

NAME:

DATE:

CLASS:

TEACHER:

Practicing Mindfulness

INTRODUCTION

Mindfulness is defined as the mental state of being aware of something. Whether that awareness is your surroundings or even your own feelings and thoughts.

OBJECTIVE

Students will get an understanding of mindfulness and being aware of their present surroundings.

MATERIALS

- A copy of the following page
- Items around the classroom that students can feel and observe
- A small snack provided by the teacher (ex: chocolate, chip, gummy, etc.)

Note: Please be mindful of allergies that may be present in the classroom.

GRADE LEVEL(S):

K-5 grade levels

DESCRIPTION


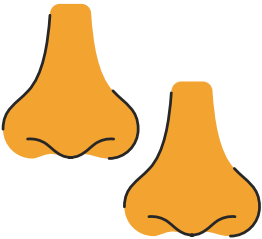

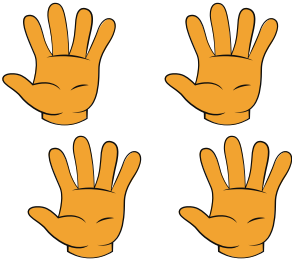
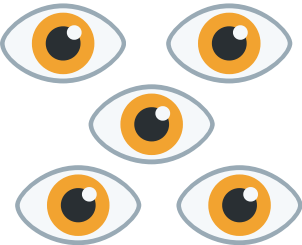
In this exercise, students will be asked to use their five senses to become aware, or mindful, of their classroom surroundings. Students must use their five senses to observe things around the room in which they would not normally acknowledge and write them down on the following sheet.

Note: This can also be a virtual task where students complete it at home.

Name: _____

Date: _____

MINDFULNESS WITH YOUR 5 SENSES

	<p>Write down the one snack given by your teacher. Describe what you taste.</p>
	<p>Write down two things that you smell in the classroom. Describe what you smell.</p>
	<p>Write down three things you hear in the classroom. Describe what you hear.</p>
	<p>Write down four things that you can touch in the classroom. Describe how they feel.</p>
	<p>Write down five things that you can see in the classroom. Describe what you see.</p>