



# MINDFULNESS

# What Is Mindfulness?

Mindfulness is giving your full attention to the present moment. It means being aware of what is going on with your feelings, thoughts, and senses.

Being in the **now**, what is happening for you **now**?

# Why Is Mindfulness Important?

- Mindfulness helps us balance our emotions.
- It can help us to be calm and consider the feelings of others.
- It allows us to be more kind to ourselves.
- Mindfulness sparks curiosity.
- It improves our focus and observation skills.

# 4 Ways to Practice Mindfulness

1

Floating Bubbles

2

Five Senses

3

Sunshine Fill Up

4

Belly Breathing



# Floating Bubbles

Get in a comfortable position and then close your eyes.

Imagine all the thoughts in your head are bubbles floating in front of you.

Try observing them without focusing on one particular thought.

Let your ideas and feelings float through the air.





# MINDFULNESS

# Five Senses

You can do this activity in your classroom, at home, or outside. Use your five senses to observe what is happening around you at this moment.

What do you see?

What do you hear?

What do you feel?

What do you smell?

What do you taste?

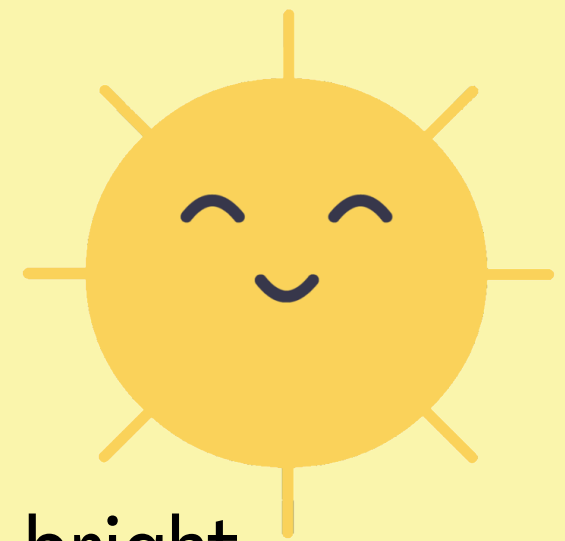




# MINDFULNESS



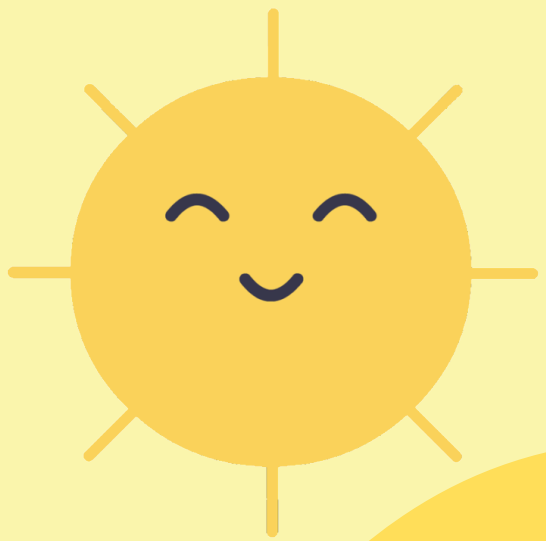
# Sunshine Fill Up



You can do this activity while sitting or standing. Close your eyes. Imagine warm, bright sunshine is slowly filling up your body.

Start at your toes and let it rise all the way up to the top of your head.

As it gets higher be aware of any sensations or feelings you are having.  
This will help you focus on what is going on inside you.





# MINDFULNESS

# Belly Breathing

While sitting, place your hands on your belly. Close your eyes and take a deep breath, in and out.

You can count your breaths or just imagine a place that makes you happy. Try to do this quietly for one minute.

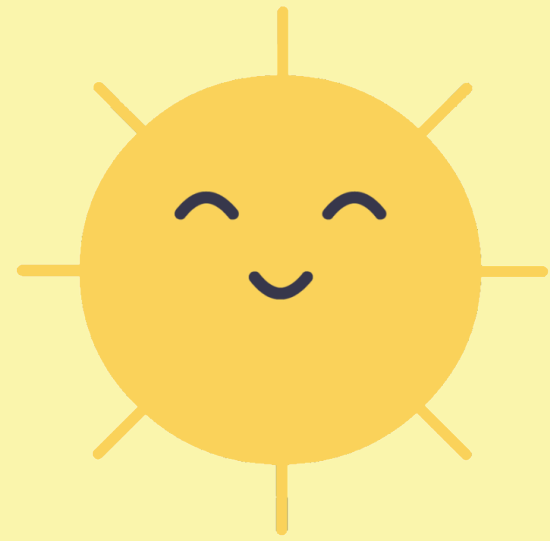
# REMEMBER



**Mindfulness  
takes  
practice**

At first, it may seem that your head is busy with thoughts or uncomfortable feelings. It can be challenging to try and observe them without reacting to them.

When you are practicing mindfulness and you get distracted, just gently bring your attention back to the moment and your breath.



# Resources



[www.kimmareethompson.com](http://www.kimmareethompson.com)

<https://en.wikipedia.org/wiki/Mindfulness>

<https://www.headspace.com/mindfulness/mindfulness-101>

<https://www.mindful.org/meditation/mindfulness-getting-started/>

[kimmareethompson.com](http://kimmareethompson.com)





# MINDFULNESS



[kimmareethompson.com](http://kimmareethompson.com)