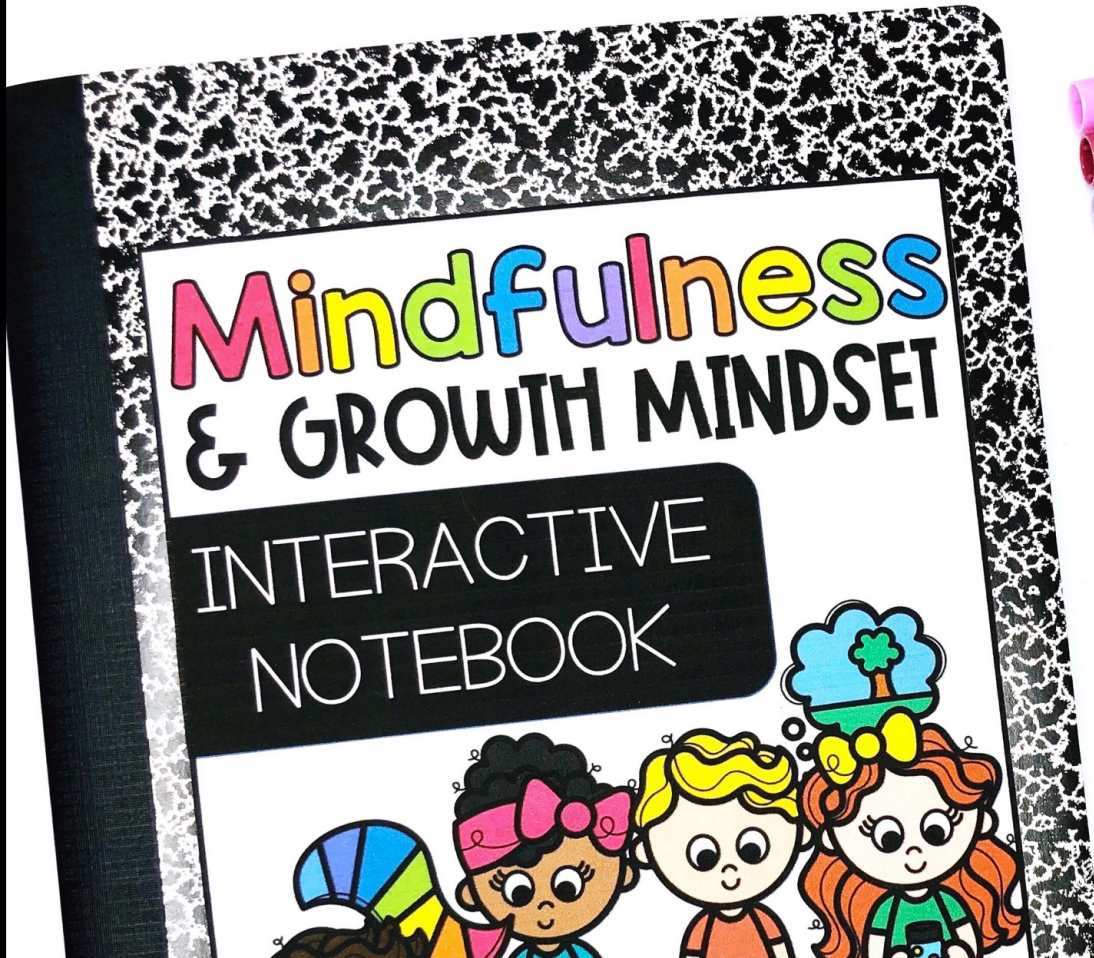


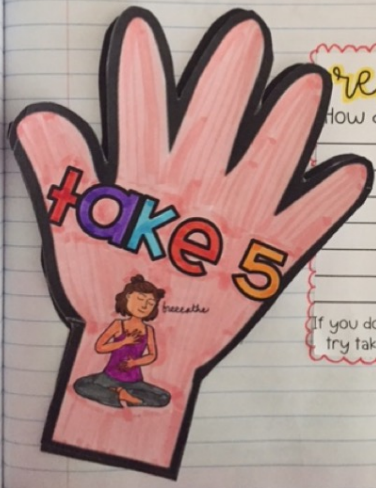
# Mindfulness & GROWTH MINDSET



**Interactive Notebook**

# take 5

breathing technique



reflect  
How do you feel?

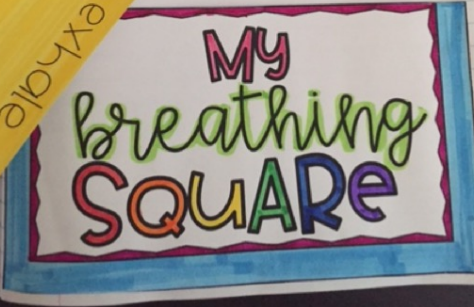
If you don't feel calm yet, try taking another "5"

# square

breathing technique

old for 4  
albyx0

directions:  
Walk around the square, starting with the bottom corner. Inhale going up, hold for 4 seconds, exhale going down and hold for 4 seconds.



# rainbow

breathing exercise

How to Take Rainbow Breaths

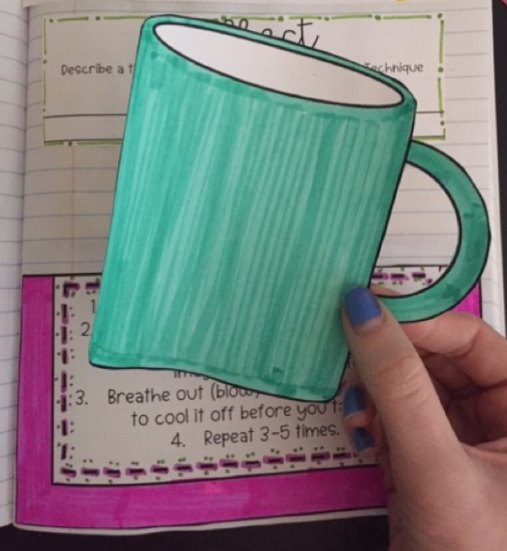
reflect  
How do you feel?

If you don't feel calm yet, try it again!

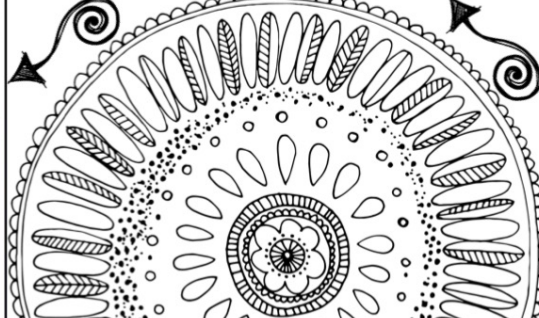


# hot chocolate

breathing technique



there are no failures  
just discoveries



# 5-4-3-2-1

mindfulness exercise

- 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste

This mindfulness exercise is great for calming down. You can do it any time and any place! If you ever feel stressed or anxious, just remember: 5-4-3-2-1

# let it go

mindfulness technique

1. Write some things that are making you feel anxious or upset in the balloons.

2. Close your eyes.

3. Imagine that you are holding the balloons in your hand.

4. Imagine that you let them go. Picture your worries floating away with the balloons. Let it go.

5. Take a deep breath and open your eyes.

reflect  
Did your worries float away with the balloons?

# floating on a cloud

mindfulness technique

like feels like

smells like

sounds like

looks like

My cloud looks white, a puffy, like cotton. I see beautiful scenes from my cloud.

Imagine you are floating a cloud. Let it take you anywhere you want to go. Under the flaps, write what smells, sights, feelings, and sounds you had on your journey.

# to infinity & beyond

breathing exercise

inhalate

exhale

start here

What is an infinity symbol?

EXERCISE DIRECTIONS: INHALE & BREATHE

Trace your finger around the symbol. Breathe in going around the first loop and breathe out going around the second loop. Repeat!

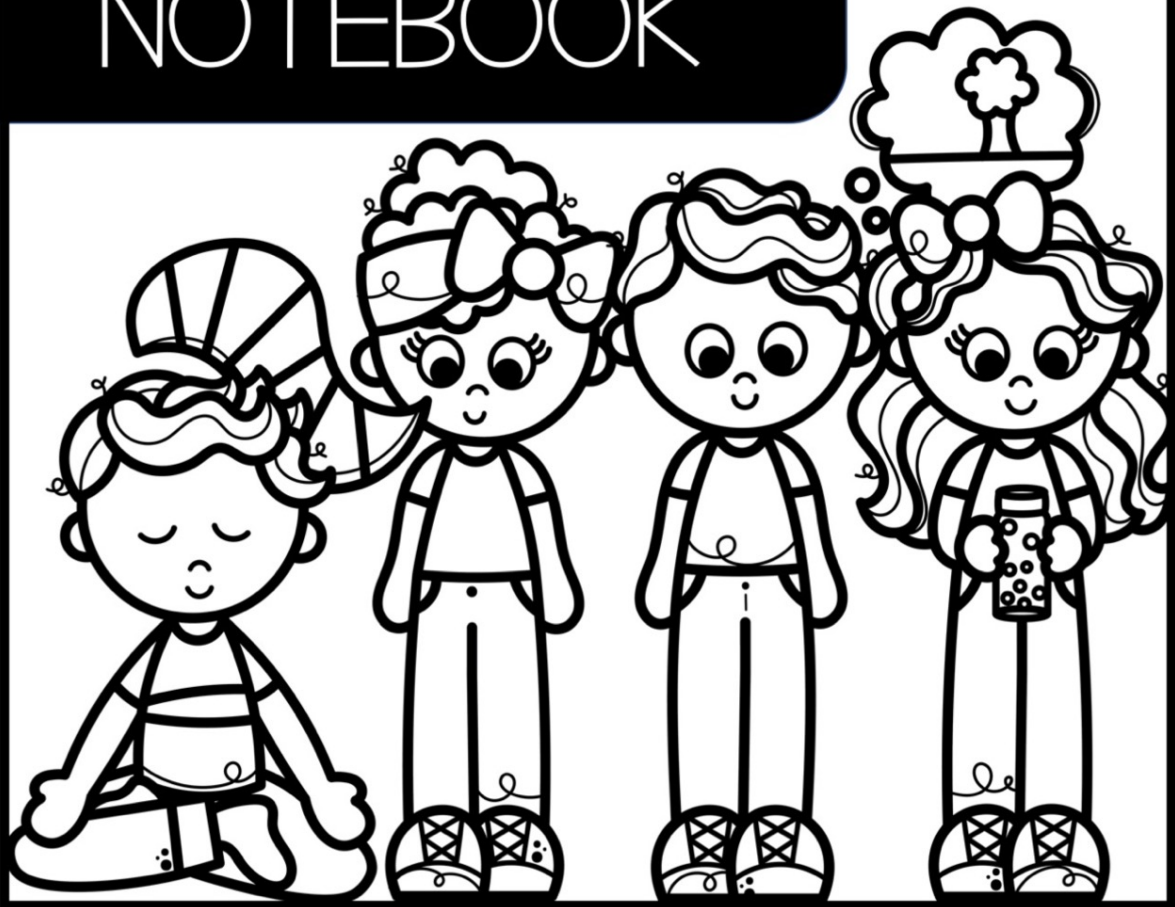
# Mindfulness & GROWTH MINDSET

INTERACTIVE  
NOTEBOOK



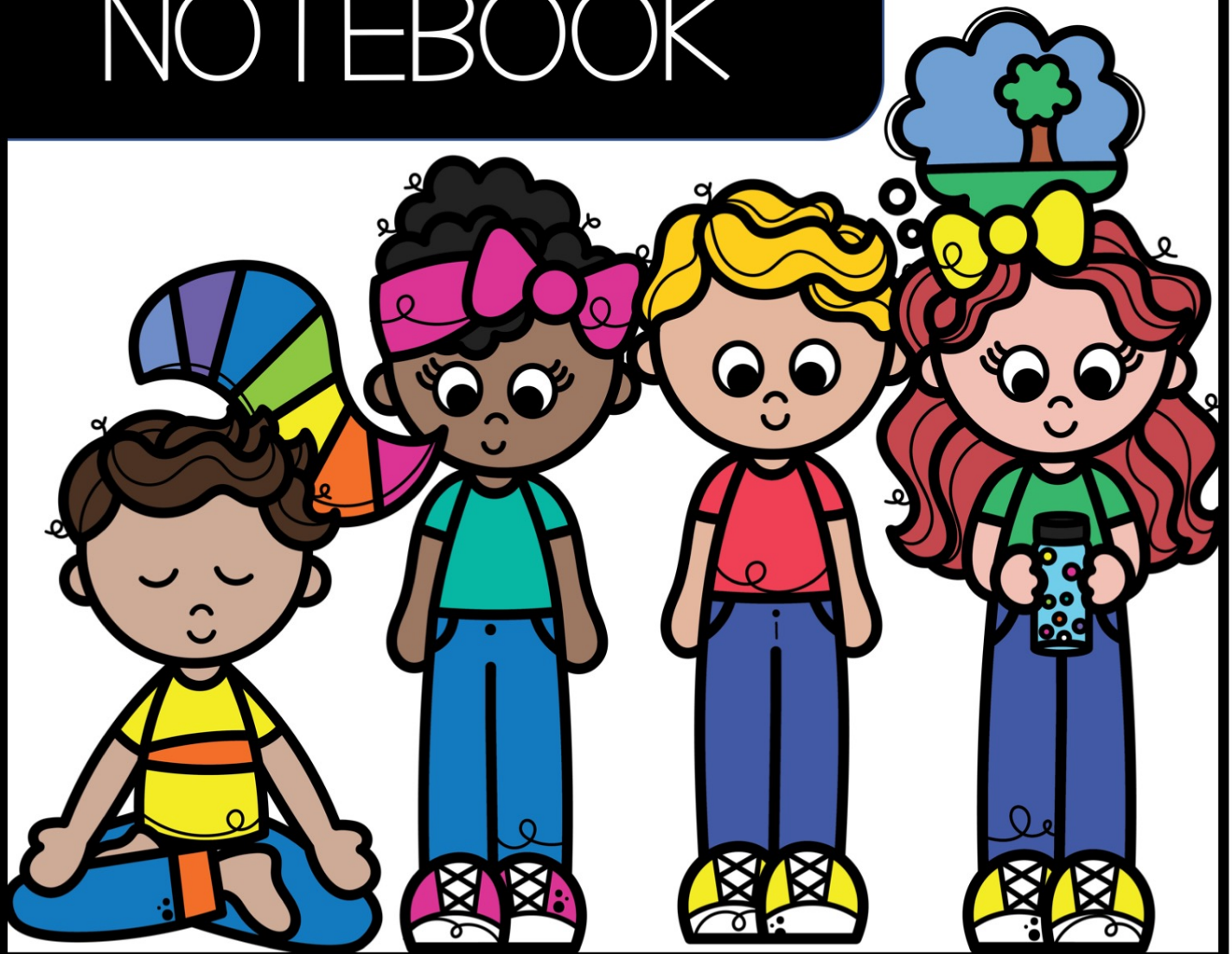
# Mindfulness & GROWTH MINDSET

INTERACTIVE  
NOTEBOOK



# Mindfulness & GROWTH MINDSET

INTERACTIVE  
NOTEBOOK



# Mindfulness & GROWTH MINDSET

INTERACTIVE  
NOTEBOOK



# What is Mindfulness?

Mindfulness is being aware of what is happening around us and what is happening inside us. It is observing our experiences and how we feel about those experiences.

