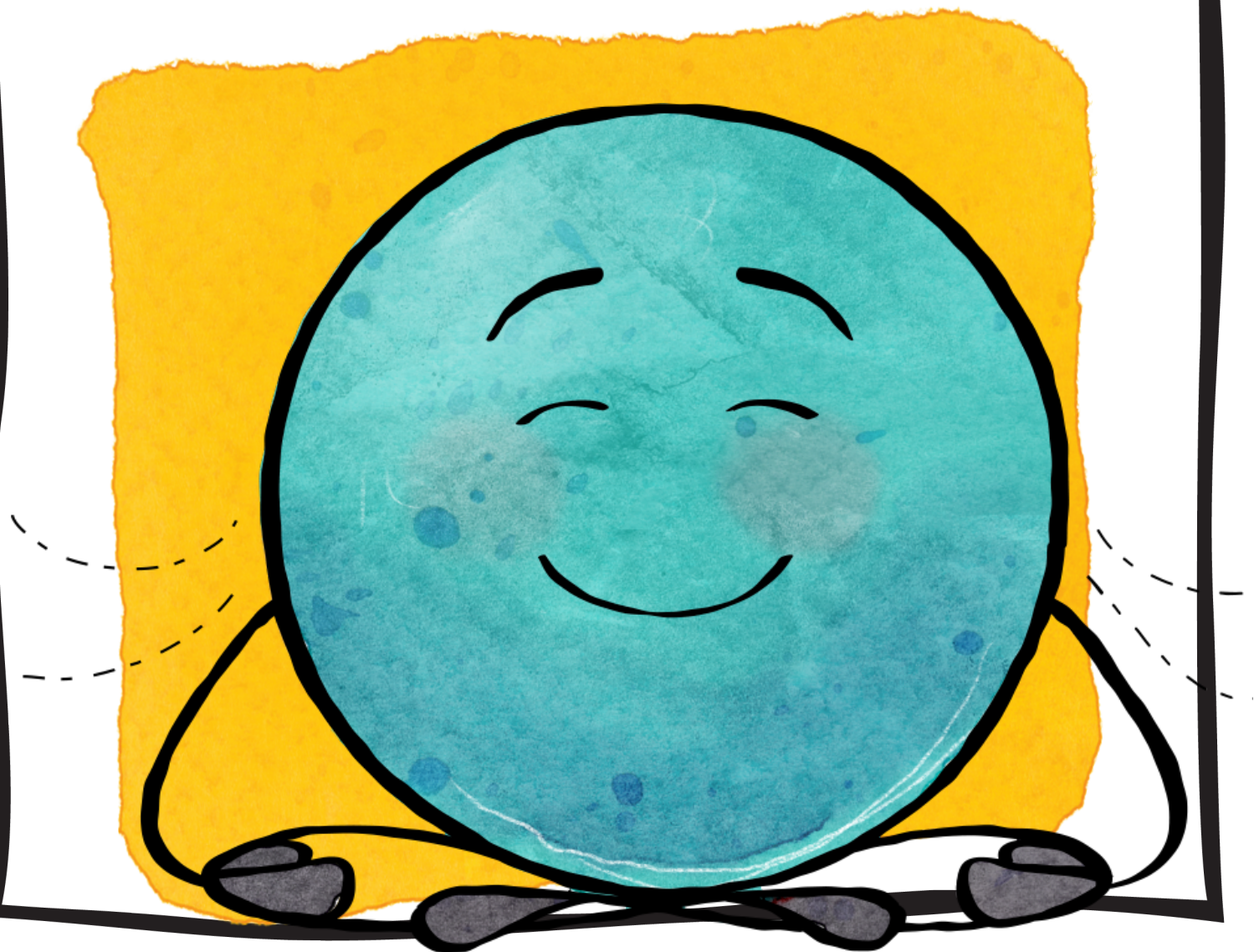
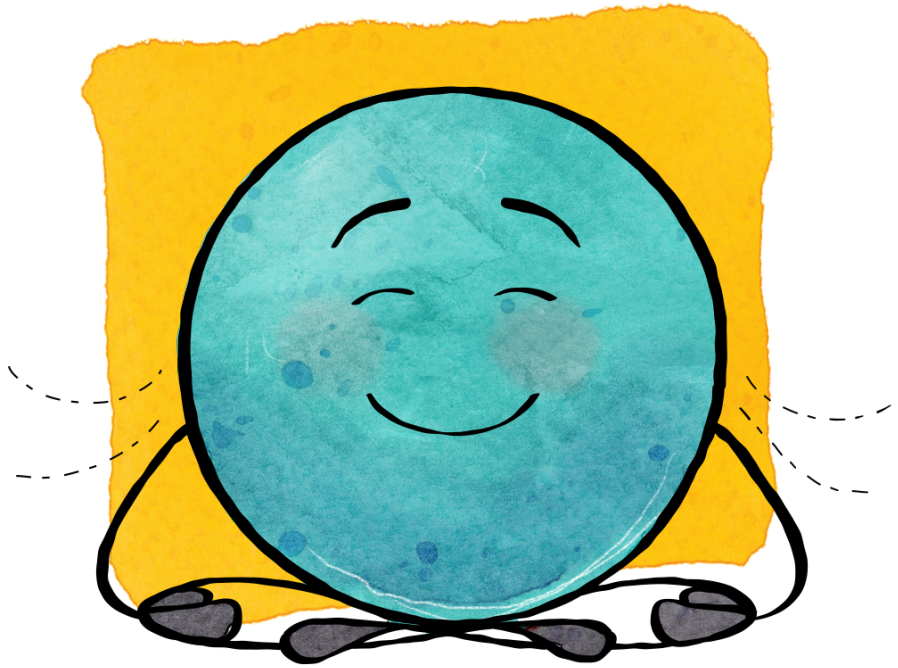


