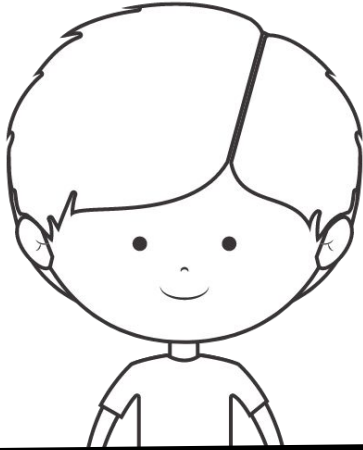


My Mindful Journal



May I be
happy.



Breathing
in...
Breathing
out...

This journal belongs to:

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Hello / Goodbye Songs

Hello Song (To the tune of Down By The Bay)

My mindful body (clap clap) sits straight and tall (hands in lap).

My mindful eyes (binoculars) see big and small.

My mindful ears (elephant ears) hear soft and loud.

When I am mindful, I can feel proud (palms up, hands on chest)!

Goodbye Song (To the tune of Down By The Bay)

Goodbye friends (wave). It's time to go (clap clap).

Until the next time (palms up),

We say hello (wave).

Take deep breaths (hands on chest)

To calm your mind (point to head).

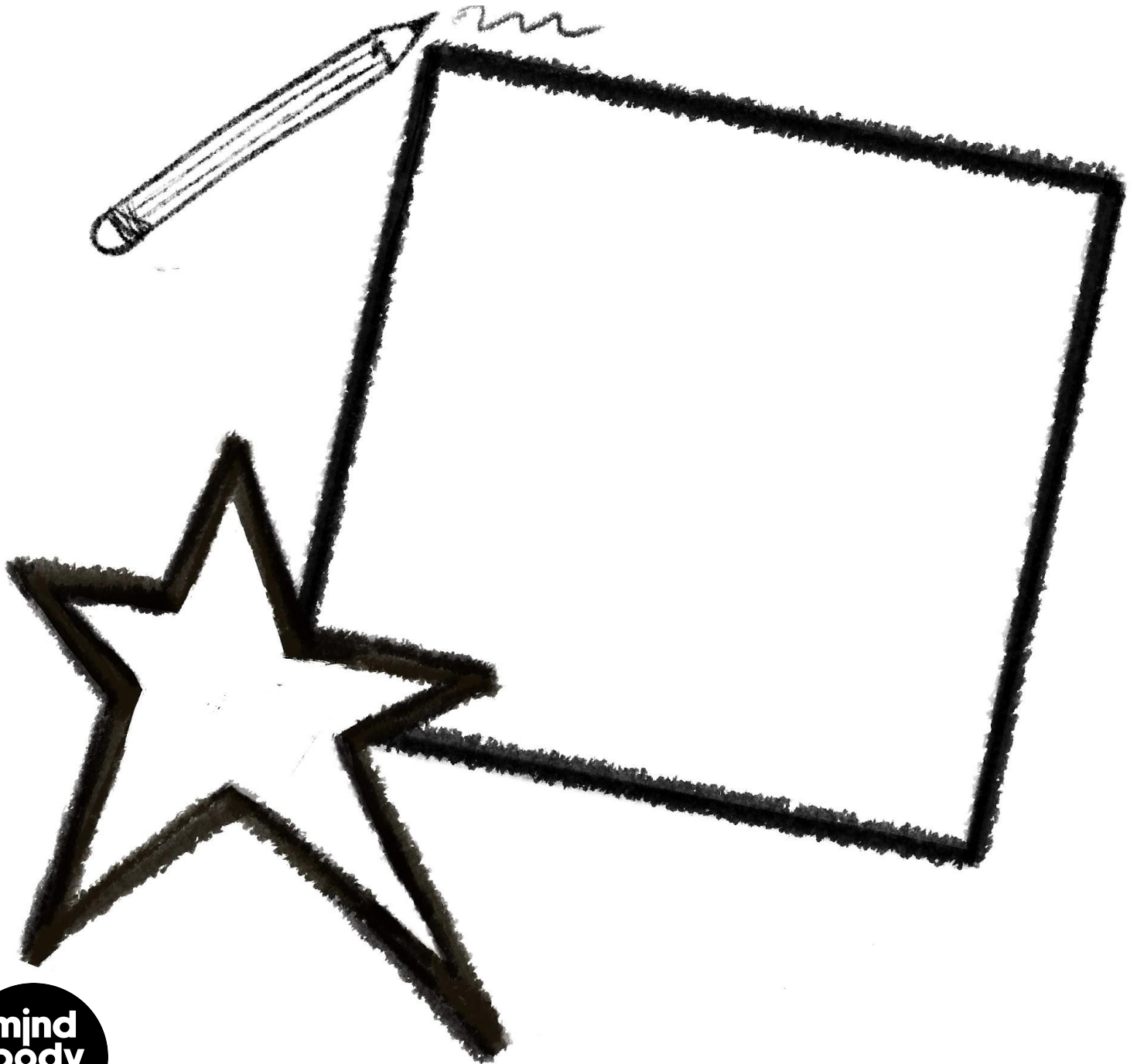
Remember pay attention (palms up)

And always be kind! (hands on chest)

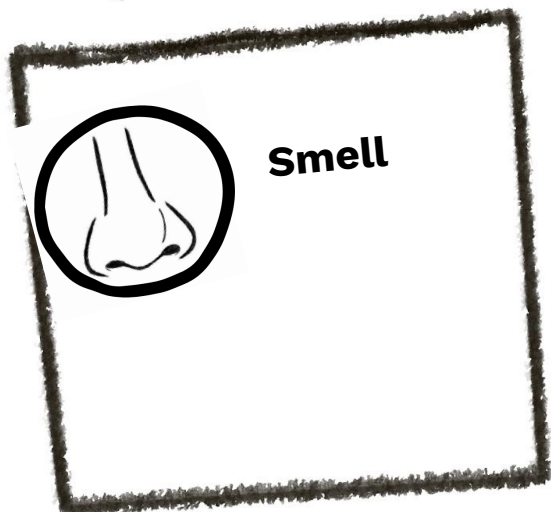
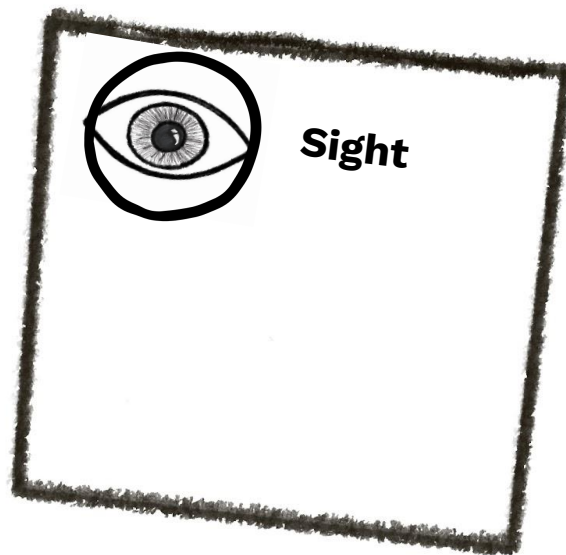


