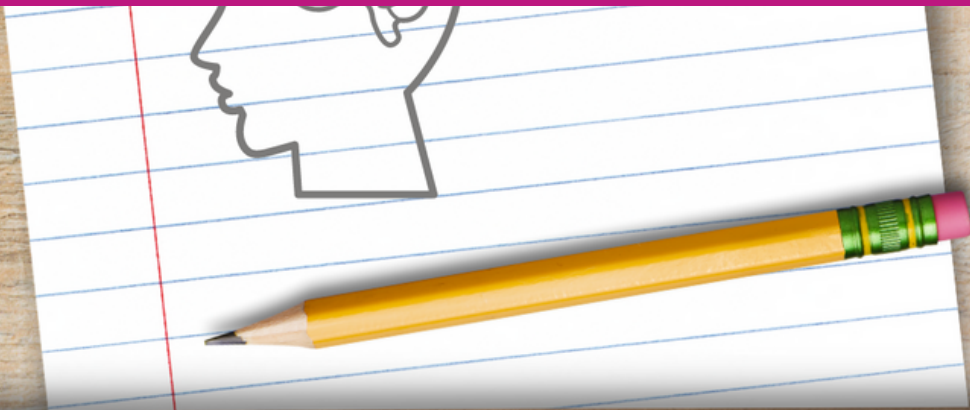


# MINDFULNESS



**Take time to be more mindful.**  
Thinking positively can impact your **MINDFULNESS!**

When you are mindful, you are in control of your emotions. Being mindful helps you to \_\_\_\_\_ and \_\_\_\_\_ even when you feel frustrated, nervous, or rushed.

**Mindfulness**  
Mindfulness is:

**My Positive Affirmations**  
Record four Positive Affirmations that will be most helpful to you when practicing mindfulness.

**LINK**  **ativity**  
Interactive Learning Guides

# WAIT!

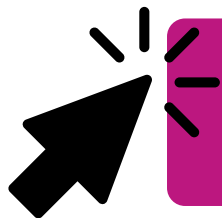
Thank you for considering this LINKtivity for your classroom, but before you make a decision - you should know that you can get **access to this LINKtivity + PLUS our entire library** for about the same price as a single LINKtivity!

The results are in: **Teachers LOVE LINKtivities...** and want more! So, we've made it SUPER easy and cost effective for you to access any and ALL of our LINKtivities inside our LINKtivity Learning membership option! Instead of purchasing just ONE LINKtivity - why not get access to ALL of them... for about the SAME PRICE!



## INSIDE THE MEMBERSHIP YOU'LL HAVE UNLIMITED ACCESS TO:

- ✓ The **entire growing LINKtivity® library** inside the Membership (LINKtivities for all content areas)
- ✓ ALL **future LINKtivities** to be added to the membership (new releases each month!)
- ✓ **Teacher guides** to help you set up each LINKtivity® successfully in your classroom
- ✓ **Student resources** that go along with each LINKtivity (printable OR digital)
- ✓ **Kid-friendly rubrics** and **answer keys** for each LINKtivity®



**JOIN NOW**





**Inside the Kindness LINKtivity, students learn the science behind being kind and how it affects us and those around us. Students will learn about this important social emotional learning skill through animated video, interactive activities, digital magnetic poetry, and more!**



# More Sample Slides

## Practice Mindfulness!

Practicing mindfulness teaches you to control powerful emotions. Being mindful gives you the ability to remain calm when feeling overwhelmed.

**DID YOU KNOW?**

Click the video to see how your emotions can affect mindfulness!

CLICK HERE for some ideas of things you can do to improve your ability to be mindful.

Mindfulness can improve your mood!

## Stay Positive!

Think Positive

A big part of mindfulness is learning to stay positive. Something as simple as breathing deeply can help you remain positive, even in stressful or difficult situations.

**DID YOU KNOW?**

Click the video icon to learn techniques for mindful thinking!

CLICK HERE to learn some affirmations that can help you stay positive.

Positive thinking has a powerful impact on mindfulness.

## Ways to Improve Your Mindfulness

Click on a picture below to discover a fun way to practice mindfulness!

## How to Meditate:

1. Sit comfortably, but tall and straight.
2. Close your eyes.
3. Breathe deeply, slowing in and out.
4. Listen to your surroundings and focus on your breathing.
5. Free your mind.
6. Each time you breathe out, release any unwanted thoughts, feelings, and emotions. Release things like sadness, anxiety, fear, and frustration.
7. Continue until you feel calm and relaxed.

