



Life Skills

Mindfulness

Class Structure

(Enter an overview of the class structure here...see Week#1 as an example)

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Week #1: What is Mindfulness?

- What is mindfulness?
- History of mindfulness
- How can you use mindfulness?

Week #2: Outdoor mindfulness activities

- The benefits of mindfulness
- Where can you be mindful?
- “Leaves on a Stream exercise”
- “Walking mindfulness exercise”

Week #3: Focusing in the moment.

- Focusing on our senses/breathing
- “Mindfulness Eating”
- The importance of having gratitude
- “Gratitude Mindfulness”



Week #1: *What is Mindfulness?*



(enter definitions here)



How can you use Mindfulness?

- *When you're stressed, depressed, anxious.*
- *Focus in the moment.*

Where can you be mindful?

ANYWHERE!!

- *School*
- *Home*
- *Outdoors*

(Use this slide to add content to build background knowledge...use this space to add an open ended question that will help generate conversation regarding the content for this class period)

Week #2: *Outdoor mindfulness activities*



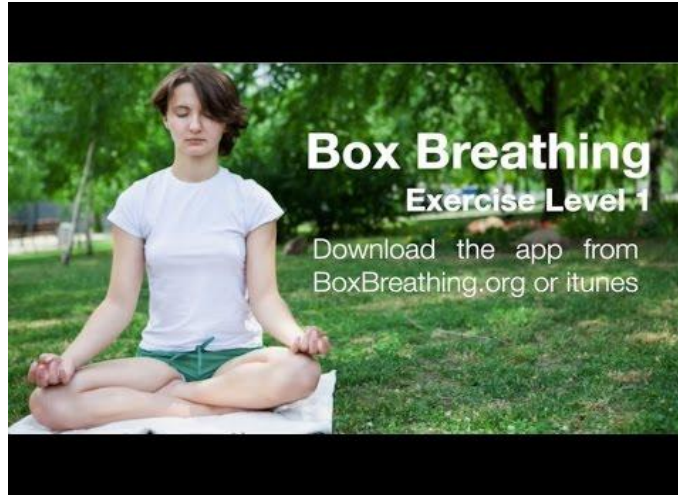
(enter definitions here)



*What are the benefits
of being mindful?*

- *Physical health*
- *Mental health*
 - *Calm down*

Week #3: *Focusing in the moment.*



(enter definitions here)



How can you focus in the moment?

- *STOP, LISTEN*
- *Take deep breaths*
- *Take your time*

Why is it important to be grateful about the things you have?

(Use this slide to add content to build background knowledge...use this space to add an open ended question that will help generate conversation regarding the content for this class period)

Pro Tips by Joselyn

- *Have the kids take their time.*
- Modify as needed.