Mindful Bodies

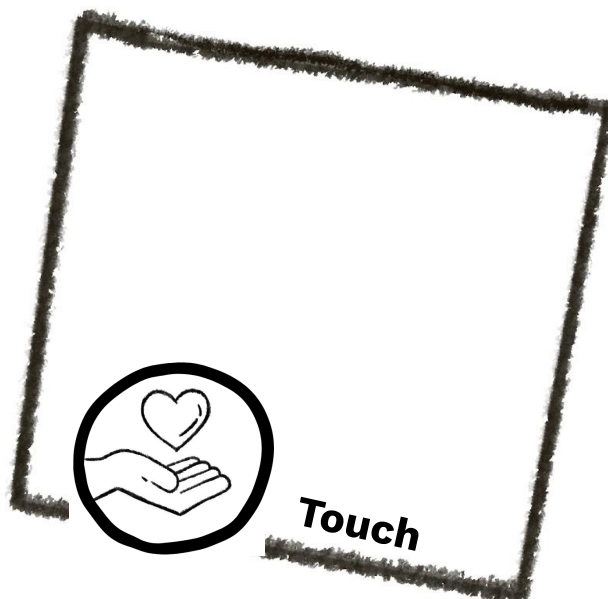
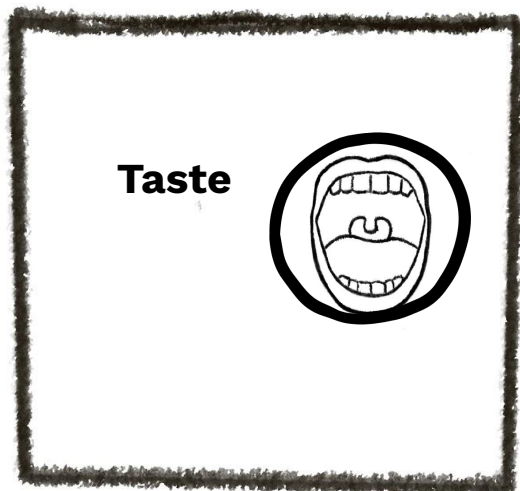
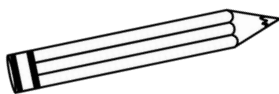
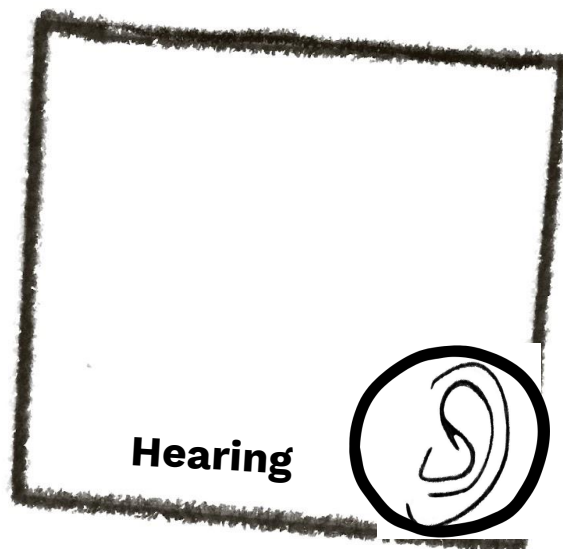
Draw what you would look like in your mindful body.



What Does It Mean To Be PRESENT?

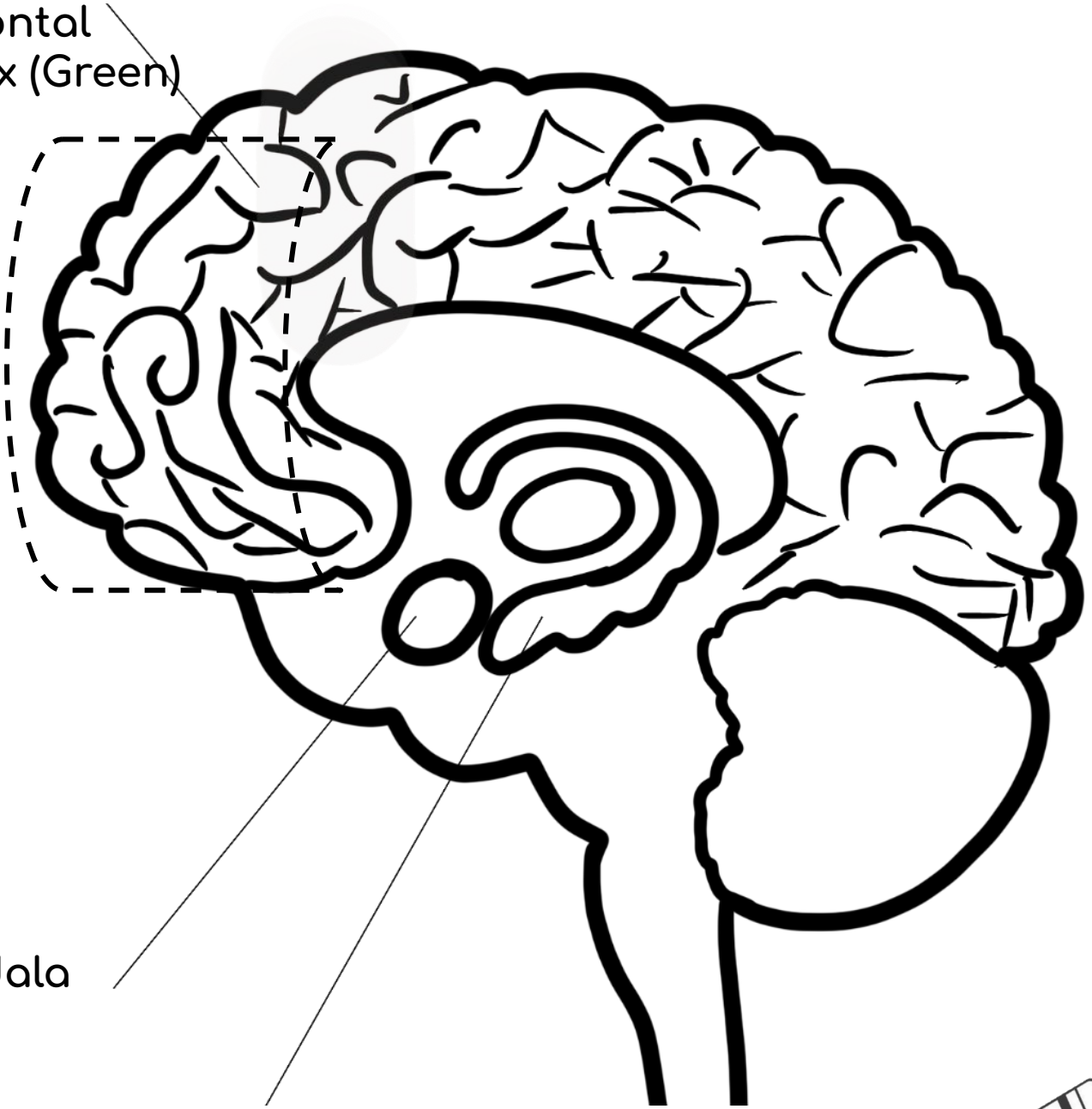


Draw a picture
in each box of
something you
might see,
smell, hear,
taste, and
touch at
school today,
or at home.