Click the video icon to learn more about meditating!

Meditating is easy. Let's learn some simple steps for meditation and mindfulness.

## Ways to Improve Your Mindfulness

Click on a picture below to discover a fun way to practice mindfulness!

## Positive Affirmations

Click on each card to flip it over and read an affirmation that will help you stay positive!

I will always be enough.

## Ways Mindfulness can effect Relationships

- 1
- 2
- 3
- 4

Click on each number to learn ways that practicing mindfulness can effect interactions and relationships with other people!

Read the scenario below. Then, click on the choice that will lead you to being mindful.

### The Path to Mindfulness

SCENARIO  
On Friday morning, you realize that you never found the time to study for today's test.

Mindfulness  
Stress  
Peace  
Anxiety

You take a few deep breaths to relax your mind and body.

You feel frustrated and decide to fail the test on purpose.

## Meditation Breathing

Click the videos below to practice mindful breathing.

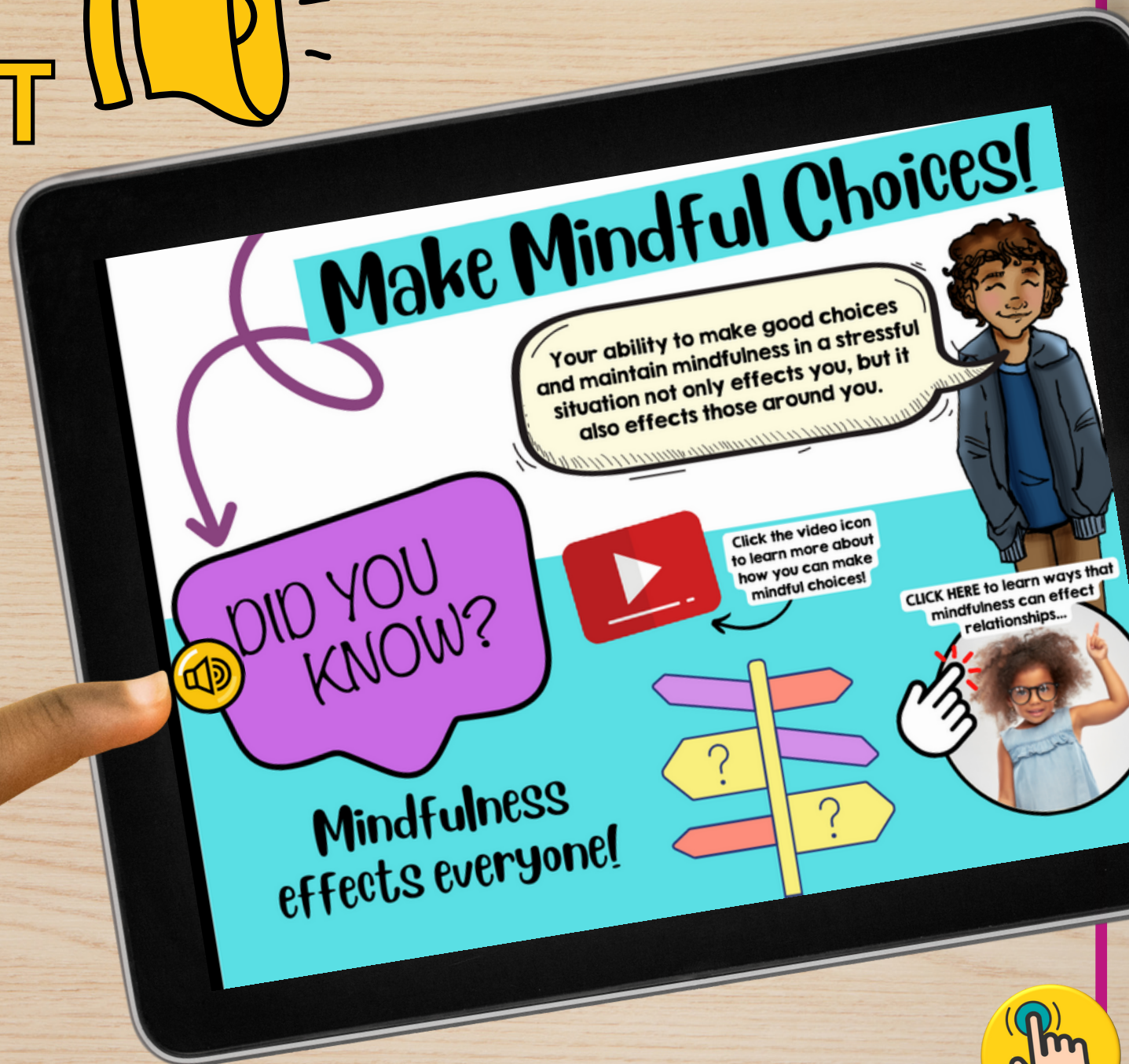


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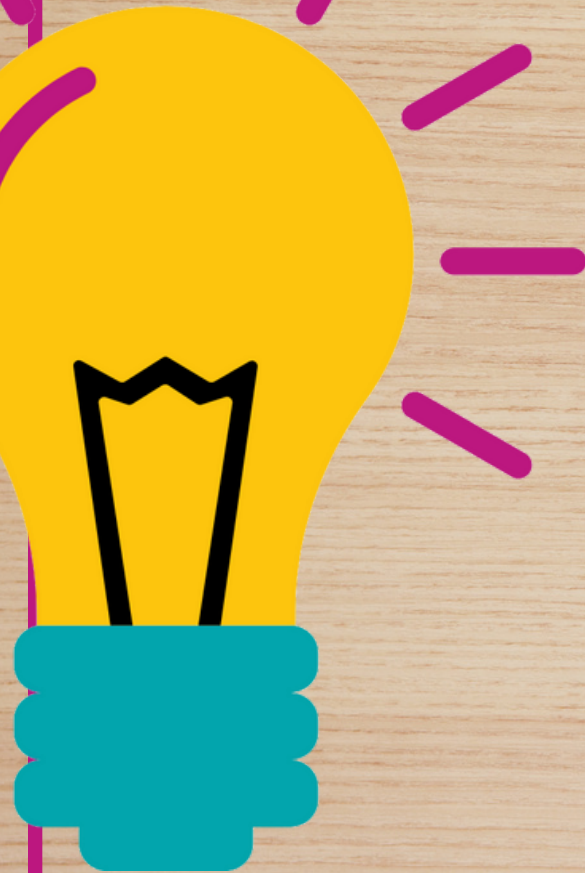
# AUDIO SUPPORT



Perfect for English language learners or students who could use a little extra support!



# KNOWLEDGE CHECK



Students complete a quick self-check at the end of the LINKtivity to show what they have learned!



# Printable & Digital Student Recording Sheet

## Printable Recording Sheet for LINKtivity

**Take time to be more mindful.**

Thinking positively can impact your **MINDFULNESS!**

When you are mindful, you are in control of your emotions. Being mindful helps you to \_\_\_\_\_ and \_\_\_\_\_ even when you feel frustrated, nervous, or rushed.

**Mindfulness**

Mindfulness is:


**My Positive Affirmations**

Record four Positive Affirmations that will be most helpful to you when practicing mindfulness.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

In each speech bubble, write one mindful activity that you will try this week.

**Deep breaths = less stress!**



**Take time to be more mindful.**

Thinking positively can impact your **MINDFULNESS!**

When you are mindful, you are in control of your emotions. Being mindful helps you to \_\_\_\_\_ and \_\_\_\_\_ even when you feel frustrated, nervous, or rushed.

**Mindfulness**

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**My Positive Affirmations**

Record four Positive Affirmations that will be most helpful to you when practicing mindfulness.

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- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_

In each speech bubble, write one mindful activity that you will try this week.

**Deep breaths = less stress!**



## Digital Recording Sheet for LINKtivity in Google Slides

## Answer Key

**Take time to be more mindful.**

Thinking positively can impact your **MINDFULNESS!**

When you are mindful, you are in control of your emotions. Being mindful helps you to \_\_\_\_\_ **focus** \_\_\_\_\_ even when you feel frustrated, nervous, or rushed.

**Mindfulness**

Mindfulness is: **paying attention to your feelings, thoughts, and surroundings**

**My Positive Affirmations**

Record four Positive Affirmations that will be most helpful to you when practicing mindfulness.

- 1 **I will always be enough.**
- 2 **With each breath, I feel stronger.**
- 3 **I believe in my goals and dreams**
- 4 **Everyday is a fresh start.**

In each speech bubble, write one mindful activity that you will try this week.

**ANSWER KEY** **Deep breaths = less stress!**

answers will vary, possible responses shown

stretch and exercise every morning

enjoy the great outdoors

practice breathing deeply to clear my mind