# My Mindfulness Book



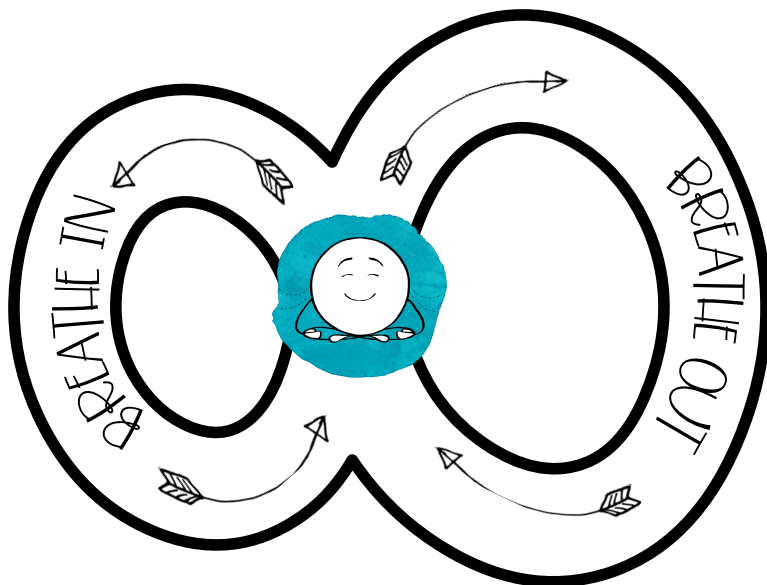
# My Mindfulness Book



MINDFULNESS  
ACTIVITIES I  
CAN DO  
ANYTIME

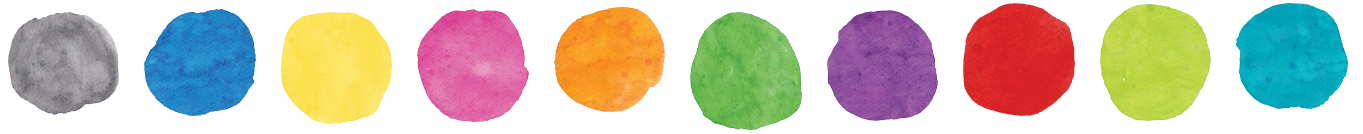
NAME \_\_\_\_\_

## Lazy 8 Breathing



- PLACE YOUR FINGER ON THE DOT.
- TRACE THE 8 AND TAKE A DEEP BREATH AND THEN LET IT OUT

# Mindful Dots



PUT YOUR HEAD ON YOUR DESK.

