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 bescan be the numbers in between as well.	t day ever. Yo
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.



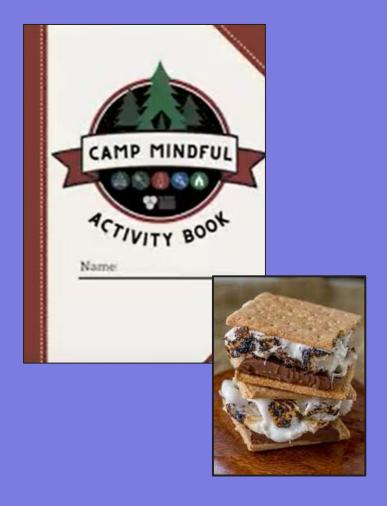
Having good mental health makes sure our brain, mind, thoughts and ideas are healthy and happy.

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.

