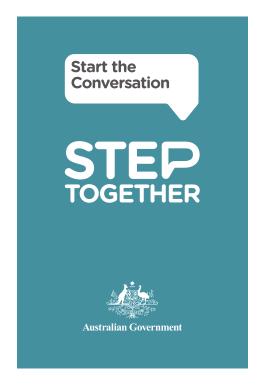
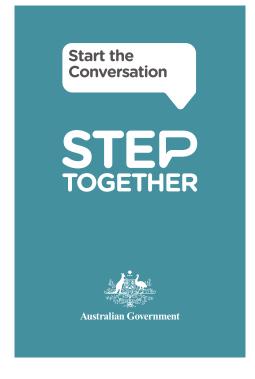
What are three things you Put your hands on your notice right now? Describe your mood What activity helps you belly and take 3 mindful right now as if it was feel most present (can be anything you can breaths, what do a 'weather report' ("living in the moment"). see, smell, touch, taste, you notice? feel)? **Mindfulness** Mindfulness Mindfulness Mindfulness Close your eyes and Did you notice your watch your thoughts come Where do you feel What sensations did you breath today? and go like they were stress or tension notice in your body today? What was it likeclouds in the sky for one in your body? fast, slow, shallow, deep? minute. How did it feel? Mindfulness Mindfulness Mindfulness Mindfulness

















How easy or hard What kind of thoughts What does your breath When was a time today is it for you to notice were in your head today feel like when you're calm? you felt really calm or your emotions without positive, negative, What about when you're peaceful in your body? judging them? or a mix of both? nervous? **Mindfulness** Mindfulness Mindfulness Mindfulness How do you know when you're feeling stressed or What is something that What do you wish adults What's something used to be hard for you, overwhelmed? How would totally random in your life understood that is easier now? you're really good at? better about you? others know you're feeling that way? Mindfulness Reflection Reflection **Strengths**





