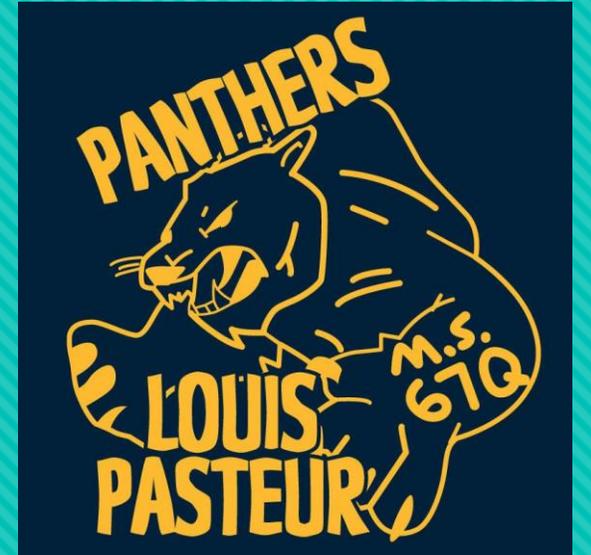


# Practicing Modern Mindfulness at Home

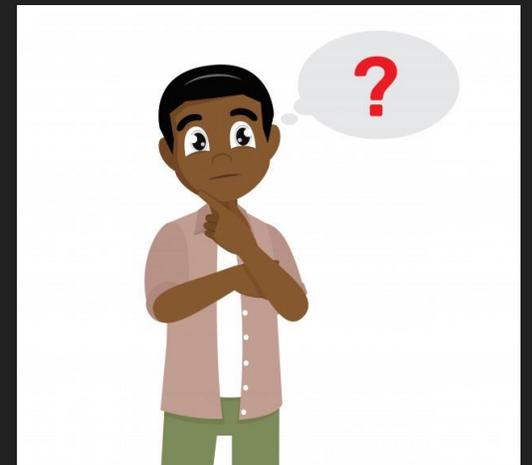


Presented by: MS67Q

An at home tool kit to improve  
**Social Emotional Learning** with  
Virtual Learning

# What is Mindfulness???

- Mindfulness is the practice of being conscious or aware
- It is achieved by focusing your awareness on the current moment, while calmly acknowledging and accepting your thoughts, emotions, and body's feelings



# Mindfulness Explained in a VIDEO



# What's the Benefit of Mindfulness???

- Mindfulness has Many Benefits! Some benefits are:
  - Increased Attention and Awareness
  - Better Understanding of your Emotions
  - Relieve Stress/Anxiety
  - Supports better Sleep
  - Improves Patience
  - Removes Distractions





# Where can I practice Mindfulness???

# ANYWHERE!

- The awesome thing about Mindfulness is that you can practice it...  
Anywhere while doing Anything!



# When can I practice Mindfulness???

- Another great part about Mindfulness is that you can practice it at anytime!
- In order to help to get the most out of Mindfulness, it is sometimes beneficial to block off a specific time of day to practice mindfulness.
- Whether it be:
  - Practicing Mindfulness as soon as you wake up
  - While getting ready in your morning routine
  - Setting an alarm for the same time everyday
  - Incorporating Mindfulness to ease yourself before you go to bed



# What are examples of Mindfulness???

- There are an **UNLIMITED** amount of ways to practice mindfulness!!!
  1. Drawing a picture- As you draw a picture, notice how you grip the pencil between your fingers. Pay attention to the connection between you're the pencil and the paper. How the paper and you are connected. Feel the vibration as you drag the pencil against the paper.



# What are examples of Mindfulness???

2. Eating your Dinner- Use all your senses as you eat. Notice the smell of all the different foods. Pay attention to all the different textures as you chew. Take time to chew your food slowly.



# What are examples of Mindfulness???

3. Taking a walk- Pay attention to your feet as they touch the floor. Slowly lift your foot heel, then toe. As you slowly outstretch one leg, notice the different parts of your body that go into each movement. As you place your foot down, feel the pressure that goes into first your heel then your toes.



# You can also practice Mindfulness while you:

\*While you perform all of these acts, notice how all 5 of your senses and your mind, work together\*

1. Put together a puzzle
2. Take a Shower
3. Type on the Computer
4. Brush your Teeth
5. Text your friends
6. Pour yourself a drink
7. Shuffle a Deck of Cards
8. Play Xbox/Playstation