So what's the point? Being mindful allows us to notice our feelings, which can help us to manage them! If you are feeling worried or upset, you can practice mindful exercises to notice your feelings and refocus on positive feelings.

Many people think mindfulness is just sitting cross-legged with your eyes closed and "meditating." Meditating is certainly a practice for mindfulness, but there is much more to it! Through this interactive notebook you will learn what it means to be mindful, themes and skills for mindful people, exercises to practice mindfulness, some mindful coloring activities, yoga poses and more!

Once you begin being mindful, you can change your mindset, which leads me to my next question: What is growth mindset?

# What is Growth Mindset?

Growth mindset is the belief that our skills and abilities can be developed through hard work, and that there is always room to grow.

This is the opposite of a *fixed* mindset, which is the belief that there are just some things we are not good at or “can’t” do, and that it will stay that way. We are all guilty of feeling that way from time to time, so it is important to be mindful of our thoughts and feelings and focus on having a growth mindset.

This interactive notebook includes activities to teach you more about what growth mindset is, how you can practice using a growth mindset, and how your language can impact your thinking. It also includes activities to go along with several great children’s books with examples of characters who learn to have a growth mindset. You can use these lessons in your own life!

When we think positive thoughts, we feel positive feelings!



# Table of Contents

What is Mindfulness?

What is Growth Mindset?

Breathing exercises

- Take 5
- Hot chocolate
- Square
- Rainbow
- To Infinity & Beyond

Mindfulness themes

- acceptance
- An open mind
- Appreciation
- Compassion
- Kindness
- Motivation
- Patience

Mindfulness Skills

- focusing
- quieting
- Seeing & reframing
- Caring & Connecting

Mindfulness exercises

- Let it Go
- Floating on a Cloud
- 5-4-3-2-1
- Positive affirmations
- Kiss your brain

Mindful Coloring

- If At First You Don't Succeed...
- Just Keep Swimming
- The More You Use Your Brain...
- There are No Failures...
- If You Never Try...
- Mistakes are Proof...

Growth Mindset

- Fixed Mindset
- Growth Mindset
- What's My Mindset?
- Change My Language
- Building Character

Read Aloud Activities

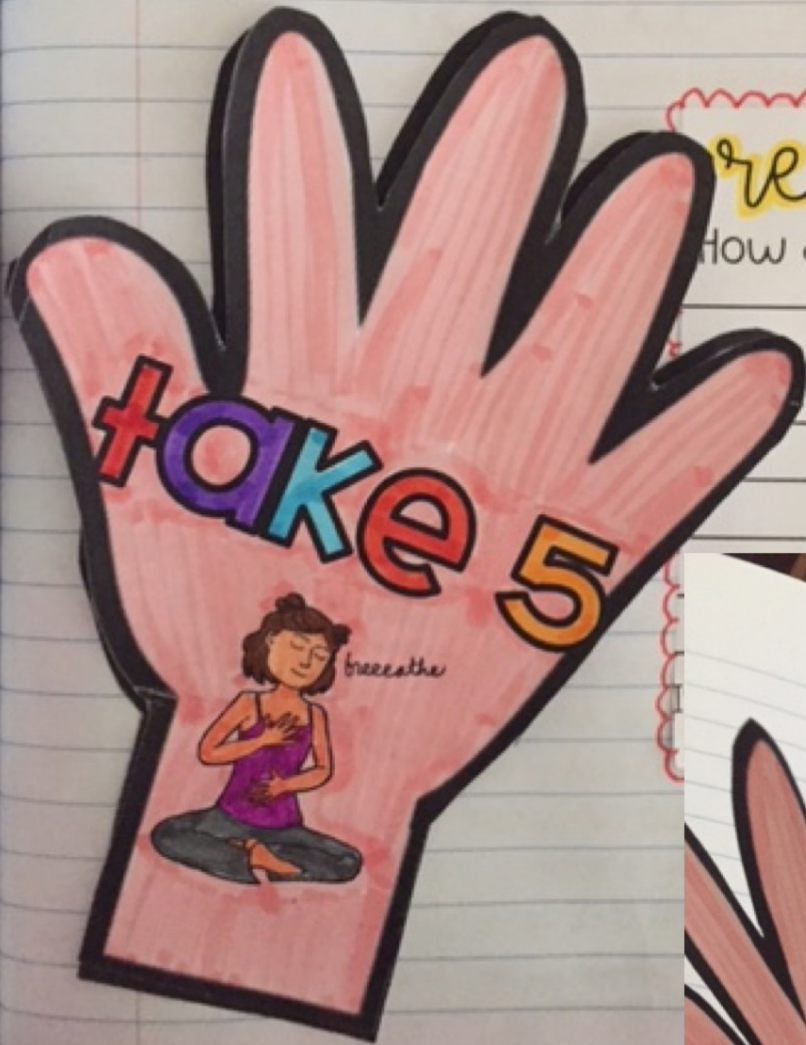
- The Dot
- Ish
- The girl who Never Made Mistakes
- What do you do with an idea?
- What do you do with a problem?
- Mindful monkey, happy panda
- Thanks for the feedback.. I think

Yoga

- Downward Dog Pose
- Upward Facing Dog Pose
- Tree Pose
- Salutation Seal
- Boat Pose

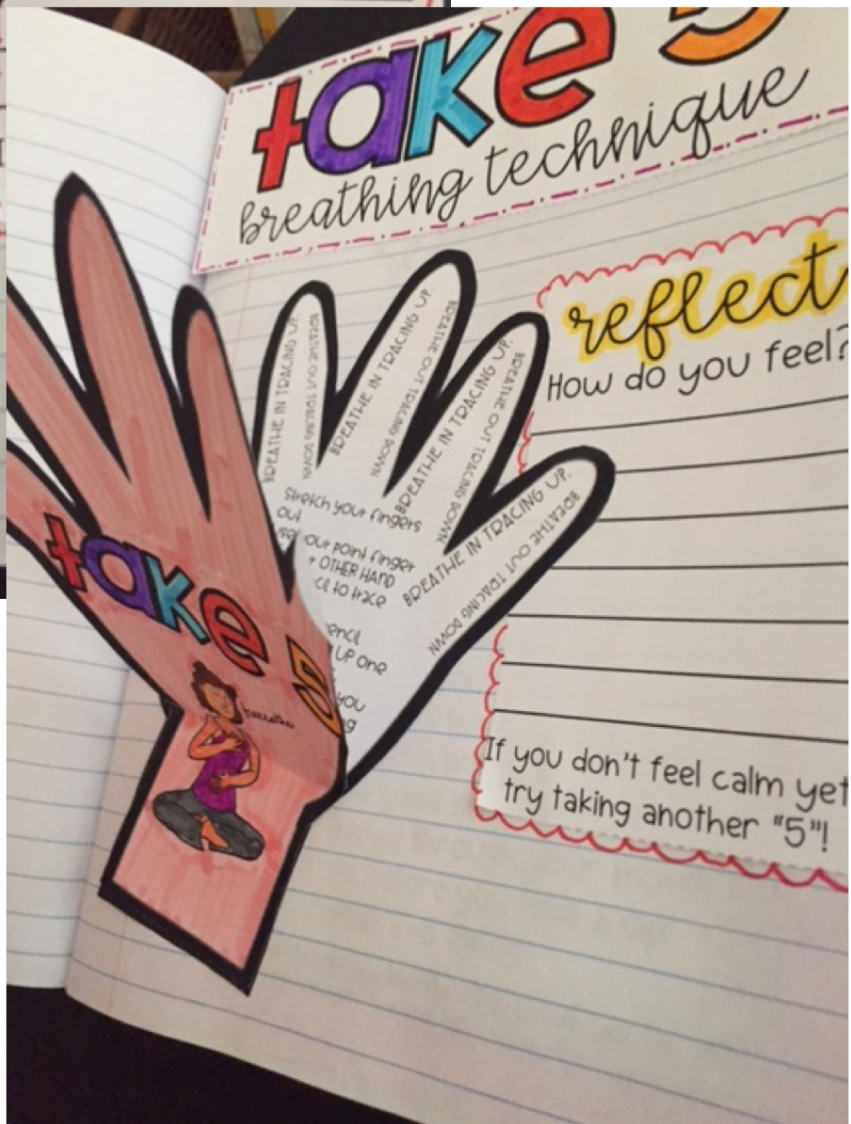
# take 5

breathing technique



reflect

How do you feel?



# take 5

breathing technique

reflect

How do you feel?

If you don't feel calm yet try taking another "5"!

**TAKE 5**

BREATHING EXERCISE

**TAKE 5**

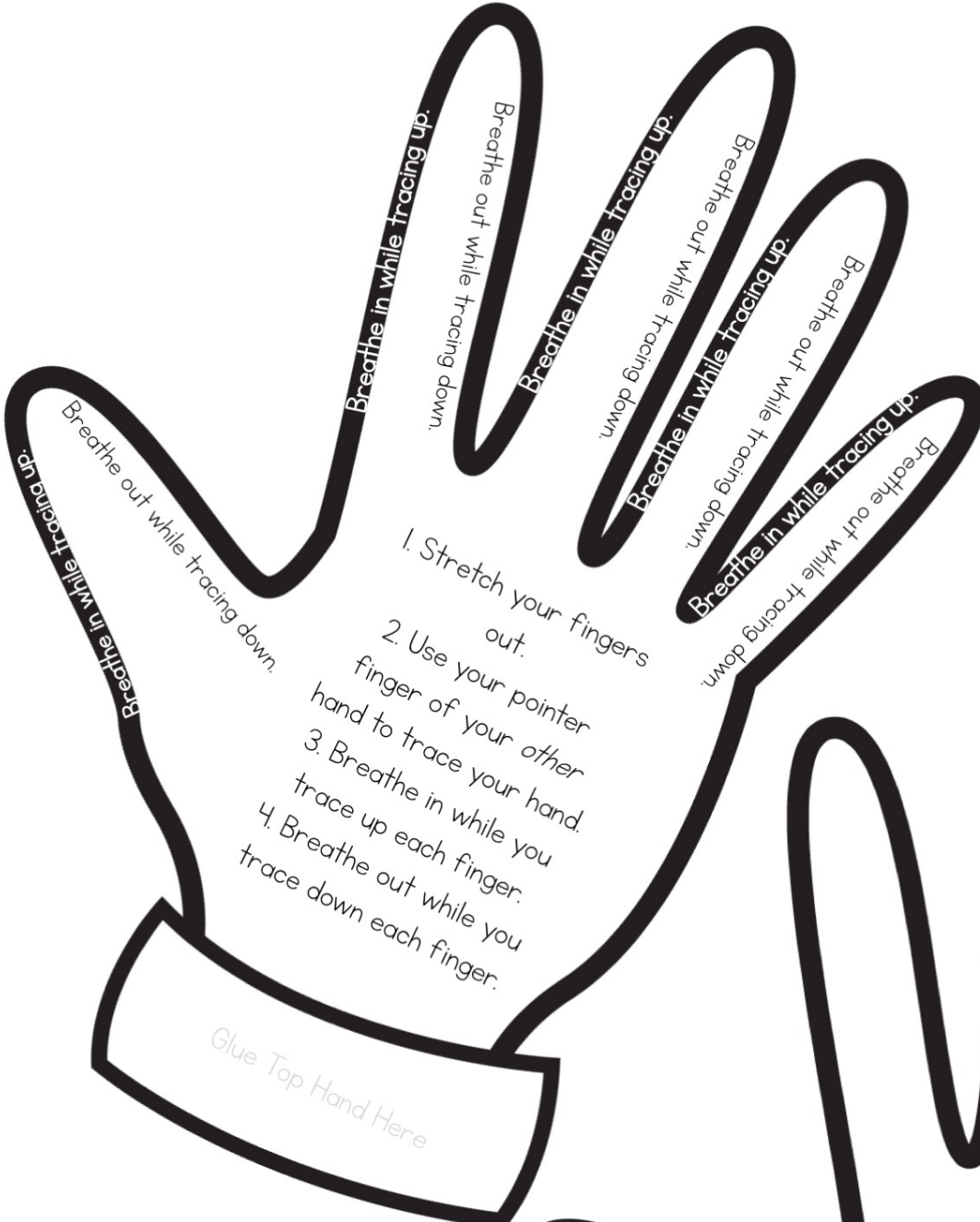
BREATHING EXERCISE

**TAKE 5**

BREATHING EXERCISE

**TAKE 5**

BREATHING EXERCISE



1. Stretch your fingers out.
2. Use your pointer finger of your *other* hand to trace your hand.
3. Breathe in while you trace up each finger.
4. Breathe out while you trace down each finger.



**TAKE 5**

# Reflect

How do you feel?

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If you don't feel calm yet, try taking another "5"!

# Reflect

How do you feel?

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If you don't feel calm yet, try taking another "5"!

# Reflect

How do you feel?

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If you don't feel calm yet, try taking another "5"!

# Reflect

How do you feel?

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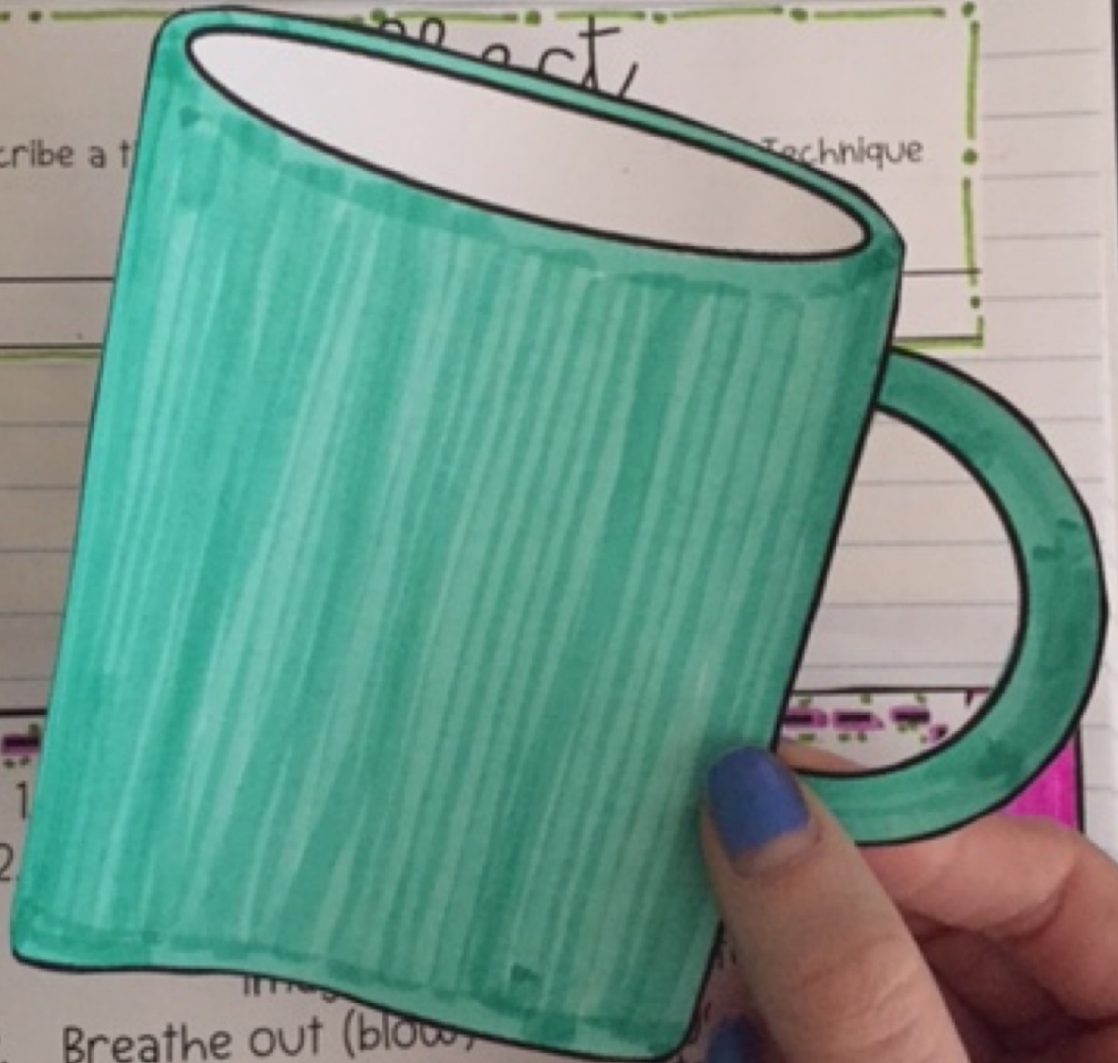
If you don't feel calm yet, try taking another "5"!

