

# WHAT IS MINDFULNESS?



Mindfulness is awareness of one's internal states and surroundings. Mindfulness can help people avoid destructive or automatic habits and responses by learning to observe their thoughts, emotions, and other present-moment experiences without judging or reacting to them.

The three components of mindfulness are:

Intention - choosing to cultivate your awareness.

Attention - to the present moment, sensations, and thoughts.

Attitude - being kind, curious, and non-judgmental.

# **MINDFULNESS HELPS WITH:**

**BALANCING OUR EMOTIONS**

**DECREASING STRESS**

**IMPROVING SLEEP**

**MENTAL CLARITY**

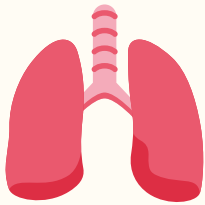
**CONCENTRATION**

**SELF CONTROL**

**EMPATHY**

# MINDFULNESS SCAVENGER HUNT

Check off each activity as you achieve it!



Lay down flat with  
plush animal on  
belly, breath in  
and out



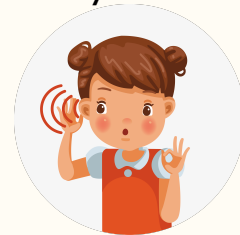
Go on a quiet,  
calm nature walk

Taste something  
new and describe  
it. Is it salty?  
Crunchy? Sweet?



Color in a  
picture

Sit in silence for  
2 minutes and  
listen for hidden  
sounds. What  
did you hear?



Blow bubbles  
and watch them  
float away



Jump up and down, then  
relax with hand on heart,  
and feel your heartbeat

Write a list or think  
of 5 things you are  
grateful for



## 5 WAYS TO BE

# MINDFUL

1

Focus on what is happening around you. What do you see, hear, smell, taste, or feel?

2

Listen to a podcast or relaxing playlist.

3

Practice journaling. Try out this prompt: I am proud of myself for...

4

Write a thank you note to a positive person in your life.

5

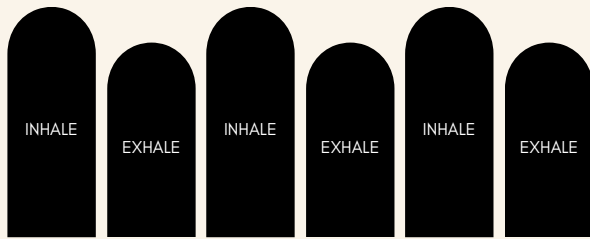
Find a quiet activity like reading or coloring.



# 5 MINUTE GRATITUDE JOURNAL



Breathe before writing



What made you smile today?

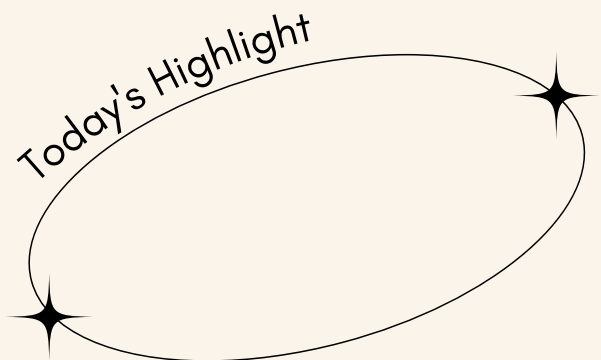
Two large, rounded rectangular boxes for writing.

What are you grateful for today?

A large, empty, irregular shape with a pointed left side and a pointed right side, intended for drawing.

Describe today in a drawing

A large, empty rectangular box for drawing, with a small pencil icon in the bottom right corner.



I am most proud of...

Four horizontal lines for writing.

Today's Affirmation

Two horizontal lines for writing.