



\_\_\_\_\_ 'S  
MINDFULNESS  
JOURNAL



**Mrs. Example 'S**

**MINDFULNESS  
JOURNAL**



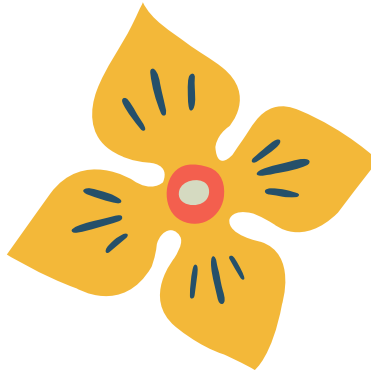
# Mindfulness Journal Stickers

## Directions:

Cut out your selected journal 'stickers'. Glue them on the cover of your mindfulness journal to make it your own.



# Mindfulness Journal Stickers



You are doing  
**GREAT!**

**LITTLE STEPS  
MATTER**

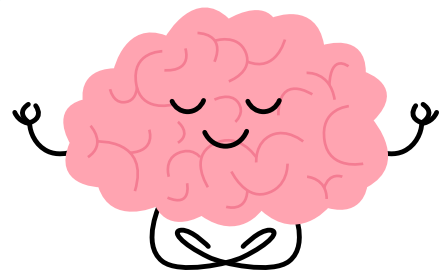
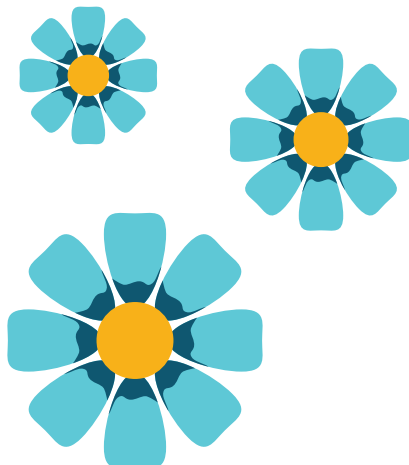
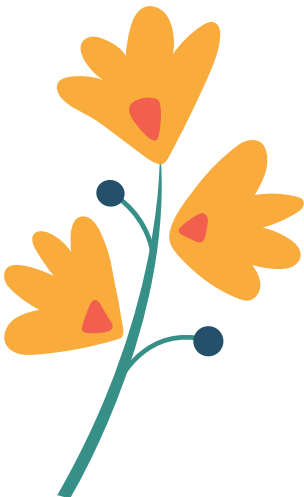
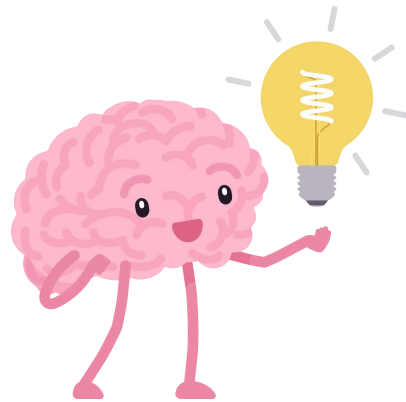
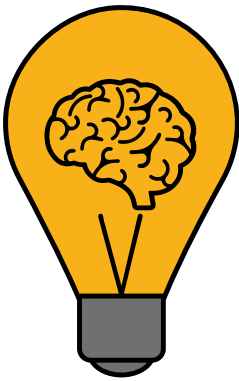
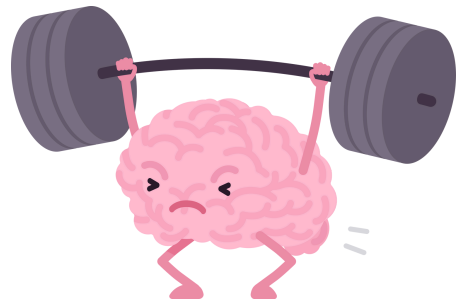
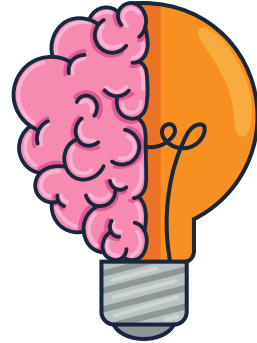
**TAKE  
RISKS**



