectful? More helpful?
- 10** Practice regularly. Mindfulness meditation is a skill that you can improve by practicing regularly. Try to do it 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?

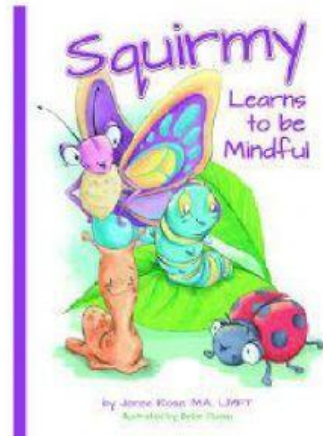


Focus on the present. "I am doing my assignments now!"

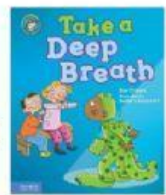


Click on the pictures that show students being mindful.

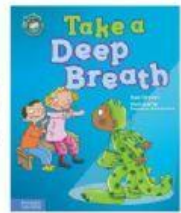
How many
deep breaths
does
Squirmy's
mother tell
her to take
whenever her
mind begins
to wander?



4



5



6





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