# hot chocolate

## breathing technique

Describe a t

Technique



- 1.
- 2.
3. Breathe out (blow) to cool it off before you take a sip.
4. Repeat 3-5 times.

**HOT COCOA**

BREATHING EXERCISE

**HOT COCOA**

BREATHING EXERCISE

**HOT COCOA**

BREATHING EXERCISE

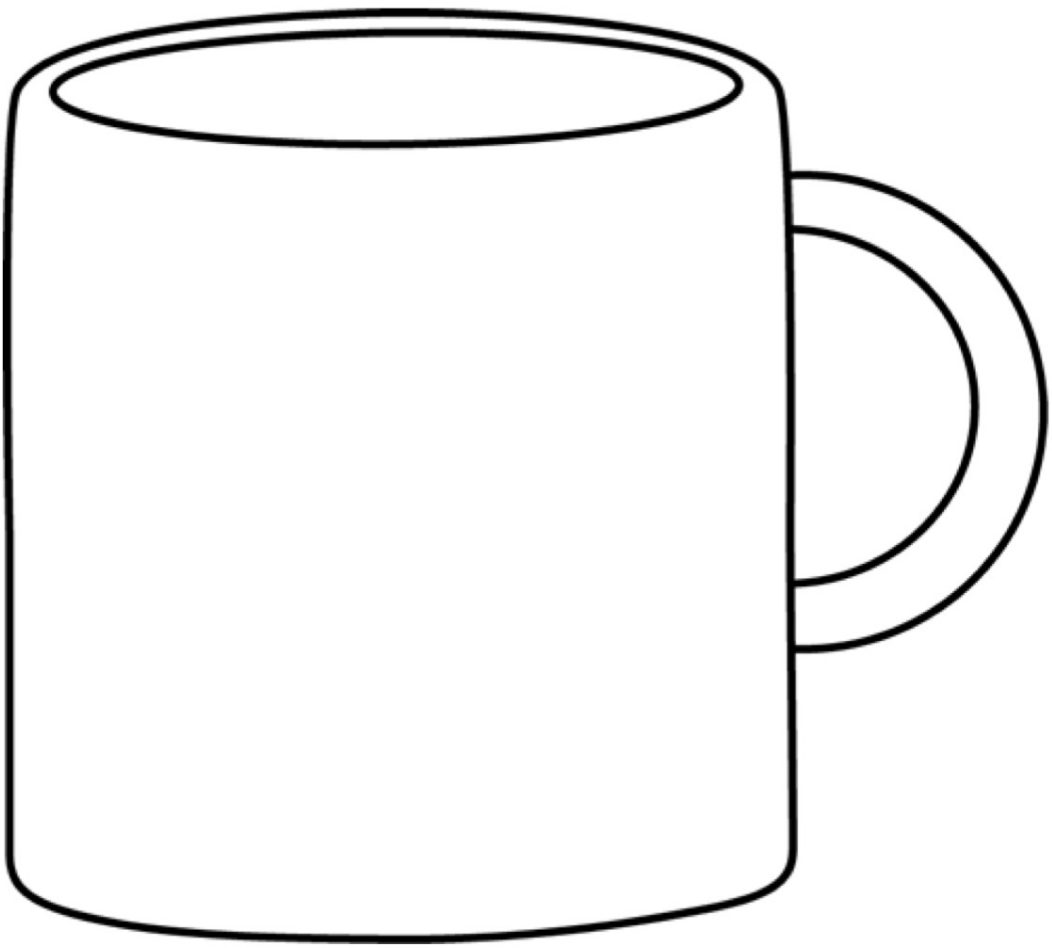
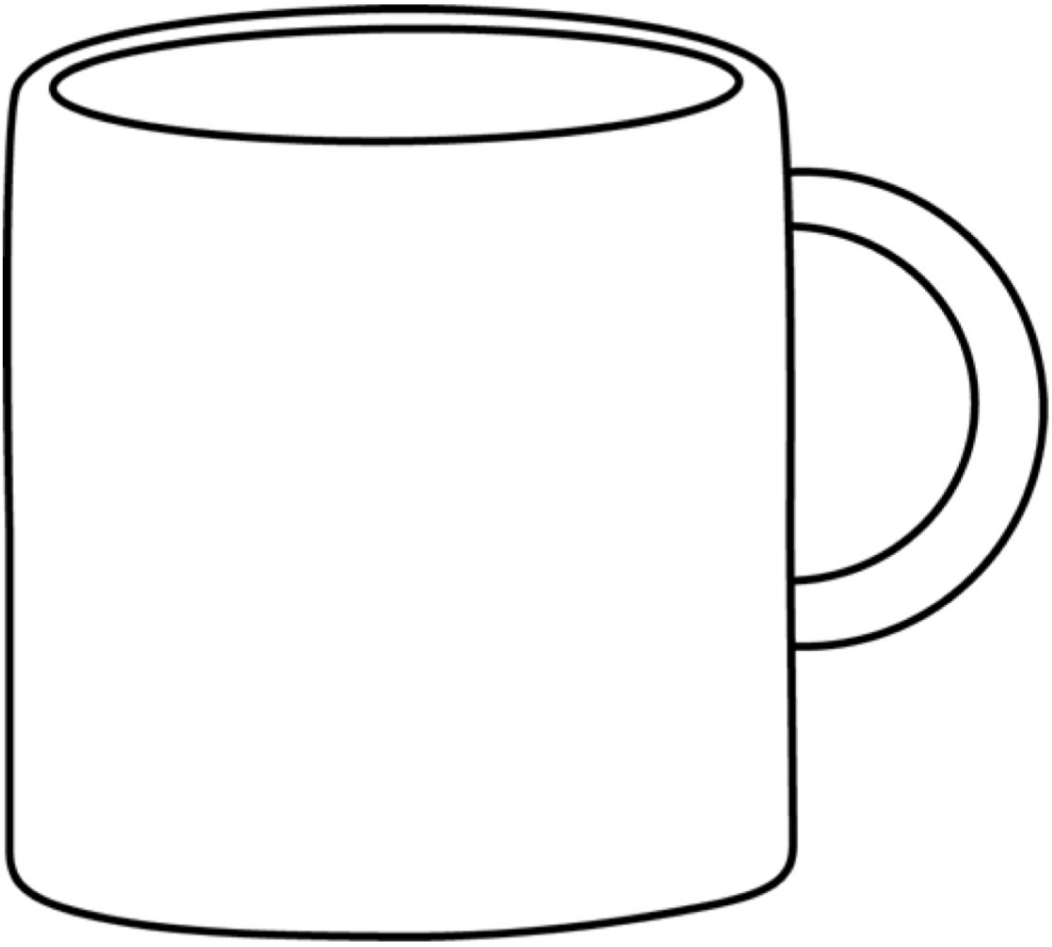
**HOT COCOA**

BREATHING EXERCISE

1. Hold your mug in front of your face.
2. Breathe in (sniff) through your nose to smell the delicious aromas of your imaginary hot chocolate.
3. Breathe out (blow) through your mouth to cool it off before you take a sip!
4. Repeat 3-5 times.

1. Hold your mug in front of your face.
2. Breathe in (sniff) through your nose to smell the delicious aromas of your imaginary hot chocolate.
3. Breathe out (blow) through your mouth to cool it off before you take a sip!
4. Repeat 3-5 times.





# Reflect

Describe a time when the Hot Chocolate Breathing Technique might help you.

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# Reflect

Describe a time when the Hot Chocolate Breathing Technique might help you.

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# Reflect

Describe a time when the Hot Chocolate Breathing Technique might help you.

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# Reflect

Describe a time when the Hot Chocolate Breathing Technique might help you.

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# Square

breathing technique

inhale

for 4

hold

My  
breath  
SQUA

# Square

breathing technique

hold for 4

directions:

Trace around the square, starting with the bottom (here). Inhale going up, hold for 4 seconds, exhale going down and hold for 4 seconds.

exhale

My  
breathing  
SQUARE

SQUARE

BREATHING EXERCISE

SQUARE

BREATHING EXERCISE

SQUARE

BREATHING EXERCISE

SQUARE

BREATHING EXERCISE

**Breathing**  
Square

**Breathing**  
Square

**Hold for 4.**

**Inhale.**

**Exhale.**

**Hold for 4.**

**Directions:**

Trace your finger around the square, starting with the bottom left corner (“Start here”). Inhale going up, hold for 4 seconds, then exhale going down and hold for 4 seconds.

# rainbow

breathing exercise

How to  
Take  
Rainbow  
Breaths

reflect  
How do you feel?

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If you don't feel calm yet,  
try it again!



# rainbow

breathing exercise

Repeat this  
with each  
new color  
as many  
times as  
you'd like.

As you breathe  
out, imagine  
the color  
leaving you and  
taking away all  
of the  
negativity as  
you prepare to  
breathe in a  
new color.

Start with the  
first color of  
the rainbow.  
As you inhale,  
fill your mind  
and body with  
that color.

How to  
Take  
Rainbow  
Breaths



**RAINBOW**  
BREATHING EXERCISE

**RAINBOW**  
BREATHING EXERCISE

**RAINBOW**  
BREATHING EXERCISE

**RAINBOW**  
BREATHING EXERCISE

**RAINBOW**  
BREATHING EXERCISE



# How to Take Rainbow Breaths

## Step 1:

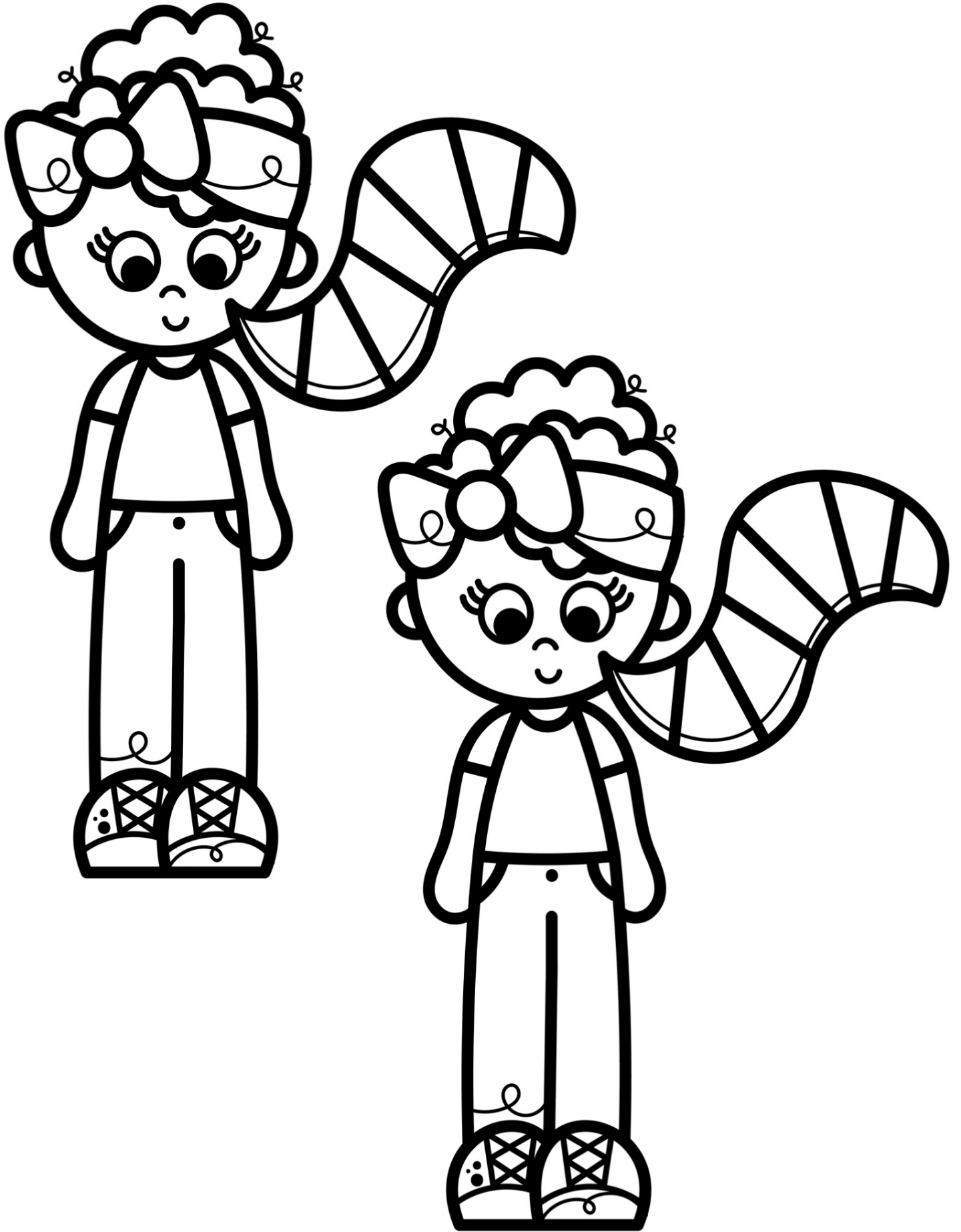
Start with the first color of the rainbow. As you in hale, fill your mind and body with that color.