Mindful Brain

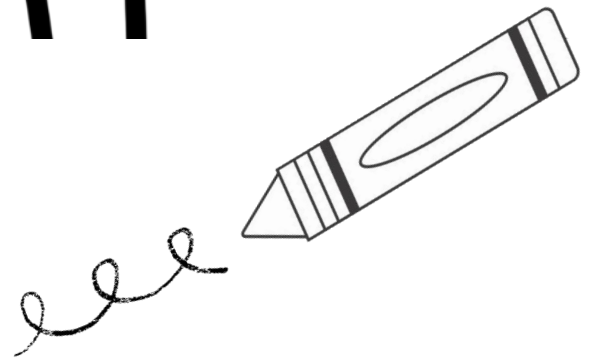
Prefrontal
Cortex (Green)



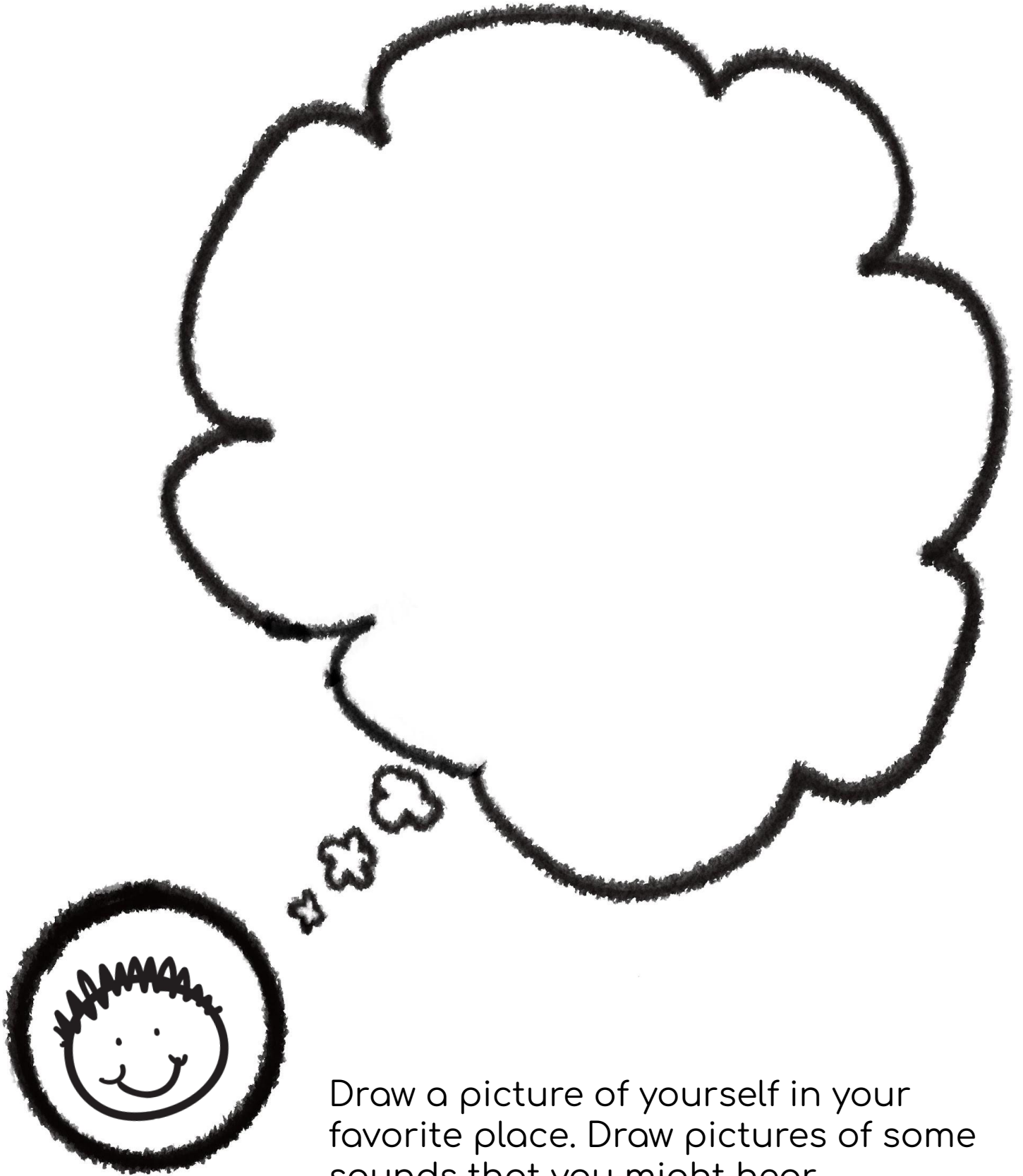
Amygdala
(Red)

Hippocampus
(Yellow)

Color the parts
of the mindful
brain.



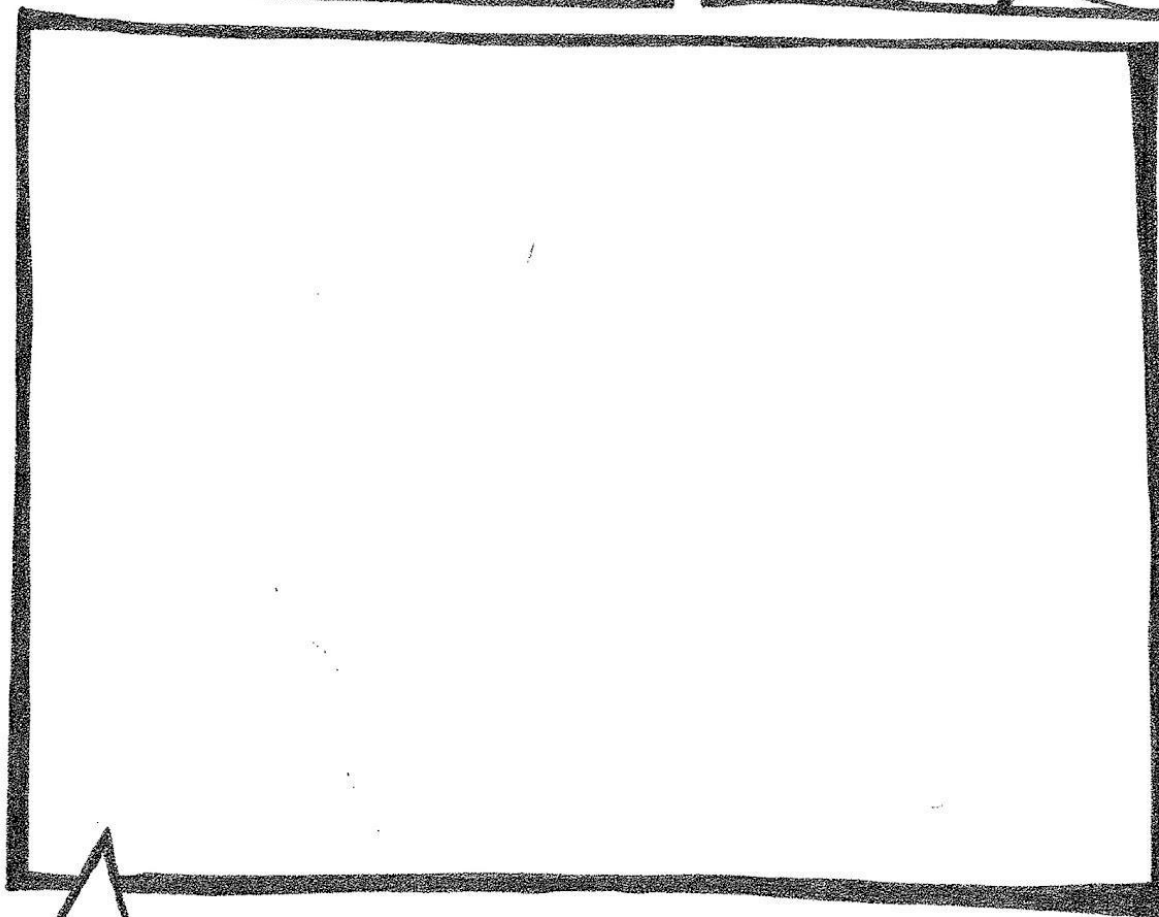
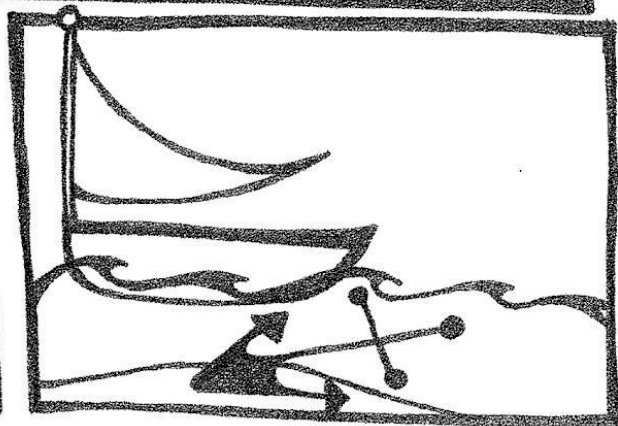
Mindful Listening



Draw a picture of yourself in your favorite place. Draw pictures of some sounds that you might hear.

