

3RD-6TH GRADE
CAMP MINDFUL #3
SIGHT

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: _____

Using another one of
our senses
today...Sight.



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.

Using Your Sight



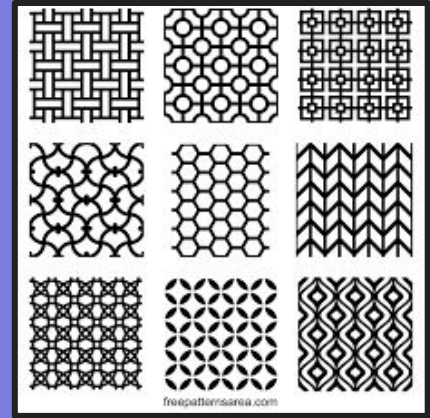
Click picture
to link to
video.
2:28 mins

SIGHT ACTIVITY



Color

Look around and find things that fit these categories.



Pattern



Texture



Size



Turn to the third page, and find the section,
Positive Affirmations.

1. Write down the words you think of when you think of yourself.

Then we will share out.

****Are your thoughts about yourself positive or negative?**

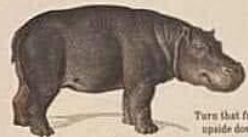
****Do the thoughts about yourself change?**

Just for fun!

Know this: What you got going on makes my world go round for reals.

Excuse me but, all of y'all have serious game and that's a fact.

Okay, listen up: your soul shows mad skills can I get an amen?



Turn that frown upside down.

PEP TALK GENERATOR

CHOOSE ANY BOX FROM EACH COLUMN • 104,076 POSSIBLE COMBINATIONS

1	2	3	4
<input type="checkbox"/> Champ,	<input type="checkbox"/> the mere idea of you	<input type="checkbox"/> has serious game,	<input type="checkbox"/> 24/7.
<input type="checkbox"/> Fact:	<input type="checkbox"/> your soul	<input type="checkbox"/> rains magic,	<input type="checkbox"/> can I get an amen?
<input type="checkbox"/> Everybody says	<input type="checkbox"/> your hair today	<input type="checkbox"/> deserves the Nobel Prize,	<input type="checkbox"/> and that's a fact.
<input type="checkbox"/> Dang...	<input type="checkbox"/> everything you do	<input type="checkbox"/> raises the roof,	<input type="checkbox"/> so treat yourself.
<input type="checkbox"/> Check it:	<input type="checkbox"/> your personal style	<input type="checkbox"/> breeds miracles,	<input type="checkbox"/> you feel me?
<input type="checkbox"/> Just saying..	<input type="checkbox"/> every thought you have	<input type="checkbox"/> is paying off big time,	<input type="checkbox"/> that's just science.
<input type="checkbox"/> Superstar,	<input type="checkbox"/> that sparkie in your eye	<input type="checkbox"/> shows mad skills,	<input type="checkbox"/> would I lie?
<input type="checkbox"/> Tiger,	<input type="checkbox"/> your presence here	<input type="checkbox"/> just shimmers,	<input type="checkbox"/> for reals.
<input type="checkbox"/> Self,	<input type="checkbox"/> what you got going on	<input type="checkbox"/> is a national treasure,	<input type="checkbox"/> mic drop.
<input type="checkbox"/> Know this:	<input type="checkbox"/> the essential you	<input type="checkbox"/> gets the party hopping,	<input type="checkbox"/> you hidden gem.
<input type="checkbox"/> News alert:	<input type="checkbox"/> your life's journey	<input type="checkbox"/> is the next big thing,	<input type="checkbox"/> snuggle bear.
<input type="checkbox"/> Girl,	<input type="checkbox"/> that saucy personality	<input type="checkbox"/> roars like a lion,	<input type="checkbox"/> period.
<input type="checkbox"/> Ace,	<input type="checkbox"/> your DNA	<input type="checkbox"/> is a rainbow factory,	<input type="checkbox"/> can I get an amen?
<input type="checkbox"/> Excuse me but	<input type="checkbox"/> that brain of yours	<input type="checkbox"/> is made of diamonds,	<input type="checkbox"/> now let's dance.
<input type="checkbox"/> Experts agree:	<input type="checkbox"/> your choice of attire	<input type="checkbox"/> makes birds sing,	<input type="checkbox"/> high five.
<input type="checkbox"/> In my opinion,	<input type="checkbox"/> the way you roll	<input type="checkbox"/> should be taught in school,	<input type="checkbox"/> say it again!
<input type="checkbox"/> Hear ye, hear ye:	<input type="checkbox"/> whatever your secret is	<input type="checkbox"/> makes my world go 'round,	<input type="checkbox"/> according to CNN.
<input type="checkbox"/> Okay, listen up:	<input type="checkbox"/> all of y'all	<input type="checkbox"/> is 100% legit,	<input type="checkbox"/> so get used to it.