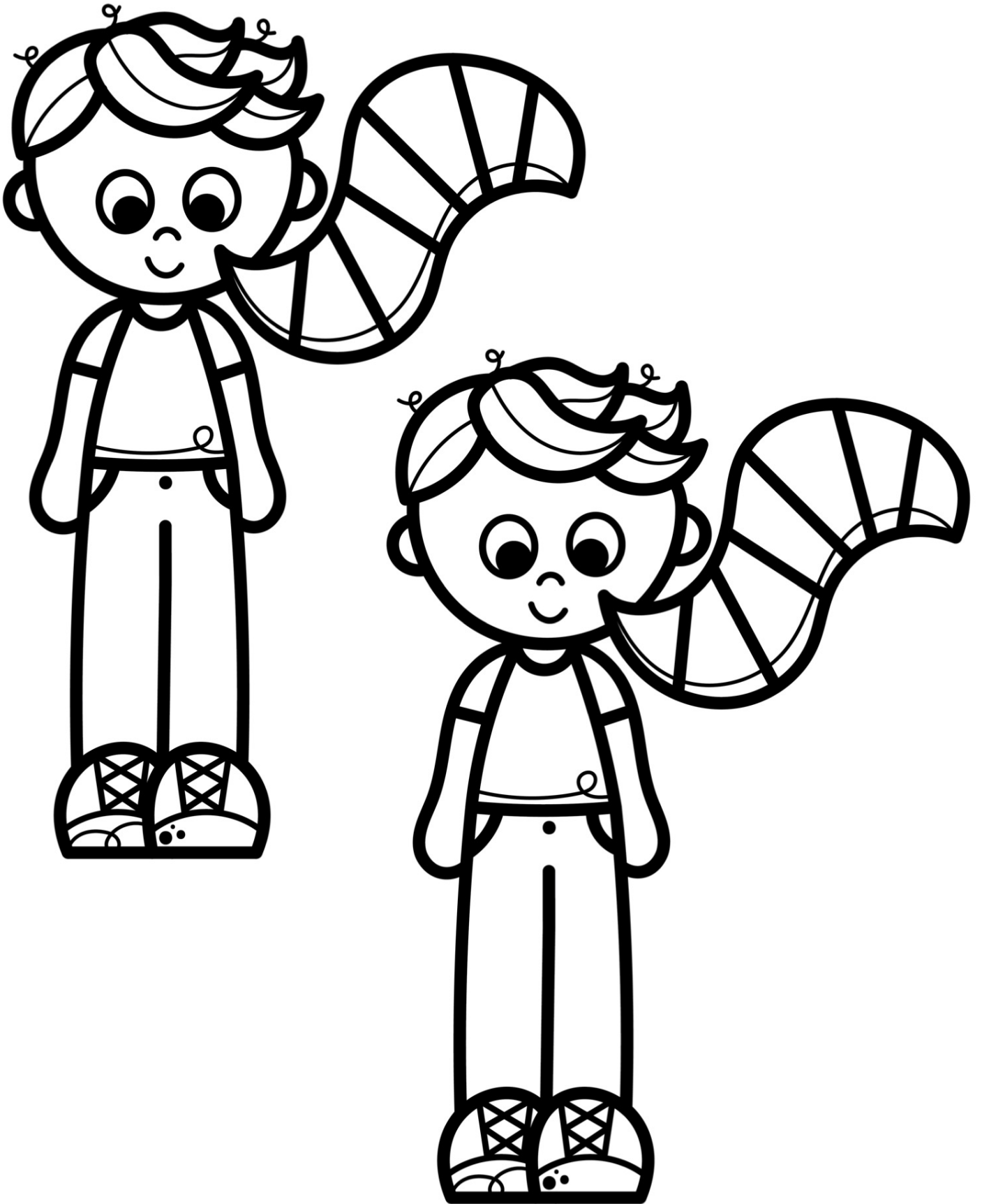
## Step 2:

As you breathe out, imagine the color leaving you and taking away all of the negativity as you prepare to breathe in a new color.

## Step 3:

Repeat this with each new color as many times as you'd like.





# Reflect

How do you feel?

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If you don't feel calm yet,  
try it again!

# Reflect

How do you feel?

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If you don't feel calm yet,  
try it again!

# Reflect

How do you feel?

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If you don't feel calm yet,  
try it again!

# Reflect

How do you feel?

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If you don't feel calm yet,  
try it again!

# Reflect

How do you feel?

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If you don't feel calm yet,  
try it again!

# Reflect

How do you feel?

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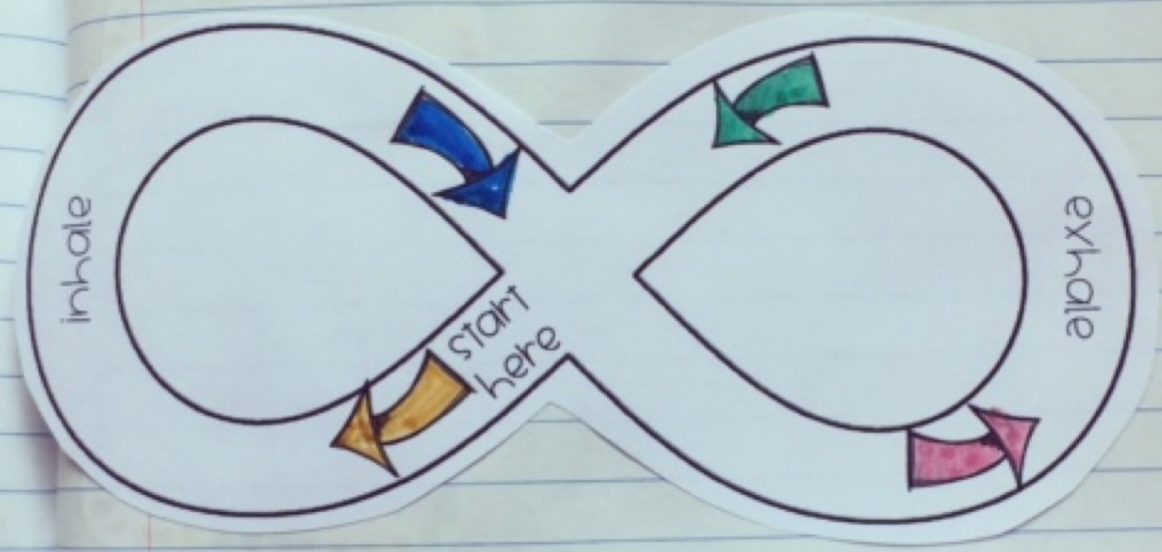
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If you don't feel calm yet,  
try it again!

# to infinity & beyond breathing exercise



What is an infinity symbol?

EXERCISE DIRECTIONS  
INFINITE BREATHING

Trace your finger around the symbol. Breathe in going around the first loop and breathe out going around the second loop. Repeat!

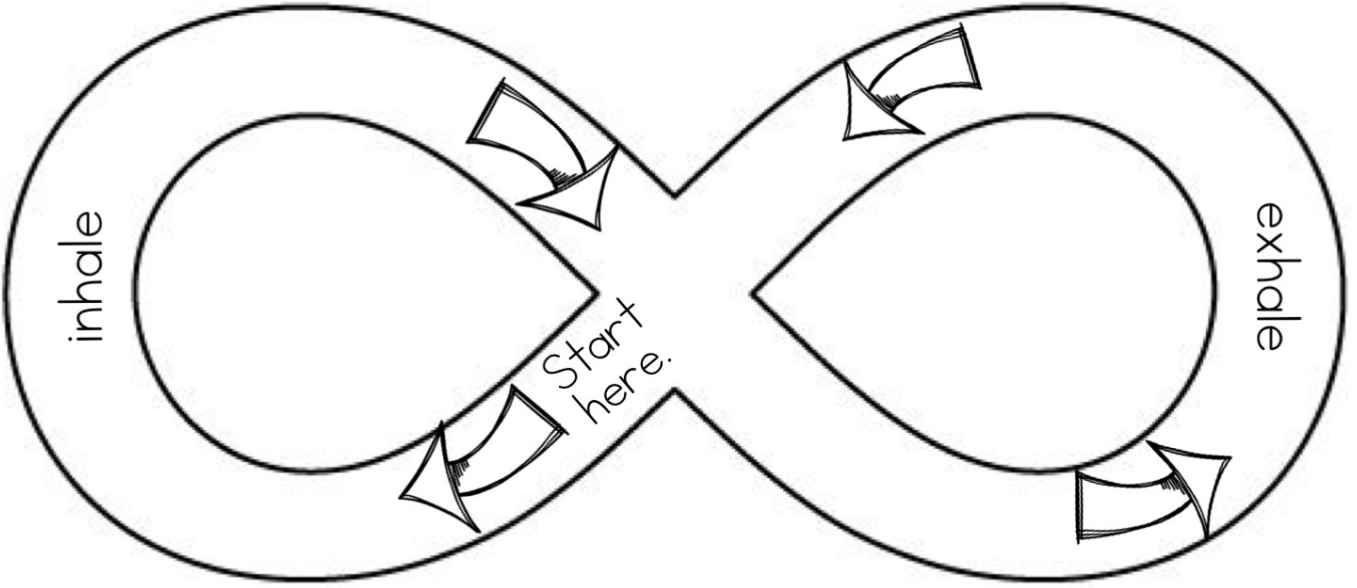
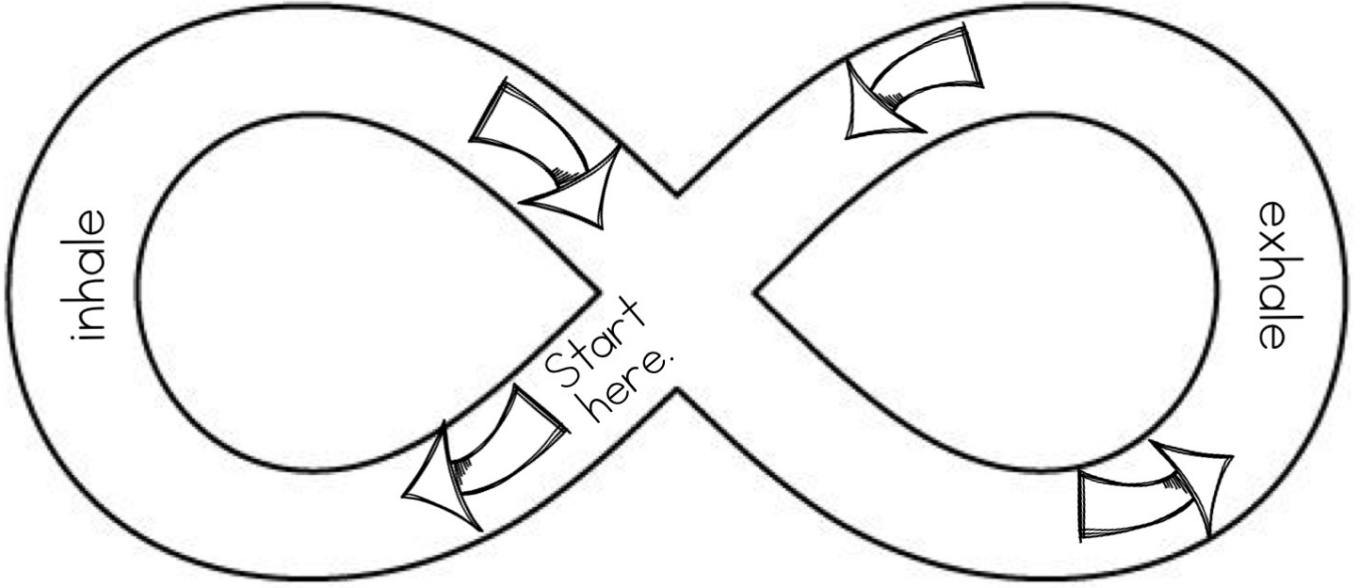
TO INFINITY & BEYOND  
BREATHING EXERCISE

TO INFINITY & BEYOND  
BREATHING EXERCISE

TO INFINITY & BEYOND  
BREATHING EXERCISE

TO INFINITY & BEYOND  
BREATHING EXERCISE

TO INFINITY & BEYOND  
BREATHING EXERCISE



**What is an  
Infinity  
symbol?**

**Infinity  
Breathing  
Directions**

**What is an  
Infinity  
symbol?**

**Infinity  
Breathing  
Directions**

**What is an  
Infinity  
symbol?**

**Infinity  
Breathing  
Directions**

**What is an  
Infinity  
symbol?**

**Infinity  
Breathing  
Directions**

Top flaps



An infinity symbol means that something goes on forever. For example, numbers go on and on without ending.

Trace your finger around the symbol. Breathe in going around the first loop and breathe out going around the second loop. Repeat!

An infinity symbol means that something goes on forever. For example, numbers go on and on without ending.

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Trace your finger around the symbol. Breathe in going around the first loop and breathe out going around the second loop. Repeat!

Bottom flaps

ACCEPTANCE  
MINDFULNESS THEME

ACCEPTANCE  
MINDFULNESS THEME

ACCEPTANCE  
MINDFULNESS THEME

ACCEPTANCE  
MINDFULNESS THEME

ACCEPTANCE  
MINDFULNESS THEME

ACCEPTANCE  
MINDFULNESS THEME

What is  
**Acceptance?**

How Do I Practice  
**Acceptance?**

**REAL LIFE**  
Example

Acceptance is being okay with something, even if it isn't necessarily what you want. Its realizing that you can't control everything, and something you just have to let be.

In your own words, what is acceptance?

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1. Notice what you are having trouble accepting. Say it in your head.
2. Notice how your mind and body feel when you think about it. As you breathe in an out, say to yourself "It's okay. It is already happening. I can accept this."
3. Think about how you feel now. If you are feeling better, perhaps you have accepted your struggle. If not, keep breathing and noticing your feelings.

### Real Life Example:

My teacher passed back my math test and I got an F. I know my parents will be really disappointed.

I could:

Get really mad at my teacher and crumble up my test.

OR

Take some deep breaths, accept my grade, and work really hard for the next test.

Color the choice that shows acceptance.

OPEN MIND  
MINDFULNESS THEME

OPEN MIND  
MINDFULNESS THEME

OPEN MIND  
MINDFULNESS THEME

OPEN MIND  
MINDFULNESS THEME

OPEN MIND  
MINDFULNESS THEME

OPEN MIND  
MINDFULNESS THEME

What is an  
**Open Mind?**

How Do I Practice an  
**Open Mind?**

**REAL LIFE**  
Example

Having an open mind is being able to consider something without immediately judging it. You are open to whatever comes your way or whatever happens.

In your own words, what is an open mind?

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1. When you notice yourself quickly judging an idea, person, or experience in a negative way, stop and think about it.
2. Tell yourself "I will have an open mind. I am open to whatever happens."
3. Now start to look at the idea or experience through this new open mind. What can you learn from it? How can it help you?

### Real Life Example:

My teacher is making me be partners with someone who I really don't like. I KNOW this isn't going to go well.

I could:

Complain to my teacher and ask for a new partner.

OR

Think about how my partner is actually good at science and could help me with our project. I should be open to the experience.

Color the choice that shows an open mind.

APPRECIATION

MINDFULNESS THEME

APPRECIATION

MINDFULNESS THEME

APPRECIATION

MINDFULNESS THEME

APPRECIATION

MINDFULNESS THEME

APPRECIATION

MINDFULNESS THEME

APPRECIATION

MINDFULNESS THEME



What is  
**Appreciation?**

How Do I Practice  
**Appreciation?**

**REAL LIFE**  
Example

Appreciation is being grateful, or thankful, for what you have. Instead of being angry about not getting something you want, you can focus on appreciating the things you do have.

In your own words, what is appreciation?

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1. Stop what you are doing and take a minute to brainstorm things you appreciate.
2. Even in stressful situations, you can always find things that you appreciate (even if it's just being able to breathe!)
3. Write them down or just make a mental list.  
Reflect on how lucky you are!

### Real Life Example:

I am angry because some of my classmates got to eat lunch with the teacher, but I didn't.

I could:

Be angry for the rest of the day and continue thinking my life isn't fair.

OR

Realize that I am lucky to be able to eat lunch, since some kids don't always get meals every day, and decide to enjoy my food with the rest of the class.

Color the choice that shows appreciation.

COMPASSION

MINDFULNESS THEME

COMPASSION

MINDFULNESS THEME

COMPASSION

MINDFULNESS THEME

COMPASSION

MINDFULNESS THEME

COMPASSION

MINDFULNESS THEME

COMPASSION

MINDFULNESS THEME

What is  
**Compassion?**

How Do I Practice  
**Compassion?**

**REAL LIFE**

Example

Compassion is being able to understand and think about other people's feelings, and care about how they are feeling.

