Please put away all electronic devices. This sheet will be collected but not assessed. The professor will look at the second page but will ignore the first page.

**Mindfulness** (adapted from UC Berkeley’s Greater Good project). Mindfulness means maintaining a gentle, moment-by-moment awareness of our thoughts, feelings, bodily sensations, and the surrounding environment. Do some coloring of the picture below while practicing this awareness.

![A picture containing diagram

Description automatically generated]()

What did you do over spring break? How did you feel over spring break? How do you feel being back on campus? Are there any positive psychology tools we’ve addressed so far that you want to make sure you activate in the upcoming weeks? To recap, some ideas we’ve talked about are:

* leveraging your signature strengths
* engaging in positive reminiscence
* doing acts of kindness
* engaging in gratitude by mental elimination
* improving relationships via the deliberate use of positive communication
* making others feel seen and acknowledged
* creating awareness of your motivations
* forgiving someone
* making a plan for how to slow down one or more things in your life
* doing mindfulness exercises