

Name: _____

Grades 6-8



My Mindful Checklist!



Directions: When feeling overwhelmed, see below which mindfulness strategy works for you. Don't forget to check them off as you go!

- Before a test, or challenging task I took three deep breaths.
- I'm proud of myself for trying something new, even if I was afraid!
- I practiced something that felt hard today, but I know it will help me in the future.
- I listened to others and their ideas before speaking.
- I can do a body scan when I feel stressed: taking a deep breath and breathing calm into my body, starting just above my head, down my shoulders, chest, hips, knees, ankles and grounding down through my toes.
- I made a mistake but I know that it will help me learn.
- I found a solution by myself.
- I know I can persevere through hard moments with affirmations like "I believe in myself," and "I can do hard things because I am brave."