In your own words, what is compassion?

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1. If someone is bothering you or you see someone that looks upset, stop and think about them.
2. What might be making them act or feel a certain way? How would you feel if you were in their shoes?
3. Think about their feelings and what you can do to help. Sometimes you can't always fix their problems, but it is still important to recognize their feelings.

### Real Life Example:

I see someone sitting by themselves on the playground, but the person is not my friend.

I could:

Think about how the person probably feels sitting alone, and how I could help. I will go sit with him and talk to him. I understand how he feels, and I want to cheer him up.

OR

I will keep playing with my friends. I don't really know that person and I want to enjoy my own recess by playing games with my friends.

Color the choice that shows compassion.

KINDNESS

MINDFULNESS THEME

KINDNESS

MINDFULNESS THEME

KINDNESS

MINDFULNESS THEME

KINDNESS

MINDFULNESS THEME

KINDNESS

MINDFULNESS THEME

KINDNESS

MINDFULNESS THEME

What is  
**Kindness?**

How Do I Practice  
**Kindness?**

**REAL LIFE**  
Example

Kindness is treating others with respect and considering their feelings before acting. It is treating others how you would like to be treated.

In your own words, what is kindness?

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1. Before you speak or act a certain way to someone, especially if you are frustrated or upset, stop and think. Take a few deep breaths and ask yourself:
2. Am I being *kind*? Is this how I would want someone to treat me or someone I love?
3. If the answer is no, think of a way you could act instead that does show kindness. Taking a few seconds to think before acting can help ease frustration!

### Real Life Example:

I am working on my math practice. My teacher said we could help our table, but Billy ALWAYS asks me for help, and it annoys me.

I could:

Take a deep breath and help him anyway. If I needed help, I would want someone to be patient with me and teach me how to do it.

OR

I will tell him to do it on his own or ask someone else. I want to do my own work, and I don't feel like helping him.

Color the choice that shows kindness.



MOTIVATION

MINDFULNESS THEME

MOTIVATION

MINDFULNESS THEME

MOTIVATION

MINDFULNESS THEME

MOTIVATION

MINDFULNESS THEME

MOTIVATION

MINDFULNESS THEME

MOTIVATION

MINDFULNESS THEME

What is  
**Motivation?**

How Do I Practice  
**Motivation?**

**REAL LIFE**  
Example

Motivation is not giving up. If you are motivated, you will work through hard problems and work hard to accomplish your goals.

In your own words, what is motivation?

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1. If something is challenging and you feel like giving up, stop and take a few deep breaths. Ask yourself:
2. What will happen if I give up? What will happen if I keep trying and accomplish my goal?
3. Most of the time, the answers to these questions will help provide motivation for you. Staying motivated can help you achieve goals and feel proud of yourself.  
Don't be afraid to ask for help either!

### Real Life Example:

I have a science project due tomorrow, but every time I try to work on it I get frustrated because it is so challenging.

I could:

Do a breathing exercise to get refocused and less stressed, then start on the project. Maybe my parents can help me brainstorm some ideas!

OR

I will do something fun instead. I'll ask my teacher for extra time and do it another day.

Color the choice that shows motivation.

PATIENCE

MINDFULNESS THEME

PATIENCE

MINDFULNESS THEME

PATIENCE

MINDFULNESS THEME

PATIENCE

MINDFULNESS THEME

PATIENCE

MINDFULNESS THEME

PATIENCE

MINDFULNESS THEME

What is  
**Patience?**

How Do I Practice  
**Patience?**

**REAL LIFE**  
Example

Patience is being able to wait for something you want without getting angry or upset.

In your own words, what is patience?

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1. We all feel impatient sometimes. If you are tired of waiting on something, stop and think about the present moment. Ask yourself:
2. What can I enjoy in this moment? What is happening right now that is good or beautiful?
3. Remind yourself that whatever you are waiting for will come. Do not miss out on the present moment by focusing on something that hasn't happened yet.

### Real Life Example:

When I get home from school today, I am getting a new bike. I just want this day to be over so I can get my bike.

I could:

Daydream about my bike all day and not focus on what I am supposed to be learning in school. All I can think about is that bike anyway!

OR

I will try to stay focused on the present. I will pay attention to my teacher. I don't want to miss important lessons just because I am getting a bike later. I can wait.

Color the choice that shows patience.

FOCUSING  
MINDFULNESS SKILL

FOCUSING  
MINDFULNESS SKILL

FOCUSING  
MINDFULNESS SKILL

FOCUSING  
MINDFULNESS SKILL

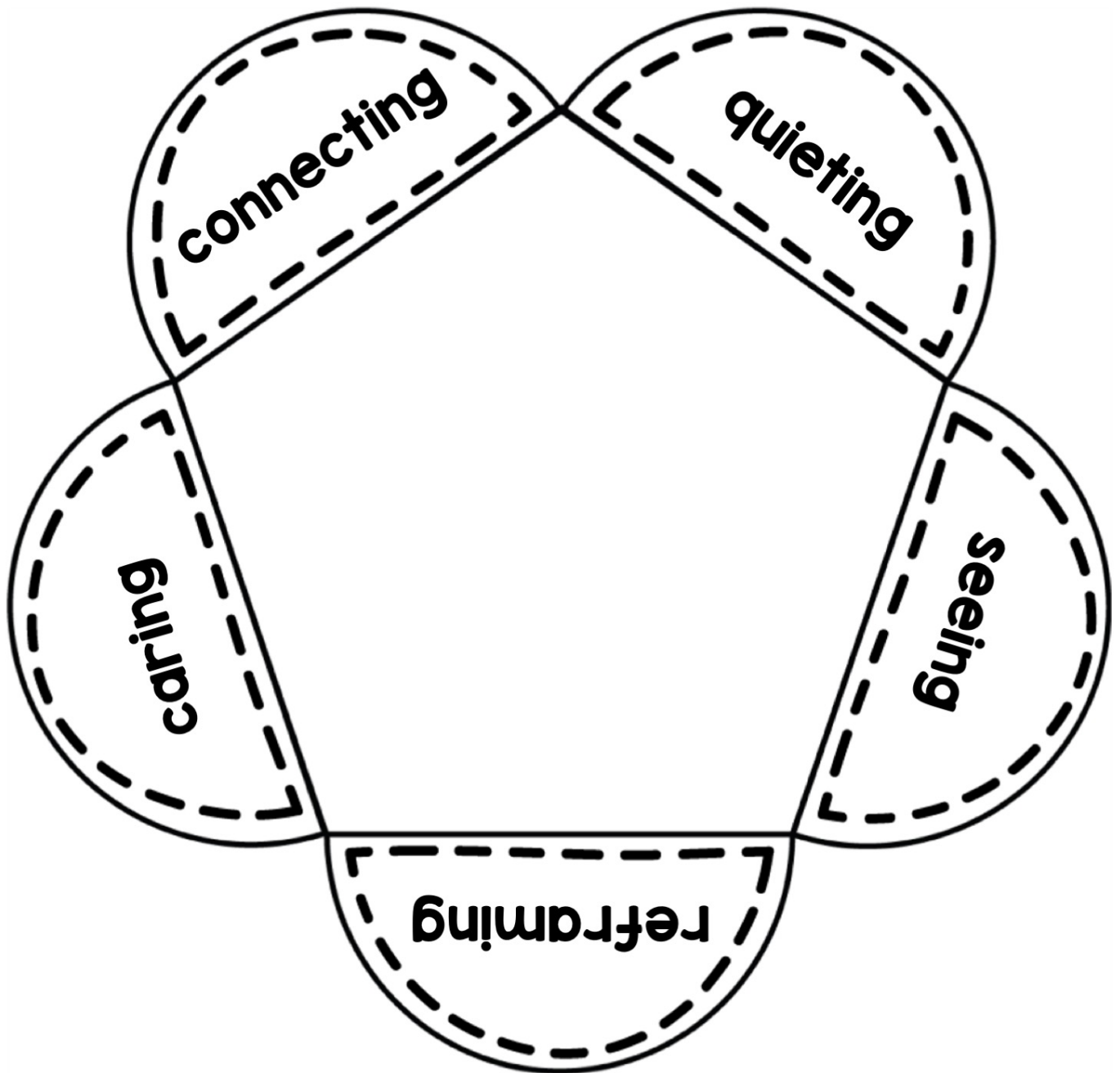
FOCUSING  
MINDFULNESS SKILL

FOCUSING  
MINDFULNESS SKILL

# Focusing

attention to the present moment

Cut out  
"Focusing"  
rectangle  
and glue to  
the inside  
(middle)  
of the  
pentagon.





Mindfulness involves 5 skills, all centered around *focusing*.  
Focusing is giving your attention to the present moment, or what is going on around you *right now*. In the next pages, we will learn these 5 skills.

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QUIETING  
MINDFULNESS SKILL

QUIETING  
MINDFULNESS SKILL

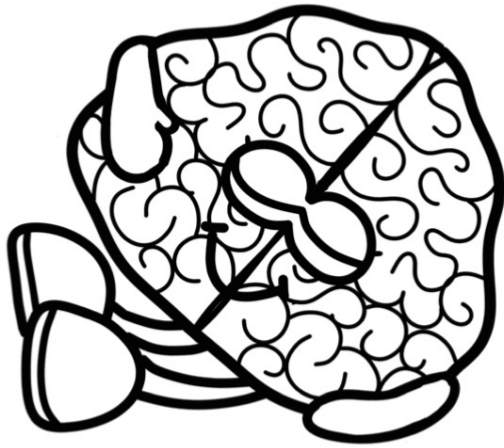
QUIETING  
MINDFULNESS SKILL

QUIETING  
MINDFULNESS SKILL

QUIETING  
MINDFULNESS SKILL

QUIETING  
MINDFULNESS SKILL

# quieting



## a mindfulness Skill

Quieting is being able to recognize overwhelming, or strong, emotions and calm them down, or *quiet* them. This is important if you are feeling strong emotions such as fear or anxiety. This flip book includes 3 exercises to practice quieting.

(glue here)

## **bobblehead**

- Imagine a bobble head doll. Think about how its head shakes back and forth repeatedly. Have you ever felt like this?
- If we leave the bobble head alone, what happens to it? It stops! Think of your thoughts this way, if you keep touching them (or focusing on them) they are going to keep bobbling back and forth. If you leave them alone however, they will stop.
- Instead of focusing on the negative thoughts, recognize them and then move on. If you do this, your head will calm down and stop bobbling!

Reflect: When have you felt like a bobble head before?

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bobblehead

(glue here)

## bye bye bubbles

- Sit up straight with your feet flat on the floor. Close your eyes and take a few deep breaths.
- Focus on the thought or feeling that is negative or that is bothering you.
- Imagine it inside a big bubble.
- Inhale and think of the feeling inside the light and airy bubble. Exhale and blow the bubble away.
- Wave goodbye!

Reflect: What feeling do you blow away in the bubble? How do you feel now?

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bye bye  
bubbles

(glue here)

## breathe on PURPOSE

- This exercise is simple. Just focus on your breath! Focusing on the breath and quiet negative thoughts or feelings, by giving the mind something else to focus on. You can use the breathing exercises you have learned, such as rainbow breath or hot chocolate breathing, or you can try something more simple:
- Count to ten while breathing. Count each inhale and exhale. Example: Inhale (1), exhale (2), inhale (3), exhale (4).
- Keep going until you get to 10. Do this a few times.

Reflect: How do you feel when you focus on your breath?

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breathe  
on PURPOSE

SEEING & REFRAMING  
MINDFULNESS SKILL

SEEING & REFRAMING  
MINDFULNESS SKILL

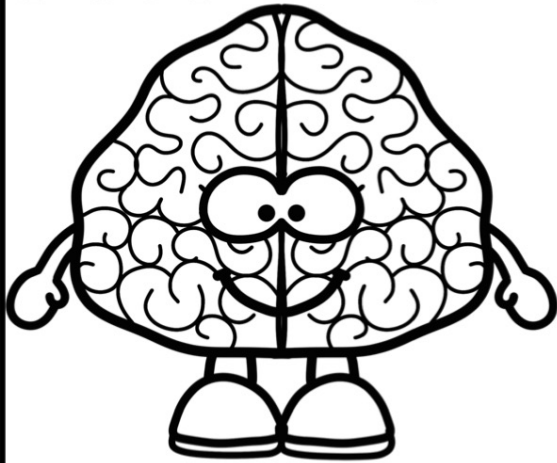
SEEING & REFRAMING  
MINDFULNESS SKILL

SEEING & REFRAMING  
MINDFULNESS SKILL

SEEING & REFRAMING  
MINDFULNESS SKILL

SEEING & REFRAMING  
MINDFULNESS SKILL

# Seeing & Reframing



## Mindfulness Skills

Seeing and reframing are two mindfulness skills that are practiced together. Seeing is identifying what your thoughts and emotions, or feelings, are. Reframing is changing them, or changing the way you think about them. This flip book includes 3 exercises to practice seeing and reframing.

(glue here)

### 3 good things

- When you are feeling disappointed, this exercise can help you to think positively.
- Acknowledge, or pay attention to, your negative thought or feeling.
- Think of 3 GOOD things in your life. Focus on those while taking deep breaths.

When you SEE negative thoughts, you can REFRAPE them by thinking of good things instead!

Reflect: How did you feel after focusing on the good thoughts. What effect did that have on your negative feelings?

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3 good things

(glue here)

## friendly wishes

- This activity is good for when your negative thoughts or feelings are about another person.
- Close your eyes and think about a person who is difficult for you to be around.
- Imagine yourself laughing, smiling, and feeling happy with that person.
- Think of a happy thought for yourself, such as, "I want to be happy and healthy." Picture this feeling inside your body as a glowing feelings. Focus on how it makes you feel.
- Now, do the same thing for the person you were focusing on. In your mind, send them a friendly wish. Open your eyes and notice how you feel.

friendly wishes

(glue here)

## thank the farmer

- This exercise will help you to think about things differently and maybe even appreciate them more.
- Pick up a fruit or vegetable. Before you eat it, hold it in your hands and think about all that was responsible for making this special food.
- Thank the worms in the soil, thank the sun shining on the plant, thank the rain for helping it grow, thank the farmer for harvesting it, thank the person who delivered it to the store, and thank the person who bought it for you!
- WOW! So much went into this one little piece of food! Now put it in your mouth. Take a few seconds to notice how it feels in your mouth and how it tastes, then eat it.

Reflect: How does this exercise change how you see your food?

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thank the farmer

CARING & CONNECTING  
MINDFULNESS SKILL

CARING & CONNECTING  
MINDFULNESS SKILL

CARING & CONNECTING  
MINDFULNESS SKILL

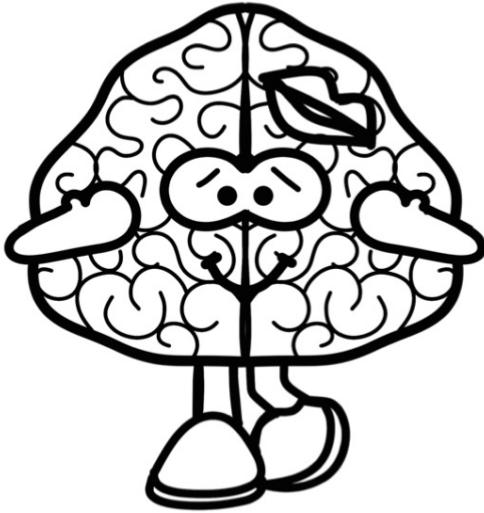
CARING & CONNECTING  
MINDFULNESS SKILL

CARING & CONNECTING  
MINDFULNESS SKILL

SEEING & REFRAMING  
MINDFULNESS SKILL



# Caring & connecting



## mindfulness skills

Caring and connecting are mindfulness skills that involve thinking about your actions and words, and sometimes changing them to be sure they are caring. When you are caring, you consider other people's thoughts and feelings, instead of just your own. This helps you to build relationships (connecting). The 3 exercises in this flip book will help you practice!