**DREAM  
BIG**

**KEEP  
MOVING  
FORWARD**

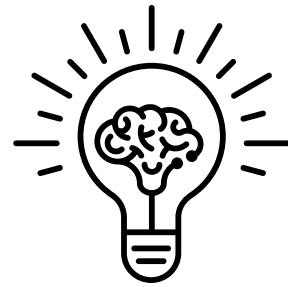
# Mindfulness Journal Stickers



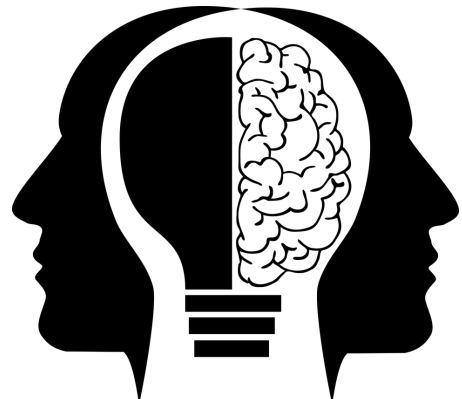
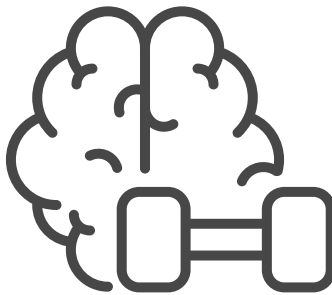
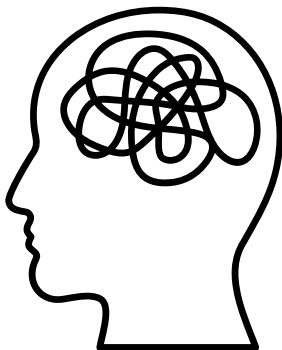
# Mindfulness Journal Stickers



**POSITIVE**  
*mind*



**HEALTHY**  
*- mind -*  
**HAPPY**  
*• life •*



# WHAT IS MINDFULNESS?

## BEING MINDFUL...

Mindfulness is a practice of gently focusing your thoughts on the present moment and being fully aware of whatever you're doing at the moment — free from distraction, worry, or fear.

There are **MANY** ways to be mindful.

Dream  
WITHOUT  
Fear



Don't  
FEED  
your  
FEARS

# WHY SHOULD I BE MINDFUL?

## BEING MINDFUL...

- improves brain activity and creativity
- boosts mood and self-esteem
- reduces stress, worries, and regrets
- helps develop stronger relationships
- improves quality of sleep
- encourages positive behavior
- improves decision making ability

Mindfulness is a  
superpower.



# YOUR REASON FOR MINDFULNESS

## Directions:

Write one sentence about why you should practice mindfulness. Then, draw a picture.



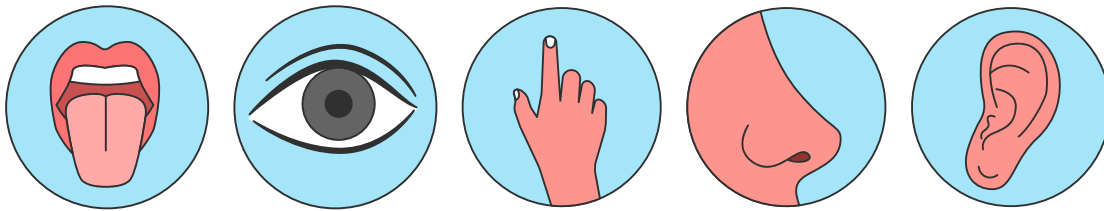
I should be mindful because...

Two sets of primary-ruled writing lines, each consisting of a solid top line, a dashed middle line, and a solid bottom line.

A large, light gray rectangular area for drawing. In the top-left corner, there is a small icon of a pencil with a squiggly line underneath it, indicating where to start drawing.