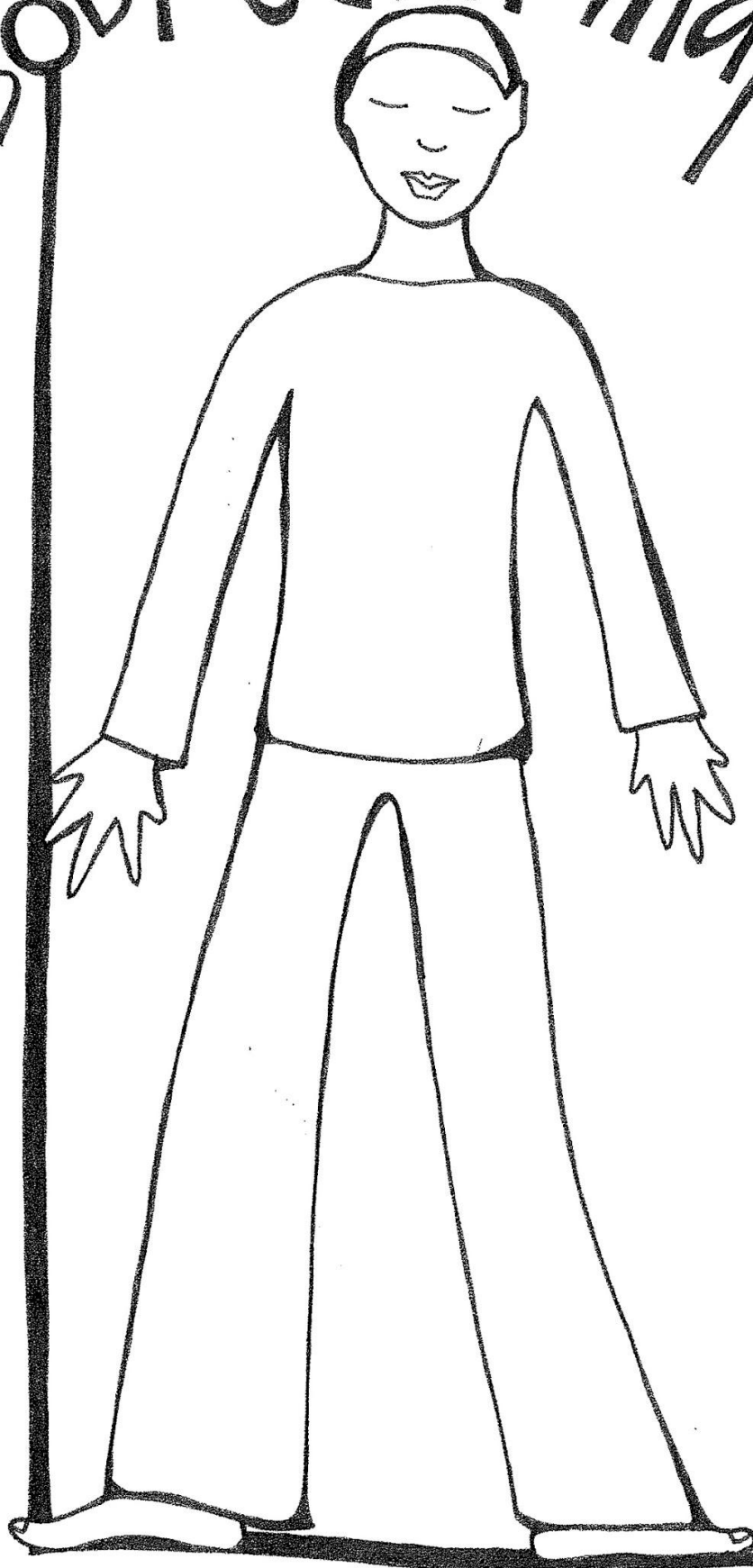
Mindful Breathing

Draw a picture of
your hand on your
anchor spot



Pick a noisy place. Try to
pay attention to 3 breaths.
Put your hand on your anchor
spot, see if this makes it easier.

BODY SCAN map



USING SHAPES,
LINES,
SQUIGGLES,
DOTS, AND
COLORS,

DRAW

WHAT YOU FELT
IN YOUR
BODY
DURING THE
BODY SCAN

★
**Body Scan
Challenge:**

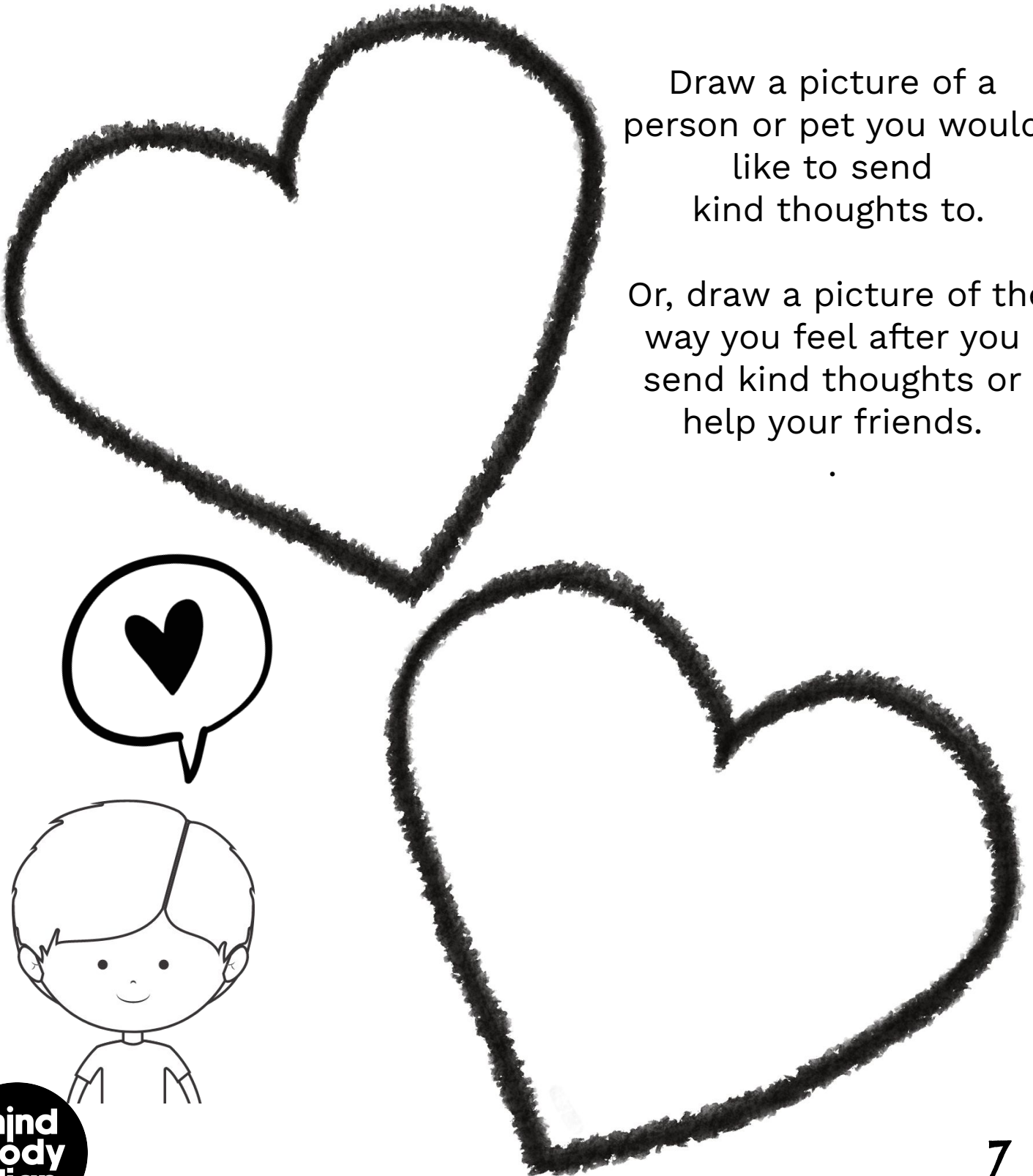
Try doing a body scan
in bed, before falling
asleep.

