

3RD-6TH GRADE CAMP MINDFUL #1

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: _____

A reminder of what stress can do...



Click picture
to link to
video.
4:10 mins

We are going to
take journey to
camp mindful
today...



Words to look for...

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

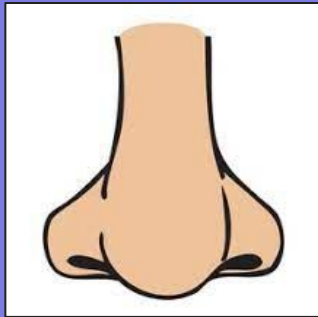
A mindfulness practice to create space in your mind by focusing on ONE thing.

*A helpful
answer to
your stress.*



Click picture
to link to
video.
46 seconds

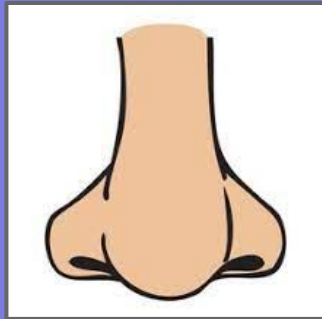
The Sniff Challenge



Click picture
to link to
video.
Pause video
at 1:20
minutes.

Noticing smells around you can help ground you. Make you mindful.

The Sniff Challenge



Journaling & Writing Challenge



Click picture
to link to
video.
Start at 1:20
seconds.

About Me: 5-5-5

4th -6th Grade

To practice gratitude as a coping skill...

- 5 things you are thankful for...
- 5 Things you want to achieve
- 5 Things you really like

About Me: 3-3-3

3rd Grade