## TUNING IN WITH YOUR SENSES

Our senses help us experience the moment we are in. If we want to be mindful we should think about what we see, feel, smell, hear, and taste!



Directions: You try it! Take a walk outside or find a space in your classroom to use your five senses. Write or draw what you notice.

A large, light gray rectangular area intended for student responses. In the top-left corner of this area, there is a small icon of a pencil with a squiggly line underneath it, indicating where to start writing or drawing.

# USE YOUR SENSES TO BE MINDFUL

## Directions:

Use the 54321 grounding exercise to help you focus on the present moment and tune in to what is happening around you.

5 THINGS I SEE

4 THINGS I FEEL

3 THINGS I HEAR

2 THINGS I SMELL

1 THING I TASTE



# MINDFULNESS OUTDOORS

## Directions:

Practice mindfulness while outside. With your teacher or an adult, go outside. Water some plants, plant flowers, draw in the dirt, feel some tree bark! Practice being fully present by turning your attention to the sights, sounds, smells, and textures of the outdoors!



**What emotions came up in your body and mind during this activity? Did your mind wander? What did you think about?**



# MINDFULNESS MEDITATION

## Directions:

Sit straight on a chair or on the floor. Keep the back and the shoulders relaxed. Close your eyes. Breathe mindfully for five minutes. Breathe in for 3 seconds, hold your breath for 4 seconds, and breathe out for 5 seconds. As you inhale, you breathe in love, joy, and peace. As you exhale, you breathe out sadness, boredom, anger, and tiredness.



**What emotions came up in your body and mind during this activity? Did your mind wander? What did you think about?**

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# BREATHING FOR MINDFULNESS

## Directions:

Beathing is a great way to feel emotions and be present. Taking a deep breath looks like 'smelling a flower' and 'blowing a pinwheel'. You try!

Smell the flower



Blow the pinwheel



What emotions came up in your body and mind during this activity? Did your mind wander? What did you think about?

# CUPCAKE BREATHING

**Directions:**

Take a deep breath in and smell the frosting, then blow out the candle!