Notice if it helps
relax you or fall asleep
easier.

Heartfulness

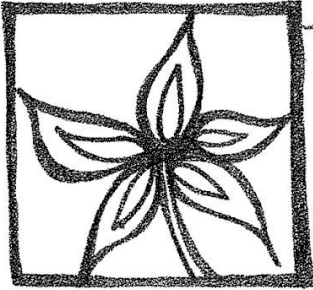
Draw a picture of a person or pet you would like to send kind thoughts to.

Or, draw a picture of the way you feel after you send kind thoughts or help your friends.

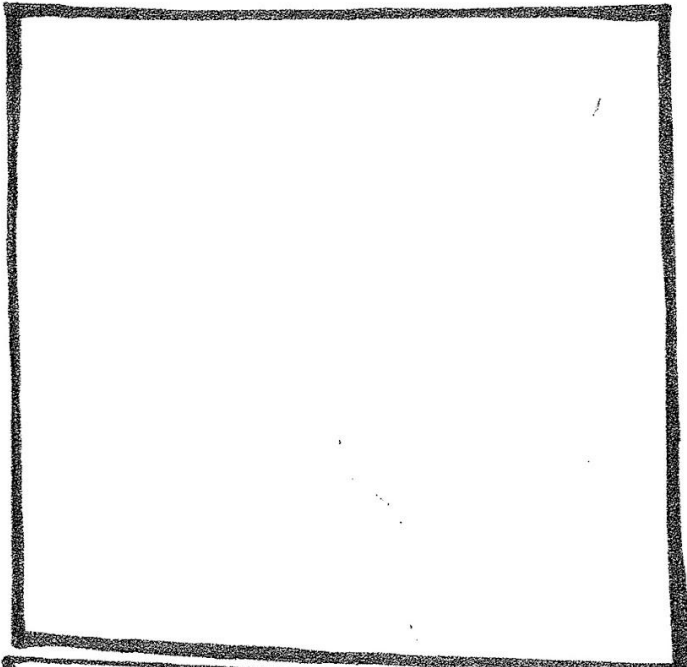
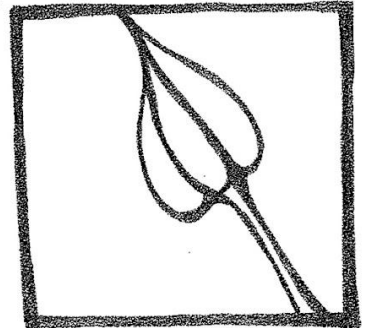


ANCHOR WORDS

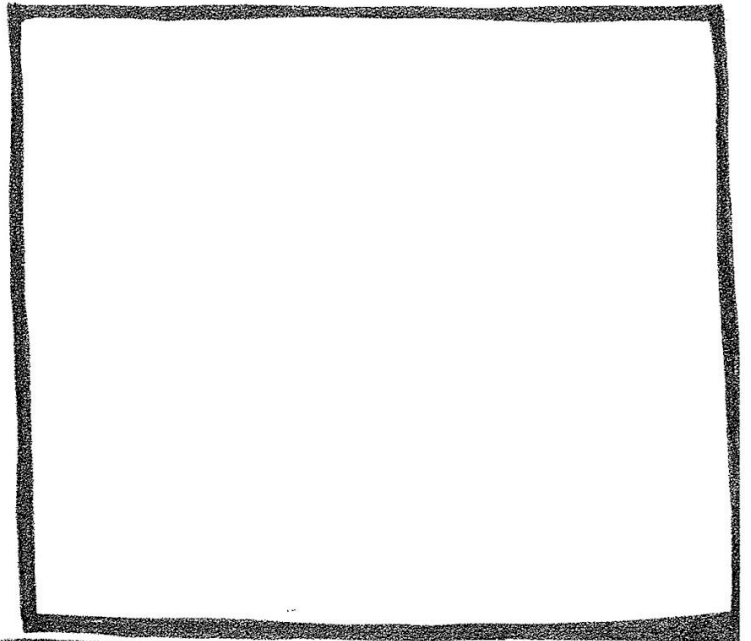
☆ Breathing in, the flower opens its petals in the sun...
Breathing out, the flower closes its petals in the dark



Draw a picture
of:



A flower with its
petals open



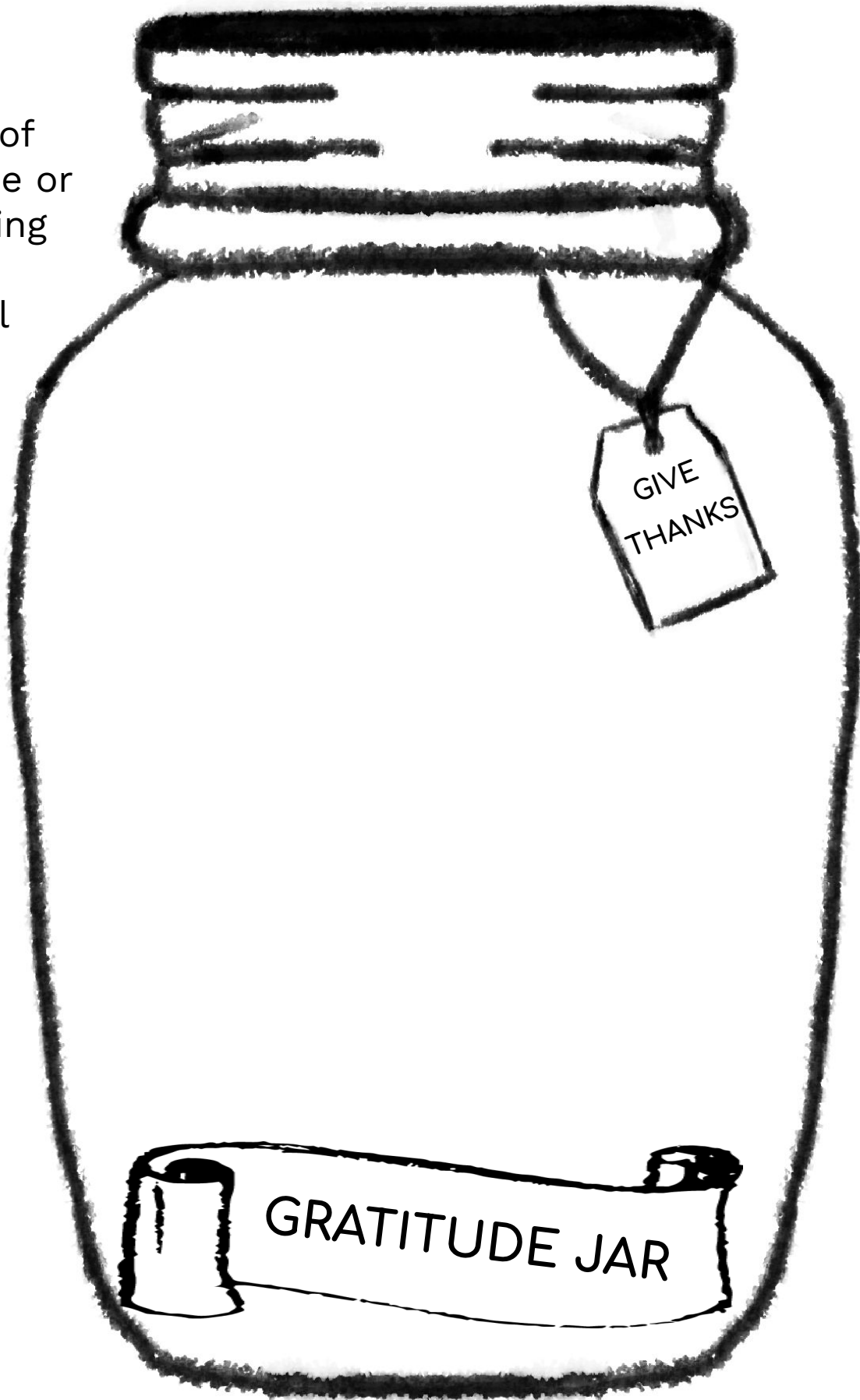
A flower with its
petals closed



Try to stay focused on your breath in the
lunchroom for 30 seconds. Use your
Anchor Words, "breathing in, breathing out,"
silently in your mind.

Generosity + Gratitude

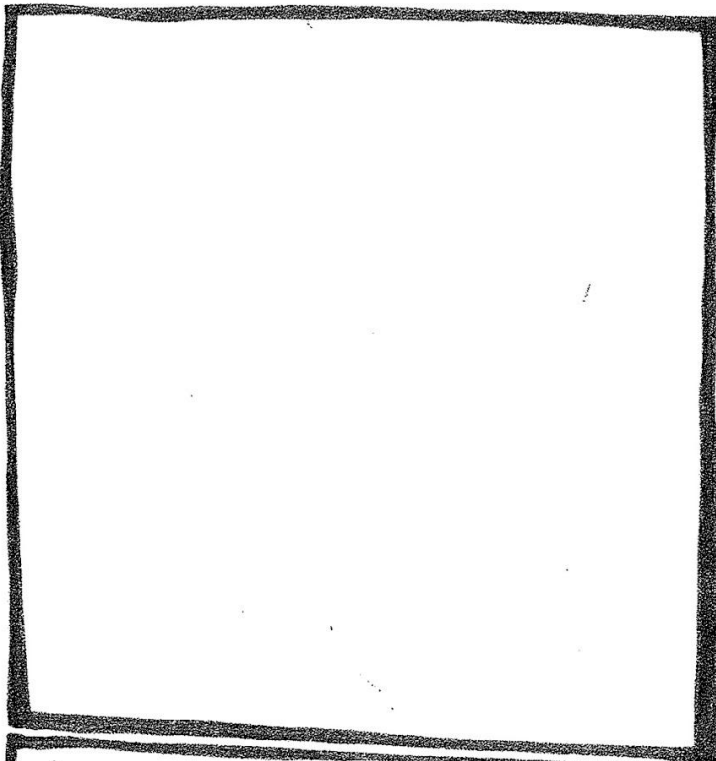
Draw a picture of someone or something you're thankful for.



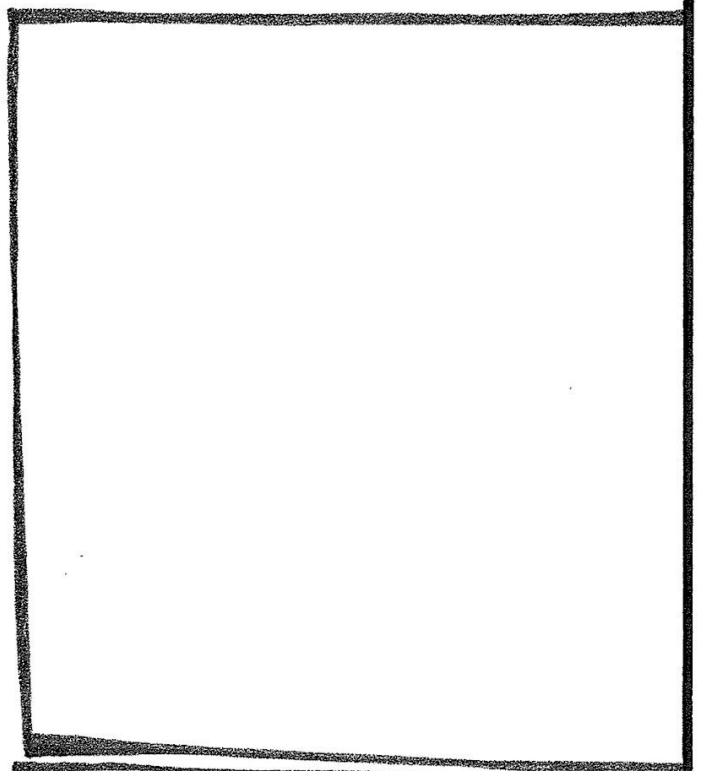
Thoughts

Sometimes our thoughts run around like puppies!

Draw a picture of:



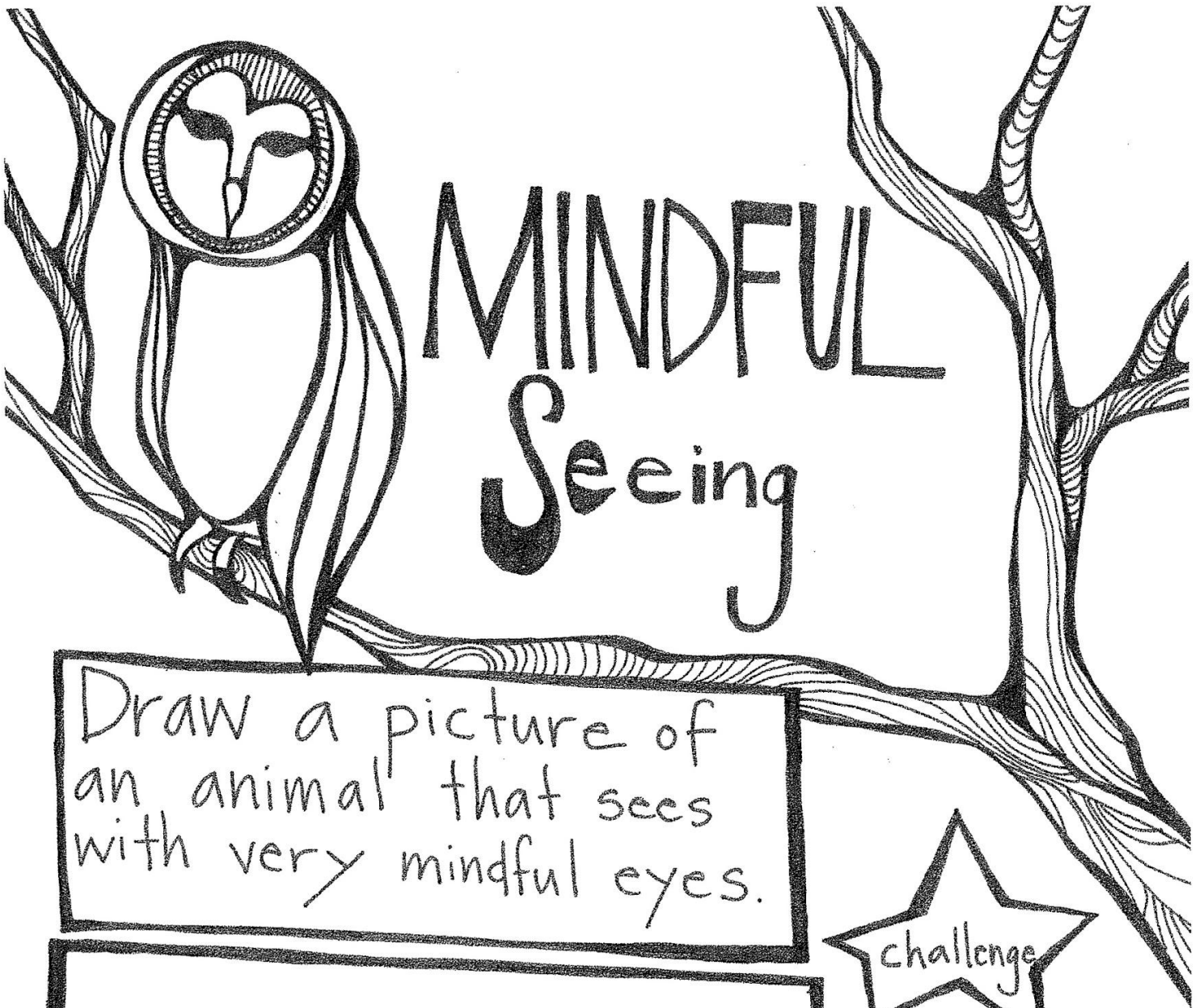
A puppy dog
running around.