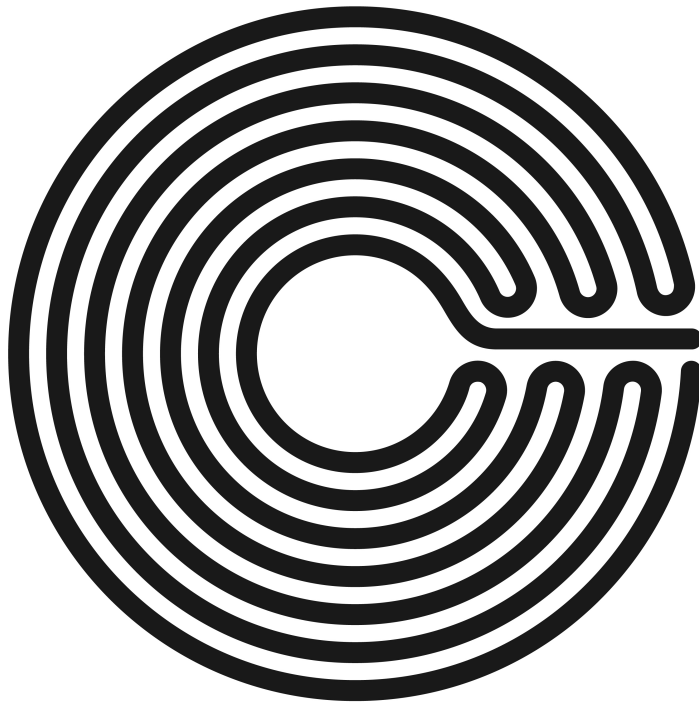
PLACE YOUR FINGER ON THE 10 DOT AND COUNT DOWN SLOWLY FROM 10 TO 1. WITH EACH NUMBER IN THE COUNT:

- TAKE A DEEP BREATH AND THEN SLOWLY RELEASE IT
- MOVE YOUR FINGER ALONG THE DOTS

UPON COMPLETING THE COUNT, RAISE YOUR HEAD FROM THE DESK.

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# Mindful Maze



TAKE A DEEP BREATH AND CLEAR YOUR MIND FOCUSING ONLY ON THE MAZE. USING YOUR NON-DOMINANT HAND, TRACE THE PATH WITH YOUR FINGER STARTING WITH THE CENTER LINE UNTIL YOU REACH THE END. FOCUS ON THE MOVEMENT OF THE MAZE AND BREATHING DEEPLY.

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# Grounding



DESCRIBE **5** THINGS YOU SEE



DESCRIBE **4** THINGS YOU FEEL



DESCRIBE **3** THINGS YOU HEAR



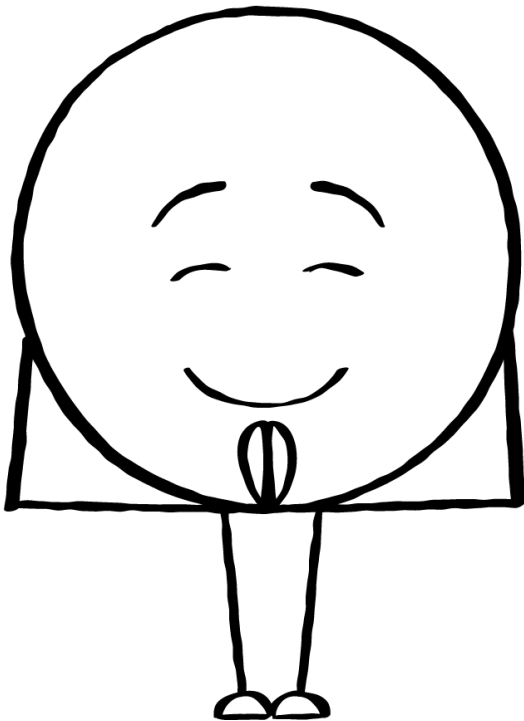
DESCRIBE **2** THINGS YOU SMELL



DESCRIBE **1** THINGS YOU TASTE

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# Body Scan



TAKE A SCAN OF YOUR BODY. STARTING WITH YOUR TOES.

- MOVE YOUR TOES BACK AND FORTH
- MOVE YOUR CALVES AND FLEX THEM UP AND DOWN,
- TAKE A FEW DEEP BREATHES, AND NOTICE HOW YOUR CHEST RISES AND FALLS WITH EACH BREATH
- MOVE YOUR SHOULDERS AND SHRUG THEM UP TO YOUR EARS AND DOWN AGAIN
- MOVE YOUR FINGERTIPS
- ROTATE YOUR NECK AND HEAD TO THE LEFT AND THEN TO THE RIGHT

NOTICE HOW YOUR BODY FEELS AS YOU MOVE YOUR BODY AND AGAIN AFTER YOU TAKE YOUR SCAN.

