

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

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Kind messages/compliments



Genuine

True

Specific

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Equity

Equity is the quality of being fair and impartial.



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Diversity

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

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Inclusion

Inclusion is being included within a group.



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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.

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Mindful Minute



Close your eyes.

Focus on breathing.

Notice what is
around you.

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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.



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Muscle Relaxation



Start at your head and work down to your feet.

Squeeze each muscle tight and hold that position.

Relax the muscle.

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