A puppy dog
resting calmly.



The next time you are having a hard time paying attention in class, try telling your puppy dog mind to come back to what is happening in class.



MINDFUL Seeing

Draw a picture of
an animal that sees
with very mindful eyes.

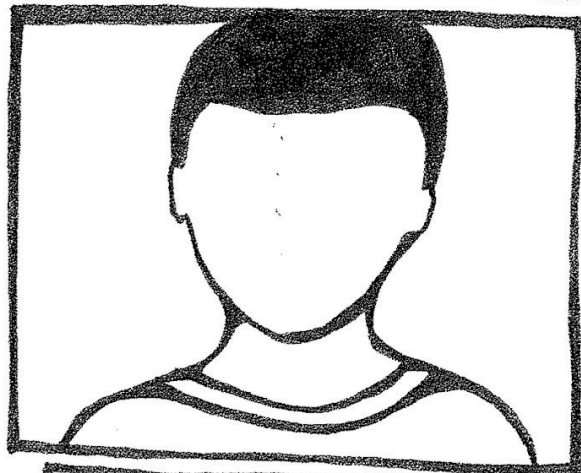


Go into your
room at home
and put on your
"owl" eyes.

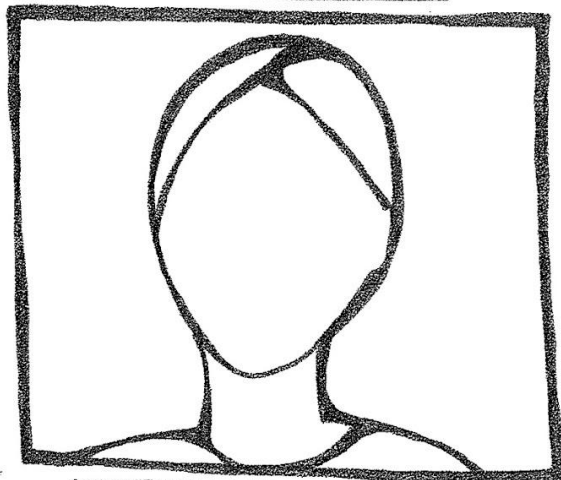
See if you can
notice 5 things
you have
never noticed
before.

Emotions

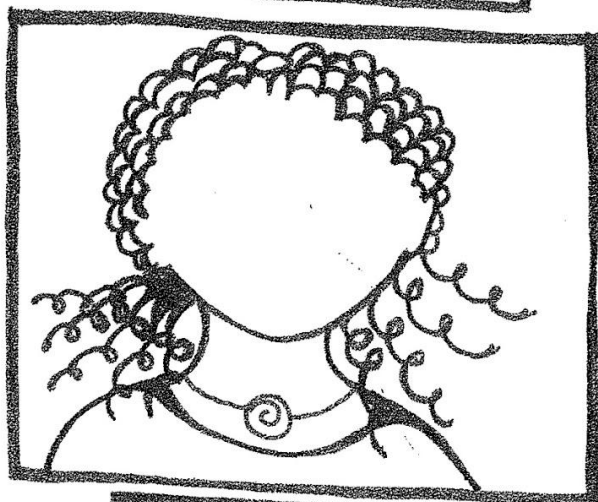
Draw the emotion on each blank face.



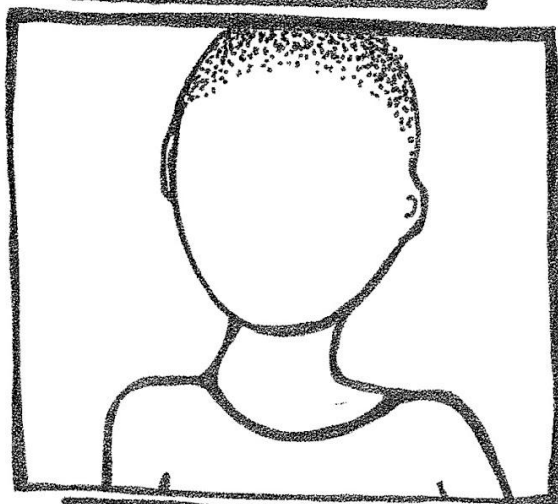
HAPPY



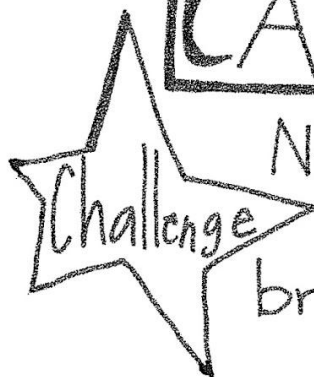
SAD



CALM

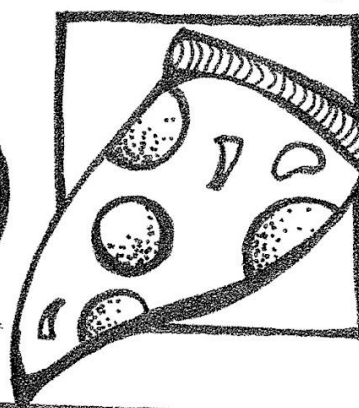
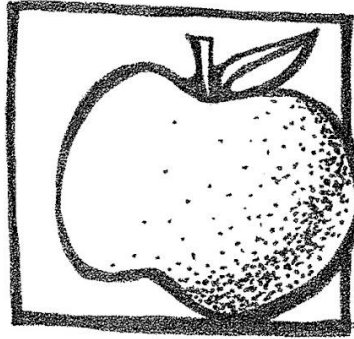
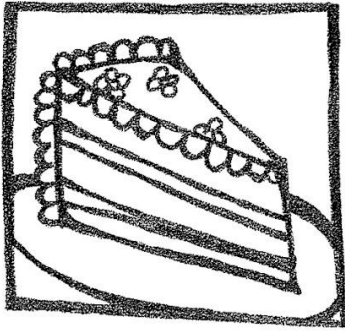