(glue here)

## is it helpful?

- Before you make a choice (especially if it's a choice you don't feel VERY happy about!) stop and ask yourself these questions:
  - Is it helpful to me?
  - Is it helpful to others?
  - Is it helpful to the earth?
- If the answer to those questions is no, try to think of another action that would make the answers YES!

If you keep practicing this, it will start to be something you do easily with every action!

Reflect: What's an example of an action that IS helpful?

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is it helpful?

(glue here)

## focus on my friend

- Sit with a partner.
- Ask your partner to tell you a story, but while they speak, pay attention to THEM instead of the story.
- Notice the color of their eyes, the sound of their voice, the way they move their hands or their mouths.
- When they finish their story, tell them one (nice) thing that you noticed about them. Give them a friendly compliment.

Reflect: How do you think your friend felt after you gave them a compliment?

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focus on  
my friend

(glue here)

## blow a wish

- Think about something you want to happen for the world or for someone else. Try not to focus on something just for yourself, but something that will help others as well.
- Close your eyes and think about that wish coming true. What would it look like? What would happen? How does it make you feel?
- Put your mental picture of that wish inside a bubble.
- Inhale and think about your wish inside the bubble, then exhale and blow the bubble into the universe.

Focusing on our hopes and wishes can help us to see them as a reality!

Reflect: How do you feel knowing that your wish is floating out in the universe?

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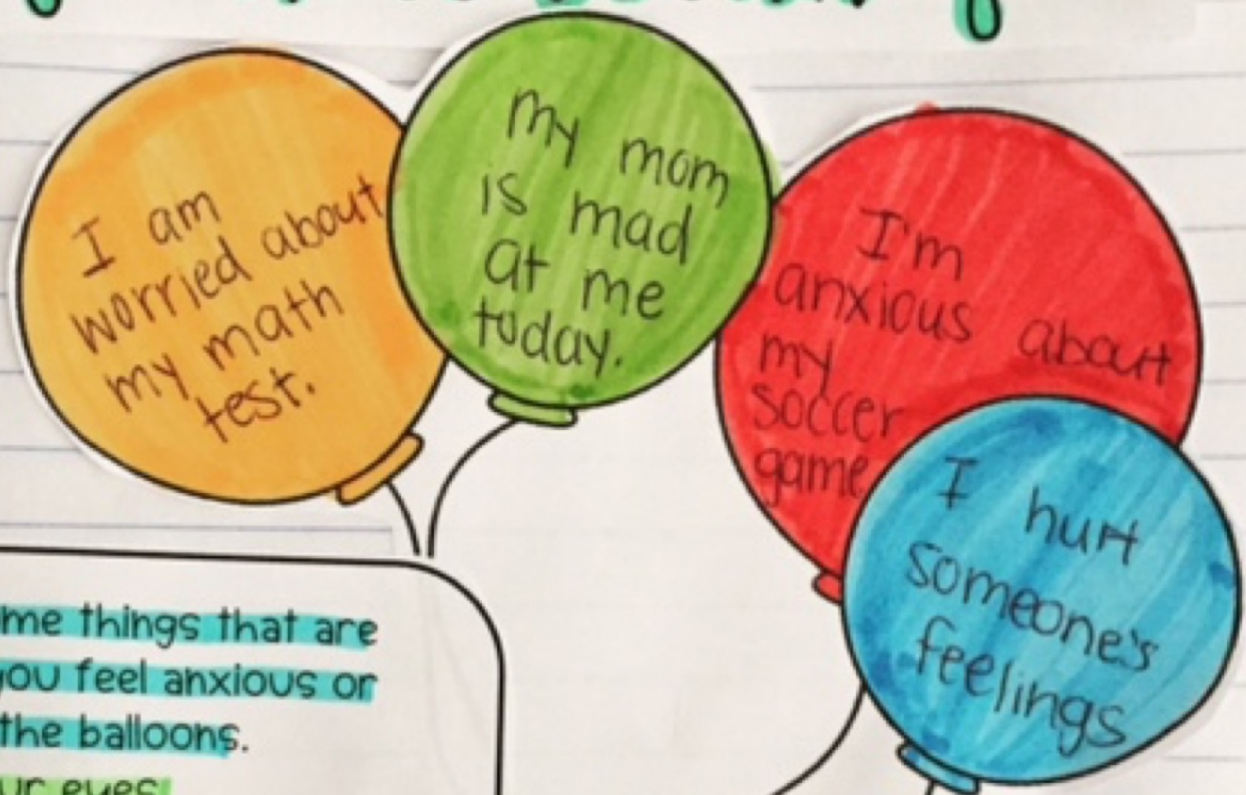
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blow a  
wish

# let it go

## mindfulness technique



1. Write some things that are making you feel anxious or upset in the balloons.
2. Close your eyes!
3. Imagine that you are holding the balloons in your hand.
4. Imagine that you let them go! Picture your worries floating away with the balloons. Let it go.
5. Take a deep breath and open your eyes.

reflect

Did your worries float away with the balloons?

LET IT GO

MINDFULNESS EXERCISE

LET IT GO

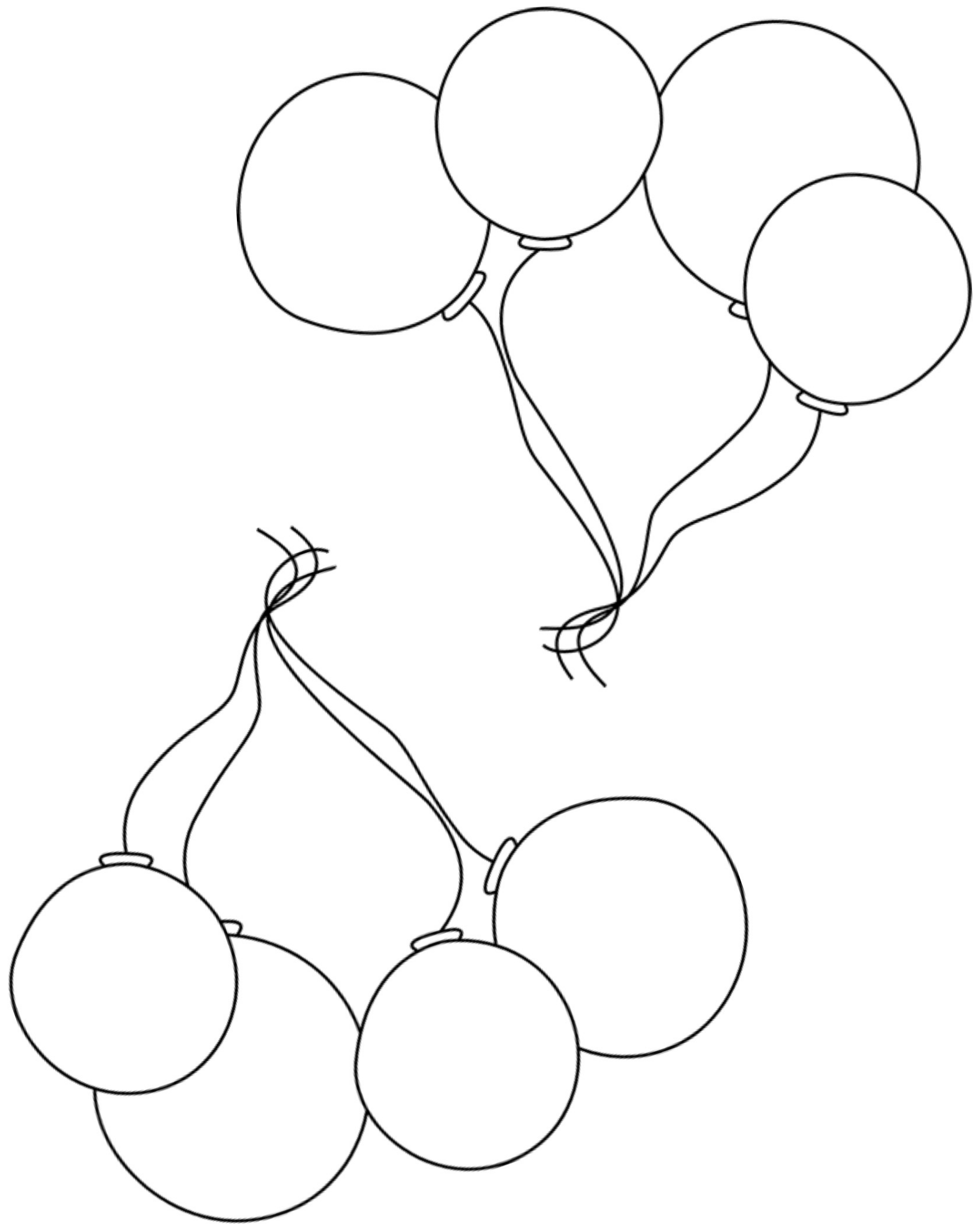
MINDFULNESS EXERCISE

LET IT GO

MINDFULNESS EXERCISE

LET IT GO

MINDFULNESS EXERCISE



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# Reflect

Did your worries float away with the balloons?

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Did your worries float away with the balloons?

---

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Did your worries float away with the balloons?

---

---

# Reflect

Did your worries float away with the balloons?

---

---

# Reflect

Did your worries float away with the balloons?

---

---

# floating on a cloud

mindfulness technique

like  
feels

and feels  
and  
It  
like  
w. I  
el the

smells  
like

like  
sounds

My cloud  
looks white  
a puffy, like  
cotton. I see  
beautiful  
scenes from  
my cloud.

like  
looks



Imagine you are floating a cloud. Let it take you anywhere you want to go. Under the flaps, write what smells, sights, feelings, and sounds you had on your journey.



FLOATING ON A CLOUD  
MINDFULNESS EXERCISE

FLOATING ON A CLOUD  
MINDFULNESS EXERCISE

FLOATING ON A CLOUD  
MINDFULNESS EXERCISE

FLOATING ON A CLOUD  
MINDFULNESS EXERCISE

FLOATING ON A CLOUD  
MINDFULNESS EXERCISE

FLOATING ON A CLOUD  
MINDFULNESS EXERCISE

Smells  
Like

Looks  
Like

(glue this section only)

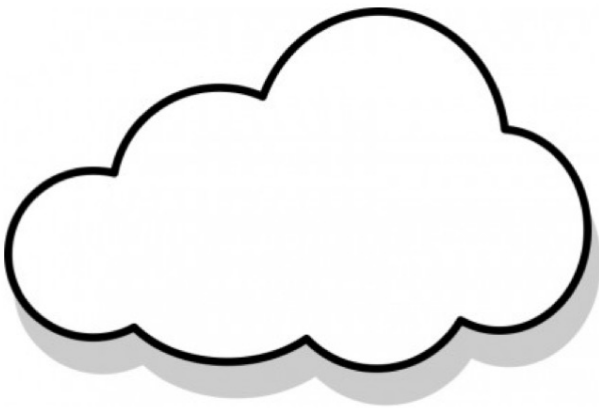
← Fold along solid vertical lines →

← Cut along dotted lines ONLY →

(glue this section only)

Feels  
Like

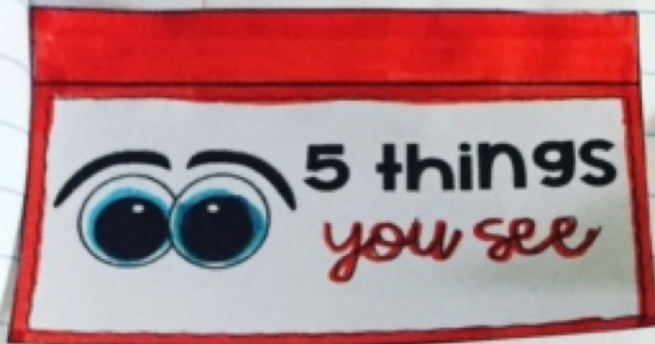
Sounds  
Like



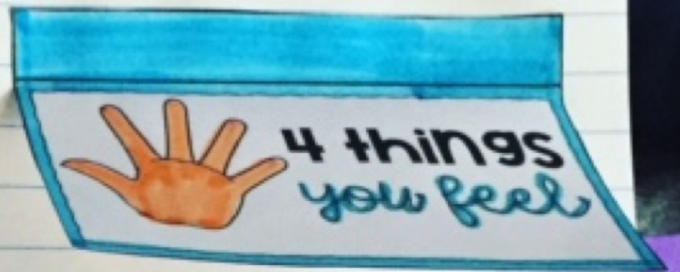
Imagine you are floating a cloud. Let it take you anywhere you want to go. Under the flaps, write what smells, sights, feelings, and sounds you had on your journey.

