My Mindful Moments Menu

Mindfulness means noticing what is happening right now, on purpose, with kindness.

Name: _____ Date: _____

12 mindful moments to try

Tick each one you try. Star your favorites. Most take 1 to 3 minutes.

- [ ] **Ring and listen**
  Listen to a bell or chime until you cannot hear it at all.
- [ ] **Five finger breathing**
  Trace up a finger as you breathe in, down as you breathe out.
- [ ] **Mindful snack**
  Look, smell and feel one small snack before you taste it slowly.
- [ ] **Sound counting**
  Close your eyes for one minute. Count every sound you hear.
- [ ] **Glitter jar**
  Shake it. Breathe slowly and watch until the glitter settles.
- [ ] **Noticing walk**
  Walk slowly. Find 3 colors, 2 textures and 1 sound.
- [ ] **Squeeze and let go**
  Squeeze fists, shoulders, toes for 5 seconds. Let go. Notice.
- [ ] **Thought clouds**
  Picture each thought as a cloud. Name it, then let it float by.
- [ ] **Belly buddy**
  Lie down with a toy on your belly. Watch it rise and fall.
- [ ] **Heartbeat check**
  Jump for 30 seconds, then sit and feel your heart slow down.
- [ ] **Body scan**
  Notice your toes, legs, belly, hands, shoulders, face. Just notice.
- [ ] **Mindful coloring**
  Color slowly. Notice the colors and the sound of the crayon.

After a mindful moment

The one I liked best: _____

In my body I noticed: _____

Before I felt _____ and after I felt: _____

A good time to use it (bedtime, before a test...): _____

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Notice It!

Three short practices for paying attention with your senses and your mind.

Name: _____ Date: _____

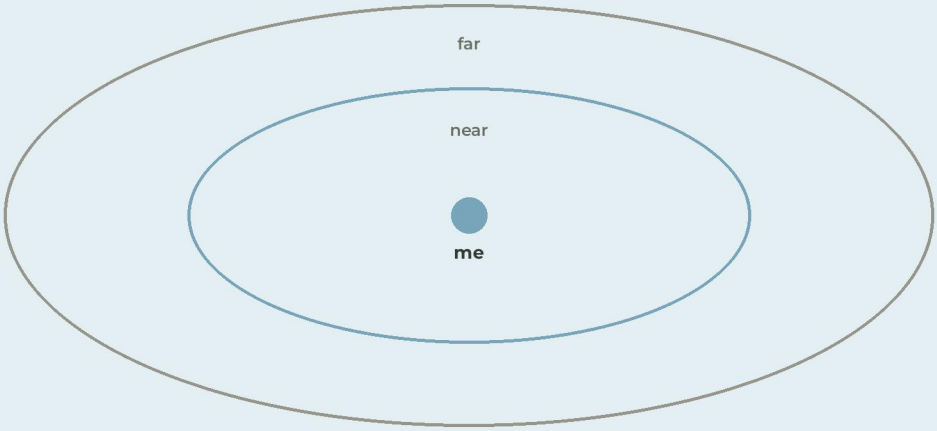
1. Mindful snack

Use one small snack that is safe for you. Go slowly. Write or draw what you notice.

See	Smell	Touch	Hear	Taste
Color, shape, spots	Sweet, sour, nothing?	Smooth, bumpy, soft	Crunch, squish, quiet	First taste, last taste

2. My sound map

Sit still for one minute. Write sounds near you in the middle, far away sounds outside.



3. Thought clouds

Write a thought in each cloud. You don't have to fix it or follow it. Let it float by.



When I let my thoughts float by, I felt: _____

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My Mindful Week

A few minutes most days helps more than one long try. Rate how calm you feel from 1 to 5.

Name: _____ **Date:** _____

Day	Mindful moment I tried	Minutes	Calm before	Calm after	What I noticed
Mon			○ ○ ○ ○ ○ 1 2 3 4 5	○ ○ ○ ○ ○ 1 2 3 4 5	
Tue			○ ○ ○ ○ ○ 1 2 3 4 5	○ ○ ○ ○ ○ 1 2 3 4 5	
Wed			○ ○ ○ ○ ○ 1 2 3 4 5	○ ○ ○ ○ ○ 1 2 3 4 5	
Thu			○ ○ ○ ○ ○ 1 2 3 4 5	○ ○ ○ ○ ○ 1 2 3 4 5	
Fri			○ ○ ○ ○ ○ 1 2 3 4 5	○ ○ ○ ○ ○ 1 2 3 4 5	
Sat			○ ○ ○ ○ ○ 1 2 3 4 5	○ ○ ○ ○ ○ 1 2 3 4 5	
Sun			○ ○ ○ ○ ○ 1 2 3 4 5	○ ○ ○ ○ ○ 1 2 3 4 5	

My week in review

Days I practiced: ___ of 7. My favorite practice: _____

The biggest change I noticed (before vs after): _____

A time mindfulness could help me next week: _____

Someone I could teach a mindful moment to: _____

Mindfulness is a skill, not a fix. If big feelings stay for weeks or make every day hard, tell a parent, teacher or counselor. In the US, call or text 988 any time for crisis support.

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