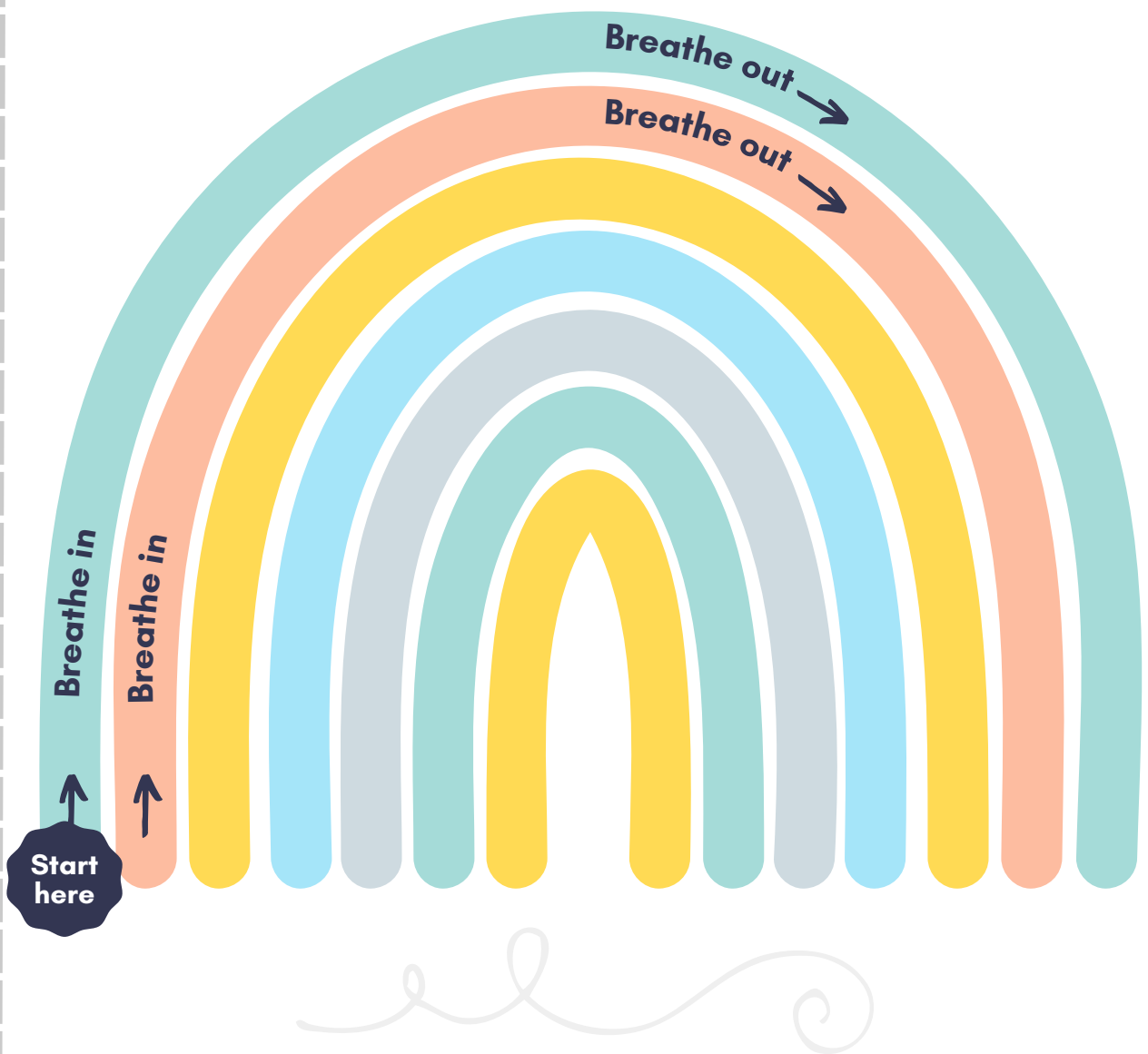


**What emotions came up in your body and mind during this activity? Did your mind wander? What did you think about?**

# RAINBOW BREATHING

## Directions:

Place your finger at the bottom of the rainbow, on the left. As you trace your finger along the rainbow take a deep breath in through your nose, until you reach the middle. When you reach the middle begin to exhale through your mouth, as you trace the rainbow to the end, on the right.



# STAR TRACE & BREATHE

## Directions:

Trace your finger up one side of the star, while you take a deep breath in. Hold your breath at the point and breathe out as you slide down the other side. Keep going until you've gone around the whole star.



# SQUARE TRACE & BREATHE

## Directions:

Start at the bottom left of the square. Trace your finger up the side, while you take a deep breath in. Hold your breath for four seconds as you trace the second side. Breathe out as you slide down the other side. Hold your breath for four seconds, as you trace the bottom of the square.

**Hold for 4**

**Breathe in for 4**

**Breathe out for 4**

just  
BREATHE

**Start  
here**

**Hold for 4**

# MY THOUGHTS JOURNAL

**Directions:**

Sometimes it can be great just to draw or write out our thoughts. Especially thoughts that keep coming into our head!

A large rectangular area containing a grid of blue dots for writing. The grid is 15 columns wide and 20 rows high. In the top-left corner of the grid, there is a small icon of a pencil with a squiggly line underneath it, indicating where to start writing.

# MORE THOUGHT JOURNALING

**Directions:**

Sometimes it can be great just to draw or write out our thoughts. Especially thoughts that keep coming into our head!

