

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.

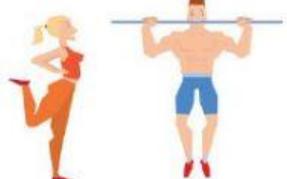


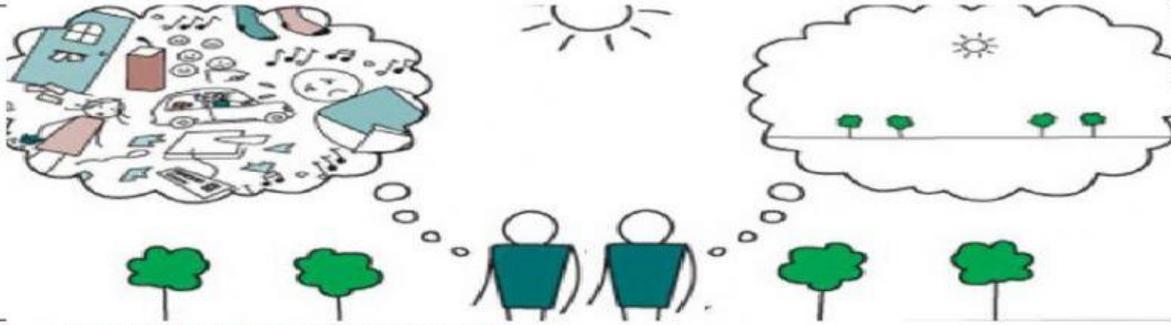
WHAT MAKES YOU HAPPY?

1.- COMPLETE THE ACROSTIC WITH THE WORD HAPPY

H	
A	
P	
P	
Y	

2.- ENUMERATE, WHAT MAKES YOU HAPPY?

 CARING FOR OTHERS		 GOOD FOOD	
 MONEY		 Power of Community	
 EXERCISE		 SUNSHINE	
 music			
 RELAX		 PETS	



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



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:

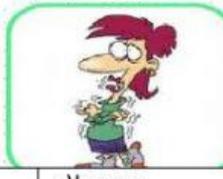
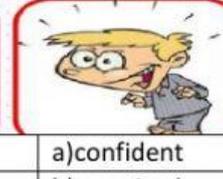
- 1.-
- 2.-
- 3.-

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:
 -
 -

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)historical	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:

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

-WHAT AM I THANKFUL OF TODAY? •	A ngr y	K	U
-WHO SHOULD I CARE FOR AT HOME? •	B	L	V
-HOW AM I FEEDING? •	C	M	Worry
-WHAT DO YOU ENJOY DOING AT HOME? •	D	N	X
-HOW MANY HOURS AM I SLEEPING? •	E	O	Y
	F	P	Z
	G	Q	
	H	R	
	I	S	
	J	T	

HOW WELL DID YOU DO IT?

