

My Mindful Heart

Complete the "mindful heart map" by drawing or writing all of your favorite ways to regulate your emotions and make positive decisions.

A large heart shape divided into several sections by thick black lines. Each section contains a prompt for a mindful heart map. The prompts are: "To show kindness, I can...", "When I am feeling alone, I can...", "When I am angry, I can...", "When things don't go my way, I can...", "To cheer myself up, I can...", "If I feel worried, I will...", "To feel more confident, I can...", "When I need to focus, I can...", and "If I need to calm my body, I can...".

To show kindness, I can...

When I am feeling alone, I can...

When I am angry, I can...

When things don't go my way, I can...

To cheer myself up, I can...

If I feel worried, I will...

To feel more confident, I can...

When I need to focus, I can...

If I need to calm my body, I can...

CAREGIVERS!

Ask your student to share their mindful heart map, so you both know the journey they can follow to make healthy decisions when they need support.

A summary of today's lesson!