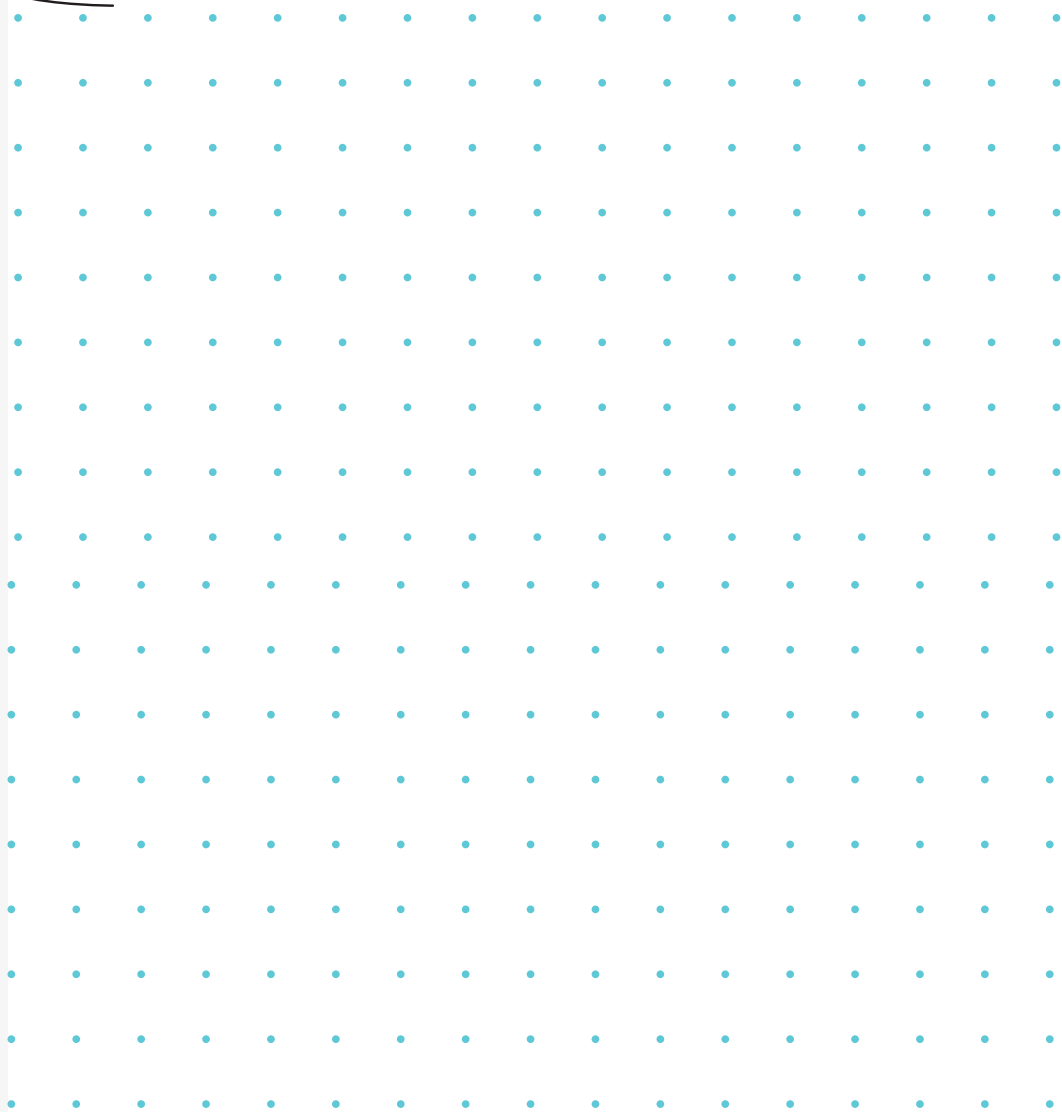


A large rectangular area containing a grid of small blue dots for journaling. The grid consists of 15 columns and 20 rows of dots. The entire grid is set within a light gray rounded rectangle.

# SCRIBBLE DRAW

## Directions:

Try scribbling out your thoughts and emotions!  
Choose your colors and lines to match.





# FEELING ANGER

## Directions:

Write down five things that make you feel angry. Write down a way to be mindful when you feel angry.



1.  
2.  
3.  
4.  
5.

One way I can be mindful when I feel angry is...



# FEELING JOY

## Directions:

Write down five things that make you feel joyful. Describe your happy place. What do you see, hear, feel, and smell in your happy place?



1.  
2.  
3.  
4.  
5.

My happy place is...

