



What it Means to be Mindful

When you ate breakfast this morning, did you chew slowly to taste the food and notice the texture?



On your way to school this morning, did you pay attention to your surroundings and notice anything new? Did you feel the wind? Did you see or hear any birds?



Mindful Moments

Mindful moments are when you pause and focus on the present moment.





Mindful Moments

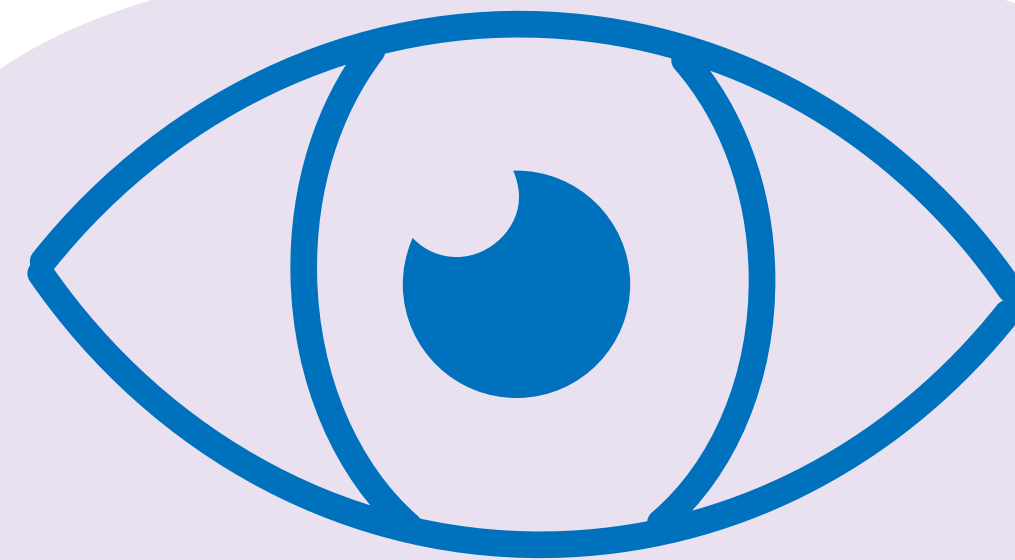
You are being mindful when you stop and pay attention to your breathing, feelings, senses, and actions.

WHAT IS A MINDFUL MOMENT?

Let's have a mindful moment! Close your eyes and pick something from the inside of your desk or backpack.



Feel the object.
What do you notice?



Look at the object.
What do you notice?



What else do you notice?

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