



# MINDFULNESS INTERACTIVE ACTIVITY

Click on students who are demonstrating mindfulness....





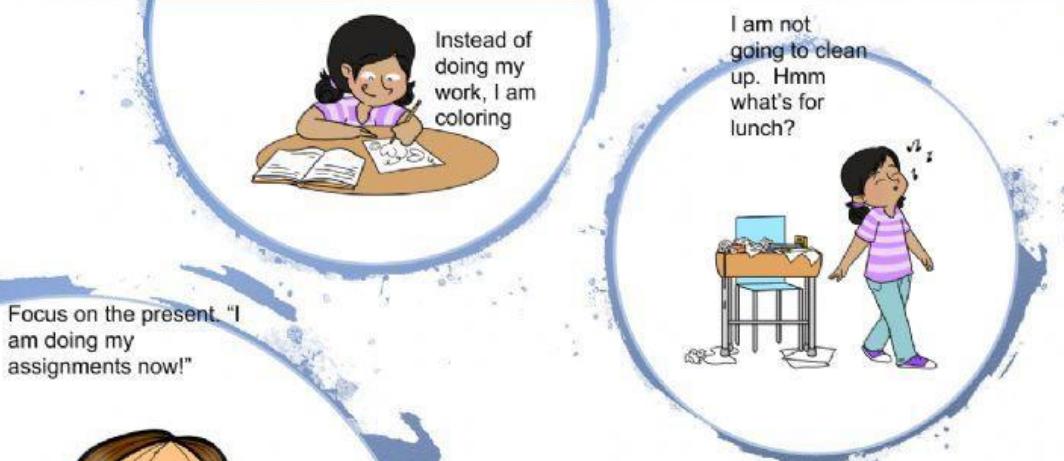
...TEN STEPS TO  
MINDFULNESS  
MEDITATION

- 1 Establish a regular time and place for your meditation.
- 2 Set a timer for 5, 10, or 20 minutes.
- 3 Find a comfortable arrangement for your body.
- 4 Close your eyes.
- 5 Take deep breaths.
- 6 Bring your focus to your breathing.
- 7 Notice when your mind wanders.
- 8 Gently bring your focus back to your breathing.
- 9 Notice your body.
- 10 Open yourself to the present moment.

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



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

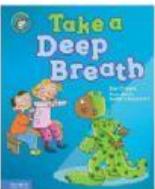


Click on the pictures that show students being mindful.

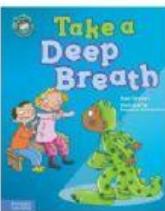
How many  
deep breaths  
does  
Squirmey's  
mother tell  
her to take  
whenever her  
mind begins  
to wander?



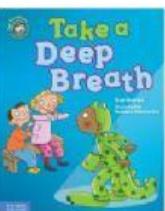
4



5



6



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