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# My Favorite Strategy

DRAW OR WRITE ABOUT IT!

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## Situations Where I Can Try My Mindfulness Techniques

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

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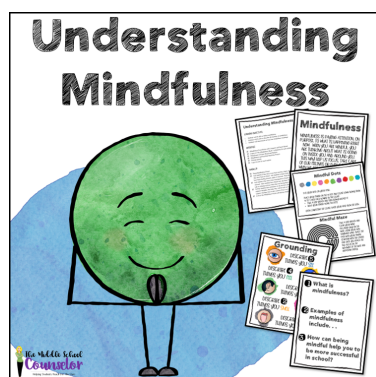
# Want More Mindfulness?

THIS BOOKLET IS PART OF THE UNDERSTANDING MINDFULNESS CHARACTER TRAIT LESSON WHICH ALSO INCLUDES:

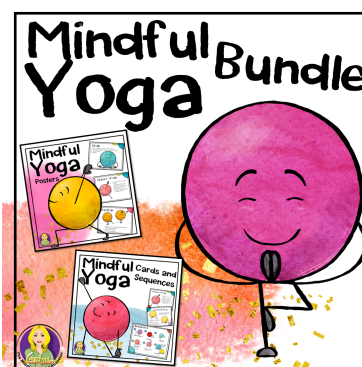
- A POWERPOINT EXPLAINING MINDFULNESS
- LESSON PLAN ALIGNED TO ASCA MINDSETS AND BEHAVIORS,
- A GROUNDING POSTER
- THIS MAKE AND TAKE BOOKLET FOR STUDENTS TO MAKE AND USE IN THEIR CLASSROOMS

THESE ACTIVITIES WERE DESIGNED TO BE USED AS COPING STRATEGIES THAT STUDENTS CAN USE AT THEIR DESKS WITHOUT DISTRACTING OR DRAWING THE ATTENTION OF OTHERS.

IF YOU ARE INTERESTED IN MORE MINDFULNESS ACTIVITIES THEN CHECK OUT:



<http://bit.ly/UnderstandingMindfulness>



<http://bit.ly/MindfulYogaBundle>

# MEET CAROL MILLER THE MIDDLE SCHOOL COUNSELOR



I am a school counselor from Lansing, NY. I have 25 years experience as a counselor in all 3 levels, elementary, high school and currently, middle school. I was awarded the NY School Counselor of the Year Award in 2014 and was the NY Representative for the American School Counselor of the Year Award at the White House in January of 2016. School Counseling is my passion.

I co-sponsor the School Counselor Community Scholarship, and delight that I get to help counselors each year attend the ASCA conference. I also have served as the VP for Middle Level Counselors with NYSSCA and have recently been elected to President Elect Elect. I am a strong proponent for school counseling programs, and I am always looking for ways to help my fellow colleagues.

My lessons are designed using the ASCA National Model and lesson plans align with the corresponding Mindsets and Behaviors. I strive to help students find personal, academic, career, and social/emotional success.

## HELPING STUDENTS REACH FOR THE STARS...

### CONNECT WITH ME



# FONT AND GRAPHICS THANKS TO:



Thank you for downloading this resource! I hope it helps you to make your life a little easier and your students a little happier.

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Please also be sure to leave feedback by visiting your "MY PURCHASES" page, or simply click on the photo below to review this resource. Leaving feedback can help you earn free money to spend on other TpT resources, and it helps to let me know how helpful my resource is. I look at each comment and always take suggestions seriously. I really love to hear how helpful the resource is and how it helps your students.

*Carol Miller*

CLICK ON PHOTO

## Comments and Ratings

I am so excited to begin using this with my students, there were are just enough options to consider to facilitate a thoughtful discussion without interrupting the flow of activity ... perfectly formatted for easy printing and construction/preparation. Thank you!

Total:	★★★★ 4.0
Overall Quality	★★★★ 4.0
Accuracy	★★★★ 4.0
Practicality	★★★★ 4.0
Thoroughness	★★★★ 4.0
Creativity	★★★★ 4.0
Clarity	★★★★ 4.0

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