# 5-4-3-2-1

mindfulness exercise



**5 things**  
*you see*



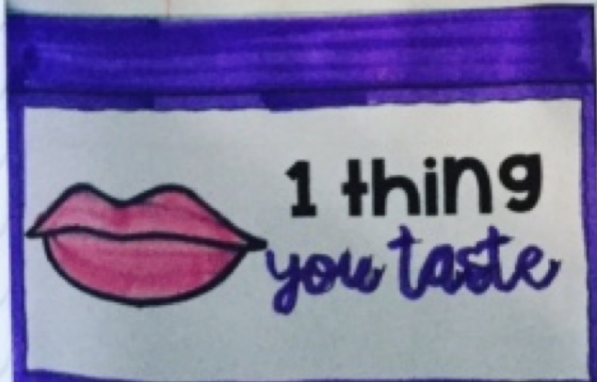
**4 things**  
*you feel*



**3 things**  
*you hear*



**2 things**  
*you smell*



**1 thing**  
*you taste*

This mindfulness exercise is great for calming down. You can do it any time and any place! If you ever feel stressed or anxious, just remember:  
5-4-3-2-1

5-4-3-2-1

MINDFULNESS EXERCISE

5-4-3-2-1

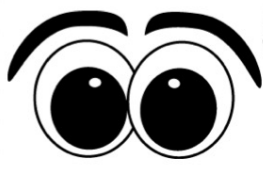
MINDFULNESS EXERCISE

5-4-3-2-1

MINDFULNESS EXERCISE

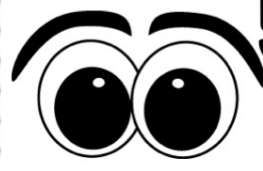
5-4-3-2-1

MINDFULNESS EXERCISE



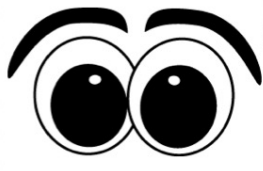
**5 things**

you see



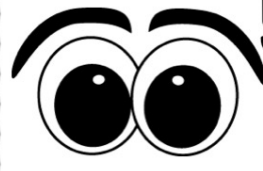
**5 things**

you see



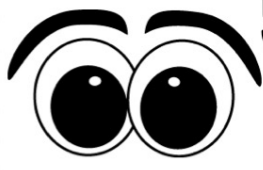
**5 things**

you see



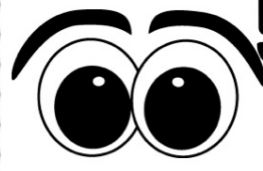
**5 things**

you see



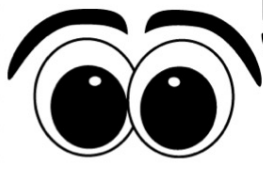
**5 things**

you see



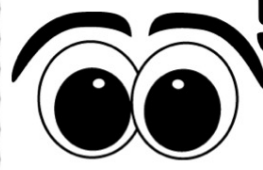
**5 things**

you see



**5 things**

you see



**5 things**

you see

Blank writing area



**4 things**  
you feel

Blank writing area



**4 things**  
you feel

Blank writing area



**4 things**  
you feel

Blank writing area



**4 things**  
you feel

Blank writing area



**4 things**  
you feel

Blank writing area



**4 things**  
you feel

Blank writing area



**4 things**  
you feel

Blank writing area



**4 things**  
you feel



**3 things**  
you hear



**3 things**  
you hear



**3 things**  
you hear



**3 things**  
you hear



**3 things**  
you hear



**3 things**  
you hear



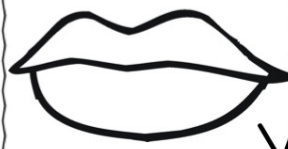
**3 things**  
you hear



**3 things**  
you hear

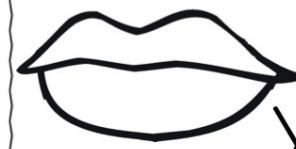






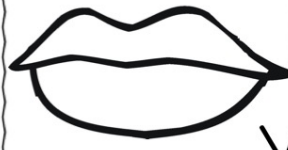
**I thing**

you taste



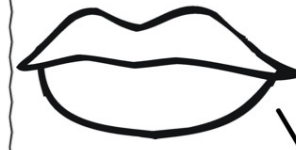
**I thing**

you taste



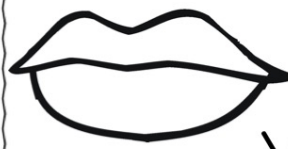
**I thing**

you taste



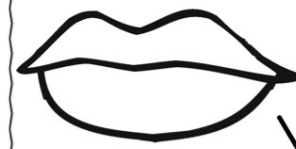
**I thing**

you taste



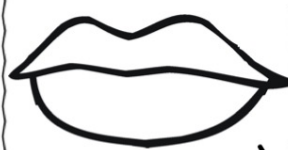
**I thing**

you taste



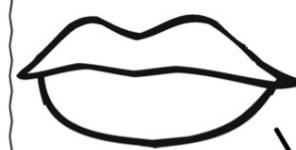
**I thing**

you taste



**I thing**

you taste



**I thing**

you taste

This mindfulness exercise is great for calming down. You can do it any time and any place! If you ever feel stressed or anxious, just

remember:

5-4-3-2-1

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**POSITIVE** Affirmations

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**POSITIVE** Affirmations

**POSITIVE** Affirmations

**POSITIVE** Affirmations

**POSITIVE** Affirmations

**POSITIVE** Affirmations

**POSITIVE** Affirmations

**POSITIVE** Affirmations

I am

I am

I am

I am

I am

I am

I am

I am

I am

**KISS** Your Brain

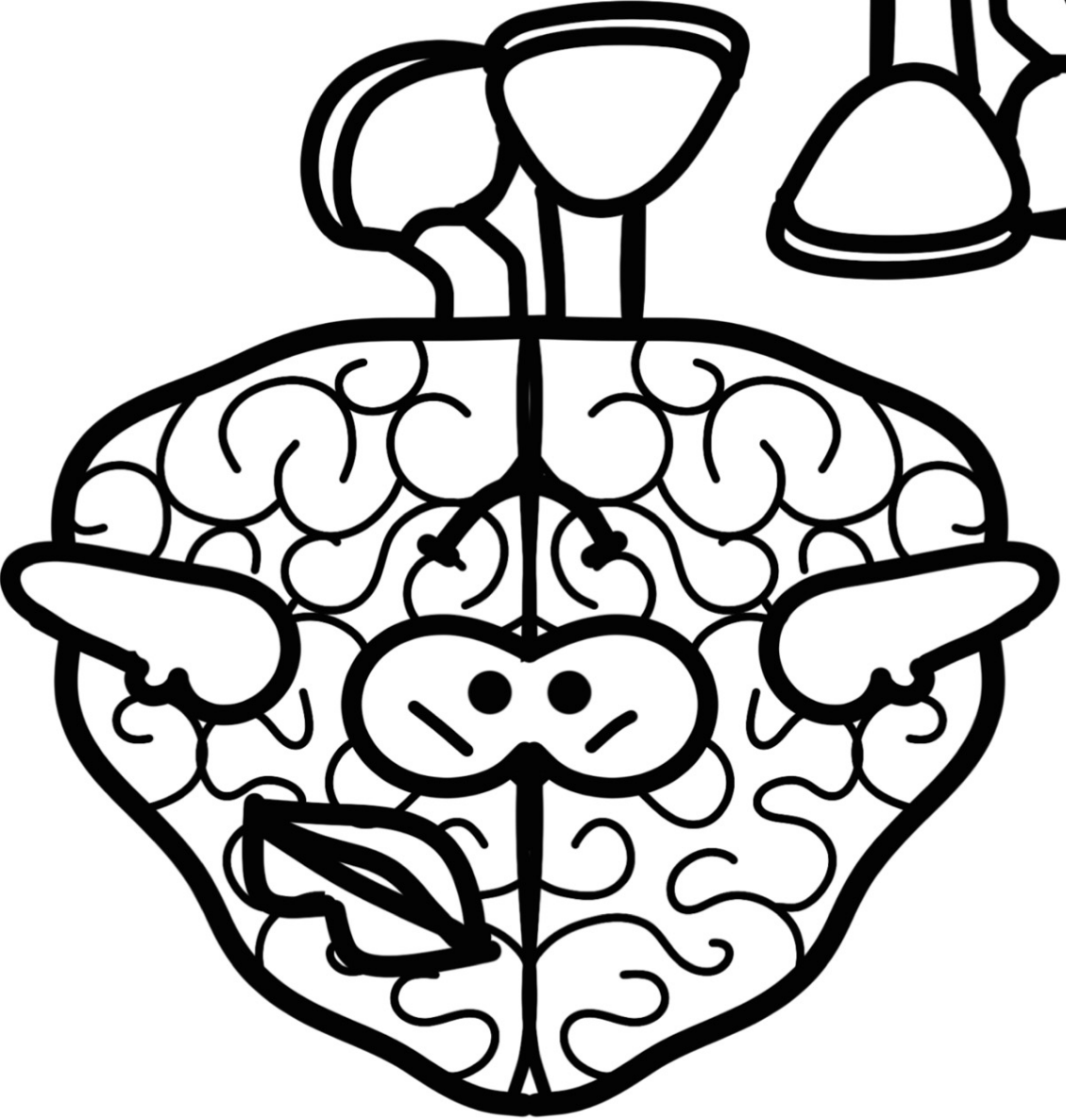
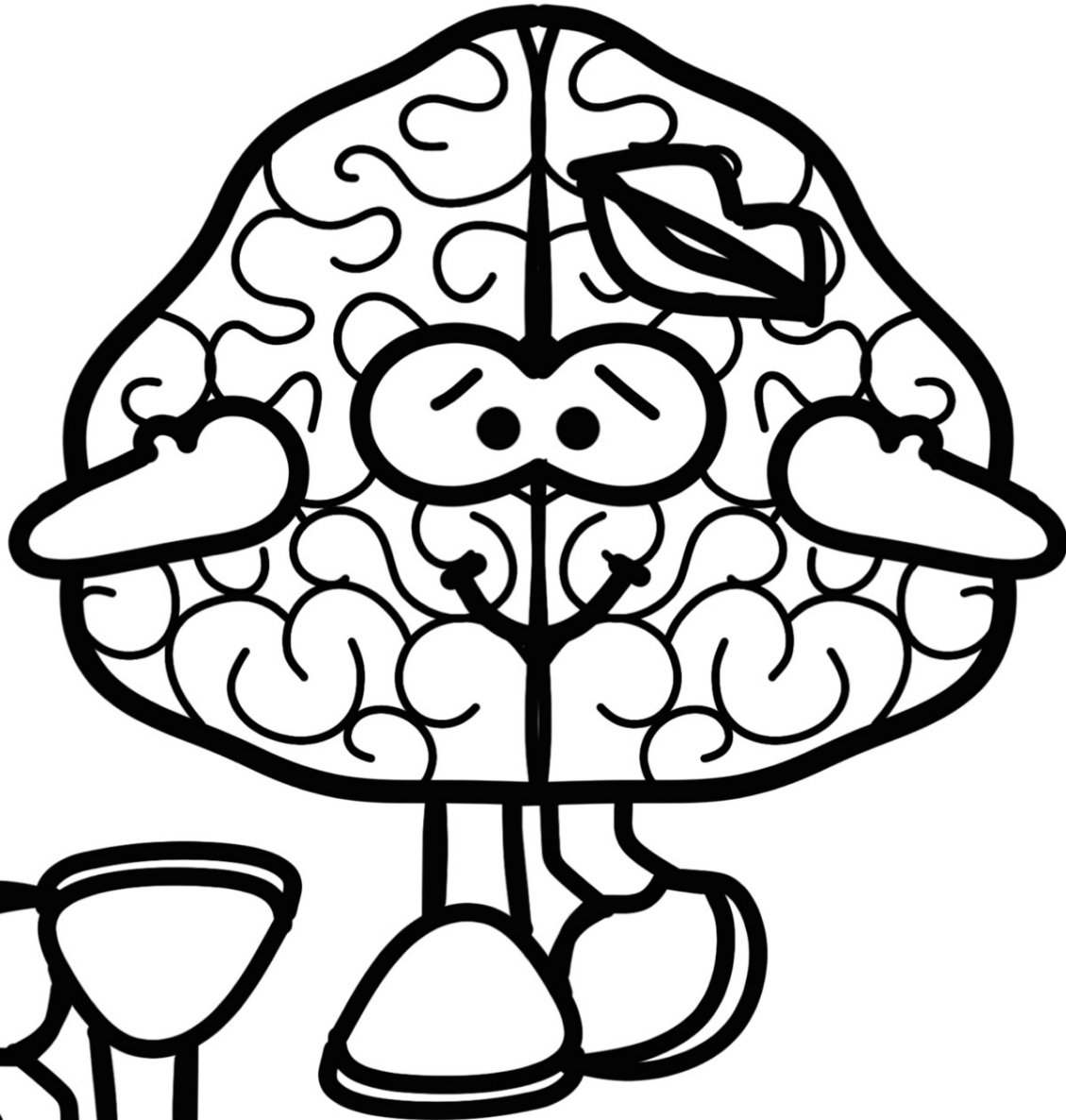
**KISS** Your Brain

**KISS** Your Brain

**KISS** Your Brain

**KISS** Your Brain

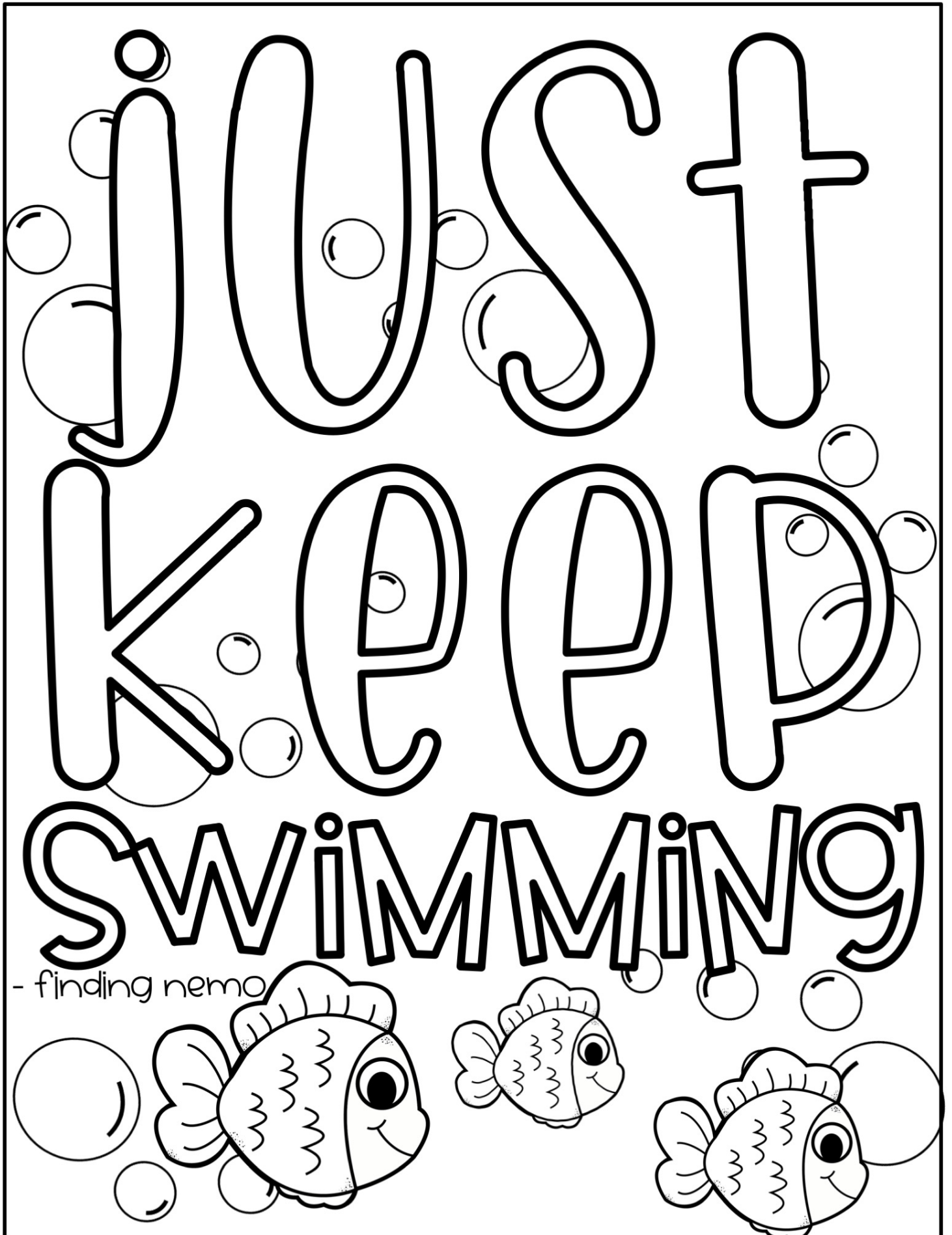
**KISS** Your Brain



The image features a central text block surrounded by decorative floral and geometric patterns. In the top-left and top-right corners, there are intricate designs with scalloped edges, swirls, and leaf-like shapes. In the bottom-right corner, there are stylized, overlapping shapes that resemble leaves or petals with internal hatching and curved lines.

