Mindfulness

Mindfulness is paying full attention to our:
- Thoughts
- Emotions
- Body
- Environment

Focusing on the present:
- The past already happened
- The future isn’t here yet

Grades 6-8
Kind messages/compliments

Genuine
True
Specific

Grades 6-8
Equity is the quality of being fair and impartial.
Diversity is a range of differences that make us unique. For example:

- Race
- Physical ability
- Religion
- Mental ability
- Language
- Nationality
- Gender
- Sexual orientation
- Age
- Socio-economic status
Inclusion

Inclusion is being included within a group.
Mindful Senses

5 things you can see.
4 things you can feel.
3 things you can hear.
2 things you can smell.
1 thing you can taste.
Mindful Minute

Close your eyes.
Focus on breathing.
Notice what is around you.

Grades 6-8
Better Breathing

Take a deep breath in, so deep your stomach pokes out.

Count to 4 as you breathe in slowly and deeply.

Count to 4 again as you exhale slowly and quietly.
Muscle Relaxation

Start at your head and work down to your feet.

Squeeze each muscle tight and hold that position.

Relax the muscle.