

3RD-6TH GRADE
CAMP MINDFUL #3

Created by Ms. Davis

EXPECTATIONS:
BE SAFE
BE RESPECTFUL
BE RESPONSIBLE
SO WE CAN HAVE FUN

STAND UP
AND
STRETCH



DEEP BREATHS AND WISH WELL

(WHO'S ABSENT TODAY?)



Thankful Journal

Date: _____

On a scale of 0-10, how are you feeling today? 0 is the worst day ever, 5 is okay and 10 is the best day ever. You can be the numbers in between as well.

Today's Score:

0 1 2 3 4 5 6 7 8 9 10

Why are you feeling that number today? _____

Today I am thankful for: _____

*Onward to Camp
Mindful!*



Reminder of Words

Being mindful or mindfulness

Type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment.

Grounding

A mindfulness practice to create space in your mind by focusing on ONE thing.

Mental Health

Our social and emotional well-being. It affects how we think, feel and behave.



Having good mental health makes sure our brain, mind, thoughts and ideas are healthy and happy.

Using Your Taste



Click picture
to link to
video.
3:15 mins



Turn to the second page,
and find the section,
Taste Test.

1. Write down flavors that you like.
2. What you focused on during Emily's episode.
3. What overwhelms you?

Then we will share out.

