

The background features a gradient from light pink at the top to dark grey at the bottom. On the right side, there is a complex, colorful geometric pattern resembling a mosaic or stained glass, with various shapes in shades of purple, teal, orange, and red. A solid orange horizontal bar is positioned below the text.

MINDFULNESS INTERACTIVE ACTIVITY

Click on students who are demonstrating mindfulness....





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?

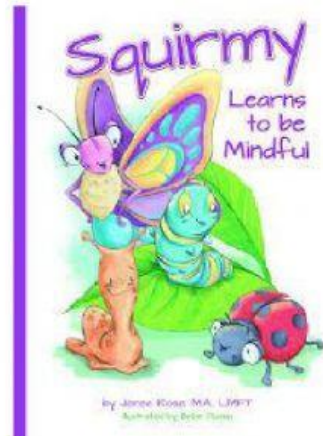


Focus on the present. "I am doing my assignments now!"

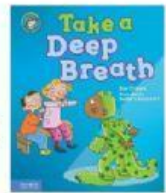


Click on the pictures that show students being mindful.

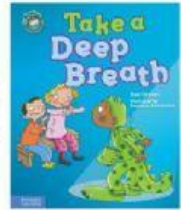
How many
deep breaths
does
Squirmy's
mother tell
her to take
whenever her
mind begins
to wander?



4



5



6





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

