Teen Mindfulness Steps

Safety. Cues. Scene. Practice. Return. Check. Plan. Guardrails. Log.

Name: _____ **Date:** _____

1. Safety sort

Crisis or harm now?
Pause. Get help.

2. Notice body cues

Jaw, breath, stomach,
restless, heavy.

3. Name the scene

Where? What pulls
attention?

4. Choose a practice

Breath, senses, walk,
song, phone.

5. Try it kindly

Wander is normal.
Notice. Return.

6. Check what shifted

Before/after 0-10.
Even small counts.

7. Tiny next-day plan

One practice, place,
and time cue.

8. Phone + sleep

Optional pause or
phone out of bed.

9. Log and bridge

Log practice. Bridge
to other tools.

Tip: a kept one minute practice beats an abandoned twenty minute ideal.

Safety: if you or someone else is in danger, stop and get help. US: 988 · HOME to 741741 · 911

Educational only. Not a diagnosis. Prefer a safety plan in acute crisis.

Original layout by Lotus & Tulip, based on teen mindfulness skill practice. A practice tool, not therapy.

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My Mindfulness Plan

Cues. Scene. Practice. Shift. Tiny plan. Guardrails. Check-back.

Name: _____ **Date:** _____

Body cues I notice (jaw, breath, stomach, restless, heavy):

_____

Scene (where / what pulls attention): _____

Practice I choose (breath / senses / walk / song / phone / scan):

_____

Before / after check (0-10 tension or urge) + what shifted:

_____

_____

Tiny next-day plan (practice + place + time cue):

_____

_____

Phone / sleep ask + adult I will update:

1. Phone-aware pause or out-of-bed charge: _____
2. Sleep / wind-down ask: _____
3. Adult I will update: _____

Chosen plan + check-back time:

_____

What I will try if practice feels stuck mid-plan:

_____

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Mindfulness Practice Log

Seven days of cues, practices, returns, and tiny plans.

Name: _____ **Date:** _____

Day / date	Cue / scene	Practice used	What helped	Reflect / note
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen mini card (cut out and keep)

Scene today: _____ Adult I tell: _____

Safety · Cues · Scene · Practice · Return · Plan · Log

A kept one minute practice beats an abandoned twenty minute ideal.

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