ANGRY

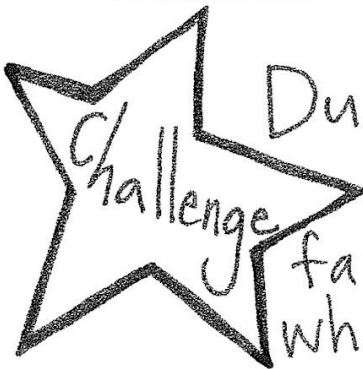
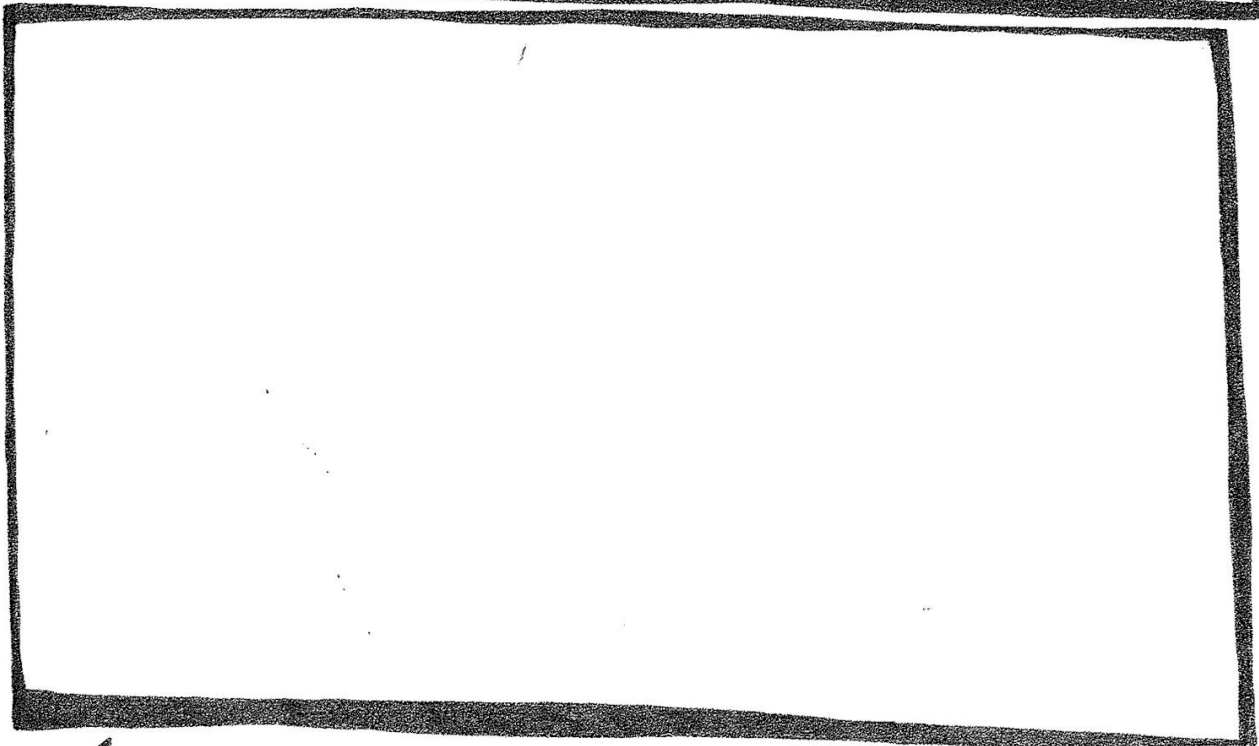


Next time you are angry this week, stop and take **3** mindful breaths. Notice what happens next.

MINDFUL EATING



Draw a picture of a delicious food you would like to eat mindfully.



During lunchtime at school, or while eating with your family, see if you can eat a whole meal mindfully.

SLOW motion

Write your name in slow motion 5 times.

Notice all the body feelings you can in your shoulders, arms, hands and fingers.

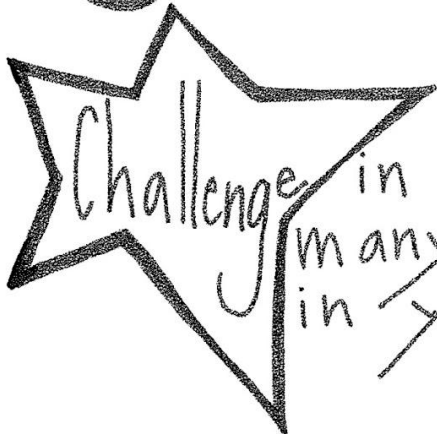
① _____

② _____

③ _____

④ _____

⑤ _____

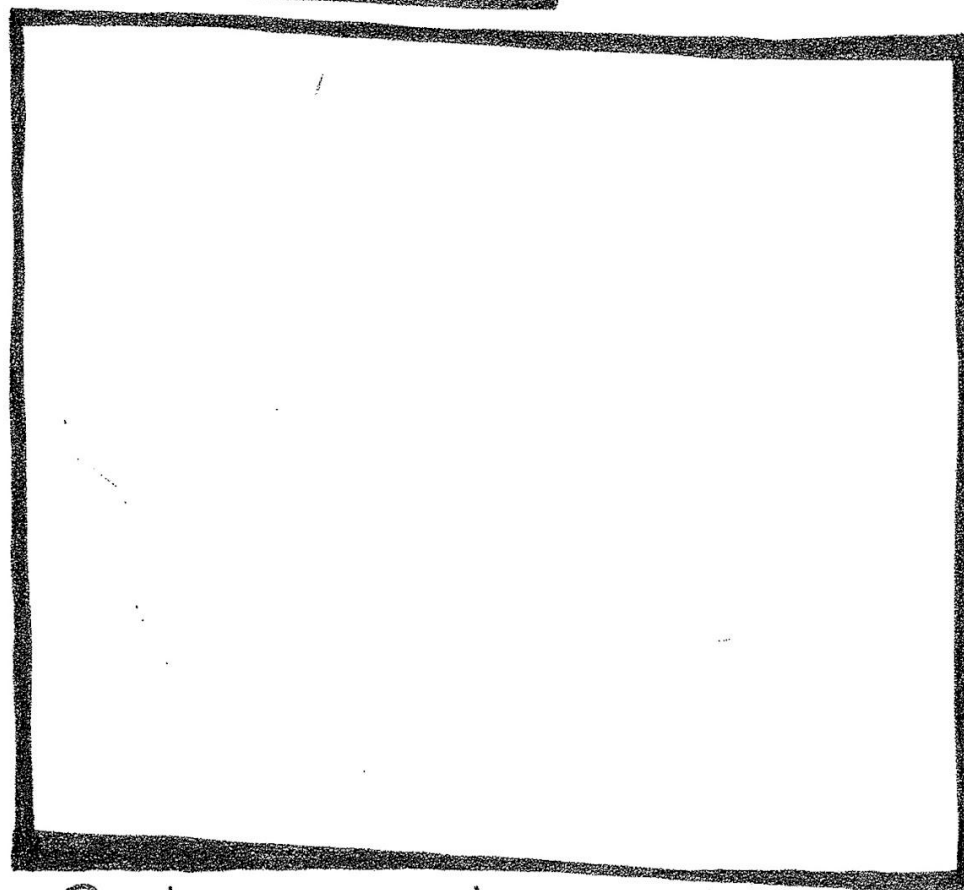


When you raise your hand in class, normal speed, see how many body feelings you can feel in your arm.



MINDFUL WALKING

Draw a picture of yourself walking mindfully.



Pick an activity like biking, running, jumping rope and put your attention in your feet. Does this make this activity easier?

Remember Forever

