

INTRO TO MINDFULNESS



What are three details I can see right now?

What are three things I can feel right now?

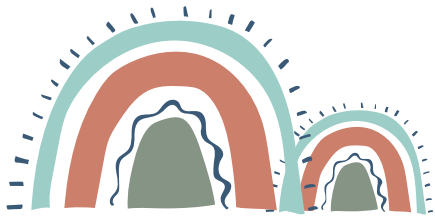
What's one thing I noticed I was thinking about today?

What's one thing I will do tomorrow to practice mindfulness?

Color in the mantra below then cut it out and hang it up somewhere you will see it in the morning. Say it out loud every time you see it!

"I AM
PRESENT IN
EVERY
MOMENT

THINGS THAT MAKE ME



HAPPY!!!!!!

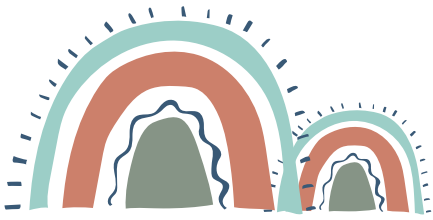


Things I do that make me happy!

People who make me happy!

What are some small THINGS that make me happy? (i.e. a specific movie, food, a favorite game I like to play etc.)

THINGS THAT MAKE ME



HAPPY!!!!!!



Other words that describe how I feel when I'm happy (i.e. STOKED, PEACEFUL, ENERGETIC!)

Color in the mantra below then cut it out and hang it up somewhere you will see it in the morning. Say it outloud every time you see it!

“TODAY, I WILL MAKE MYSELF HAPPY!”

What are three things I can do today that will make me happy?

1.

2.

3.