**IF AT  
FIRST YOU  
DON'T  
SUCCEED...  
you're  
normal!**

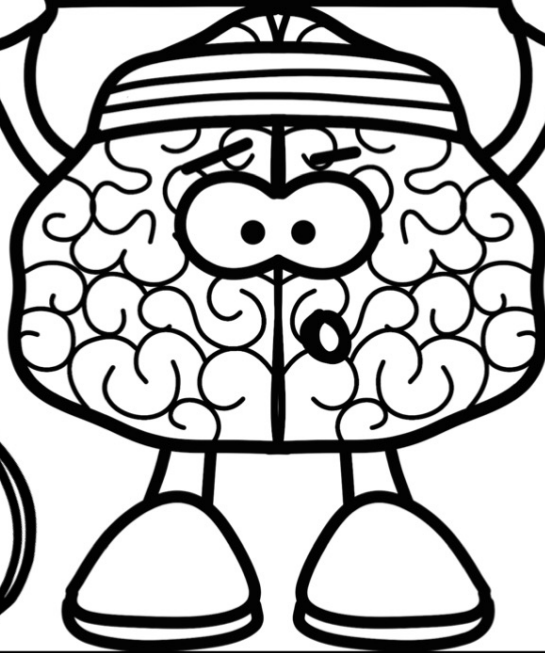
- kid president



- finding nemo



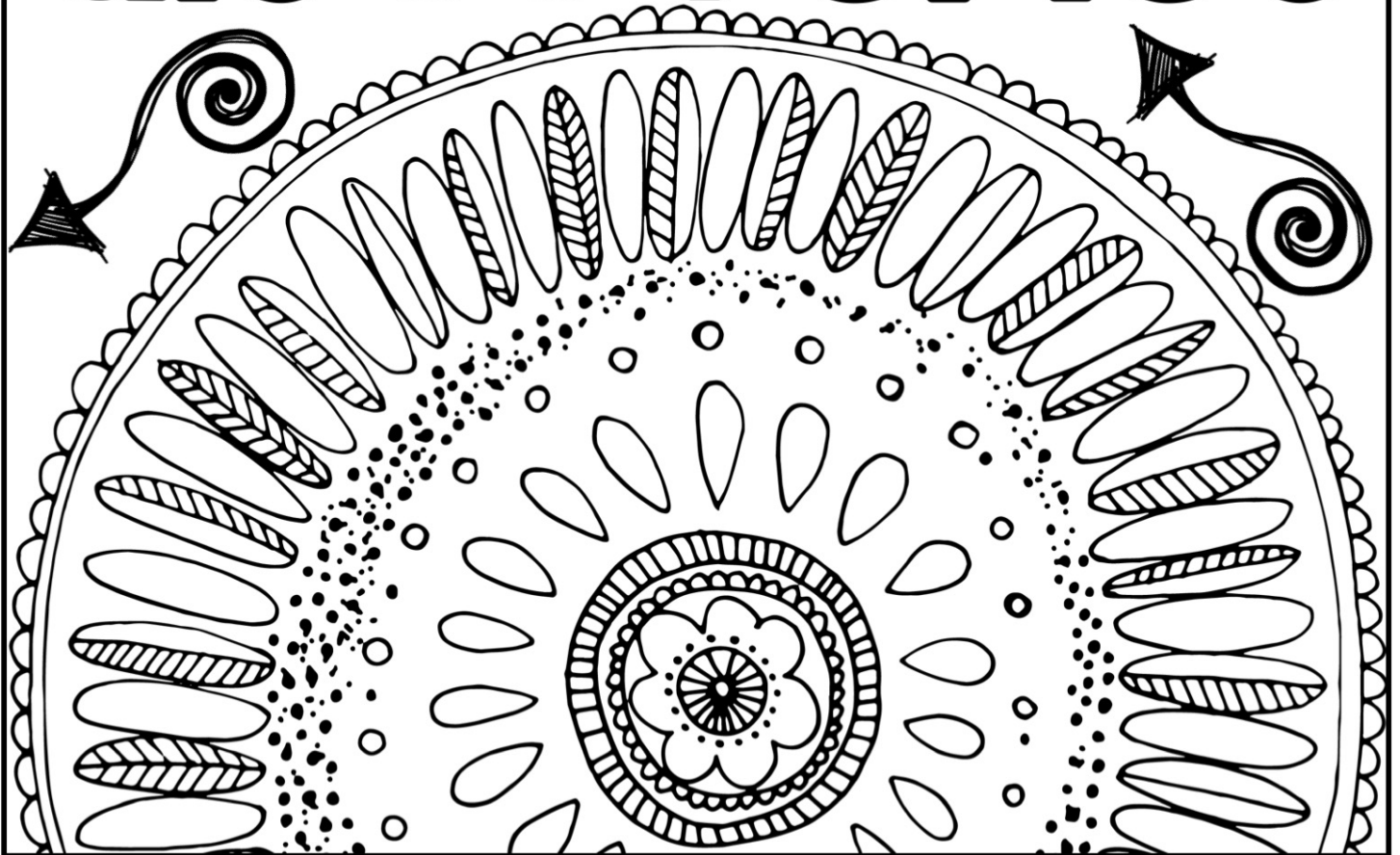
the more you  
use your  
brain, the  
more you'll  
have to use!

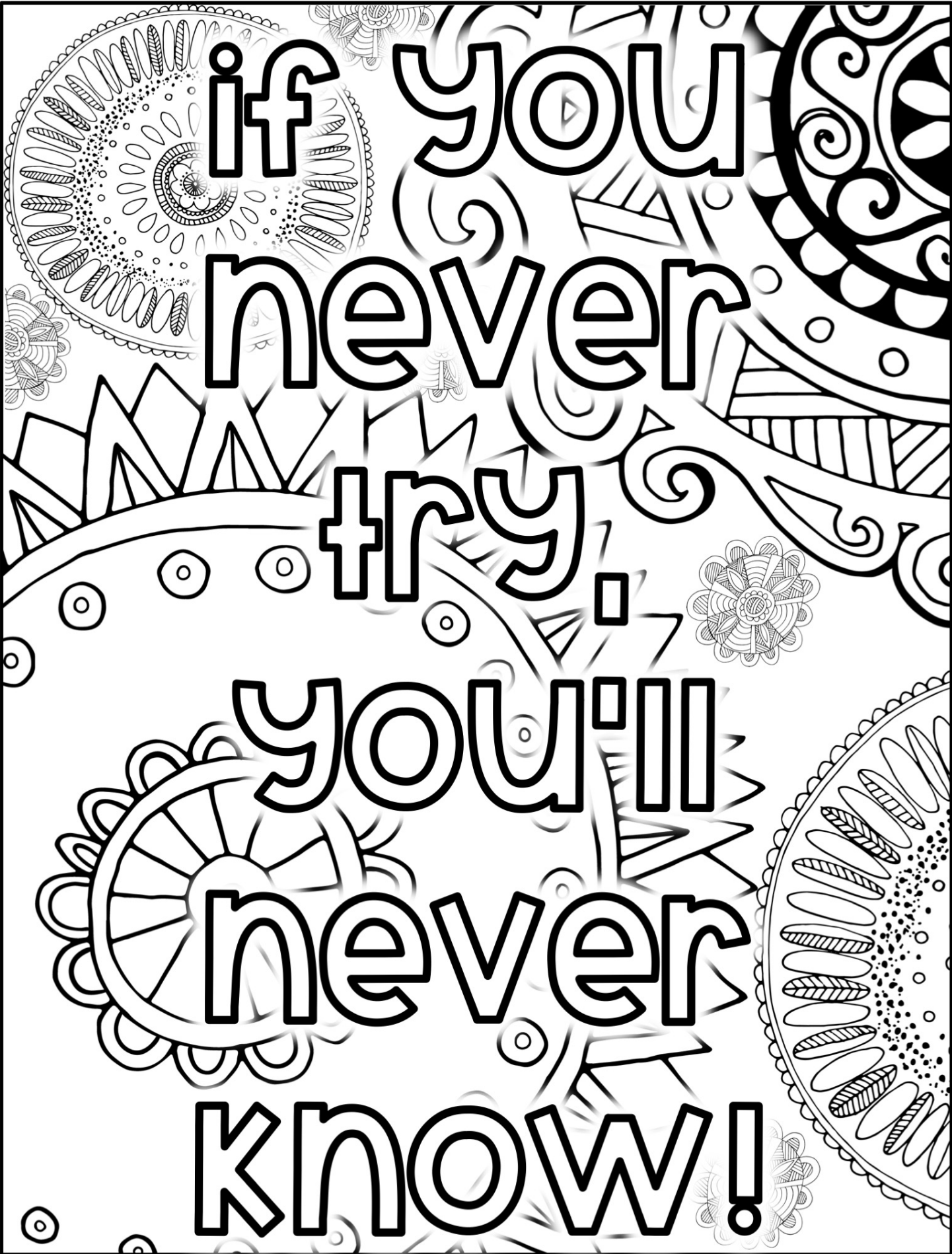


**THERE ARE NO**  
**failures**

▶▶▶ **JUST** ◀◀◀

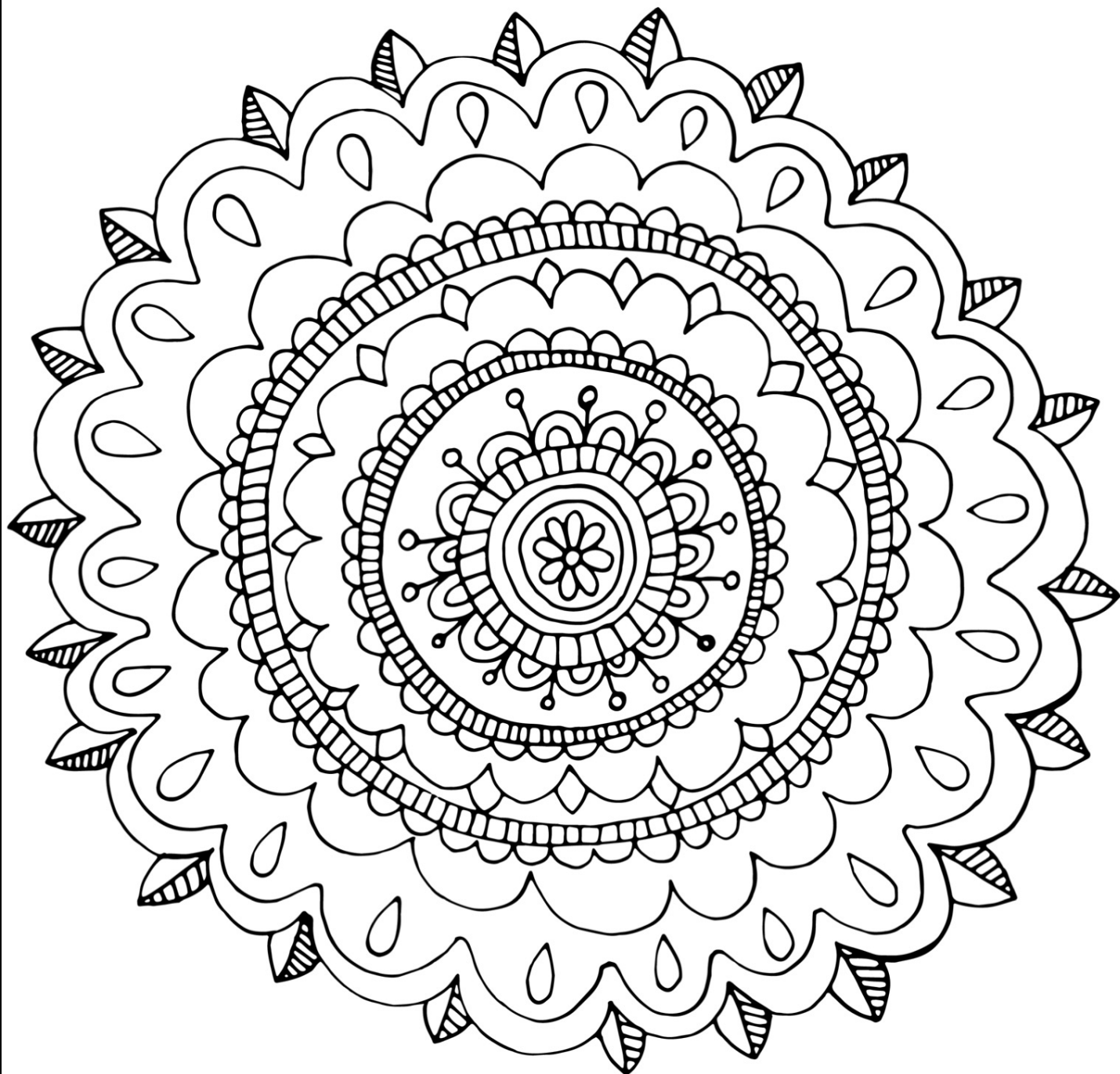
**discoveries**





if you  
never  
try,  
you'll  
never  
know!

mistakes are proof



that you are trying

# Don't forget to kiss your brain!

It is important to reward your brain (and yourself) for working hard. When you work hard at something and grow from it, make sure to take a moment to "Kiss your brain." Just kiss your fingers and touch your head and think about why your brain is amazing!

WRITE: What does YOUR brain deserve some love for??

---

---

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---

---

# fixed mindset

Students with a **fixed mindset** often feel sad, angry, or frustrated, like the student in the desk below. Write some characteristics of a fixed mindset in the circles and glue them around the student in the desk. You can draw a line to connect the circle and the student, like a bubble map.

**THINK:** Are these characteristics that YOU want to have?

give up  
too easily

don't  
learn from  
mistakes

think  
they can't  
do it

fixed mindset

won't  
try new  
things

**FIXED** Mindset

**FIXED** Mindset

**FIXED** Mindset

**FIXED** Mindset

**FIXED** Mindset

**FIXED** Mindset

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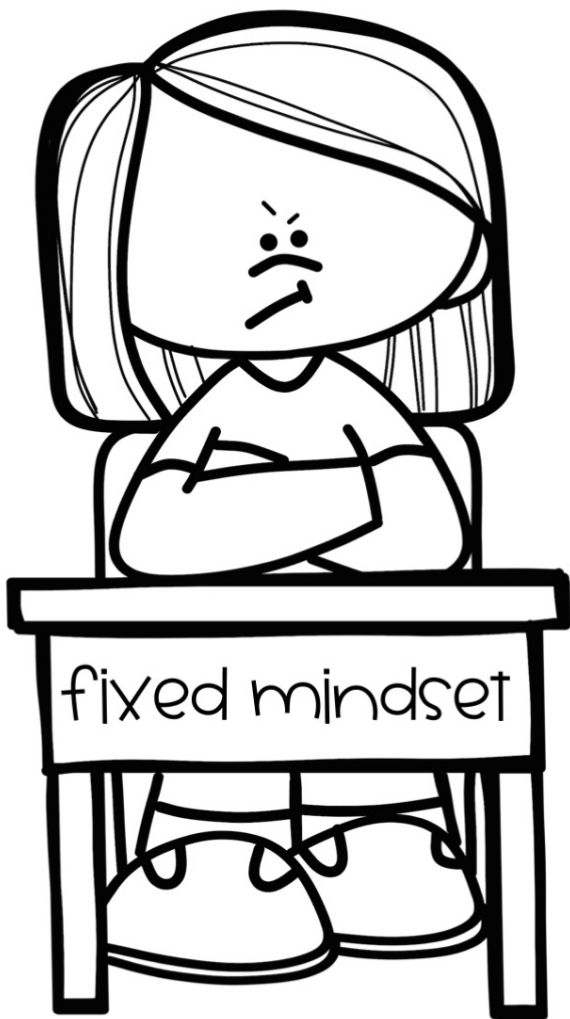
**THINK:** Are these characteristics that YOU want to have?

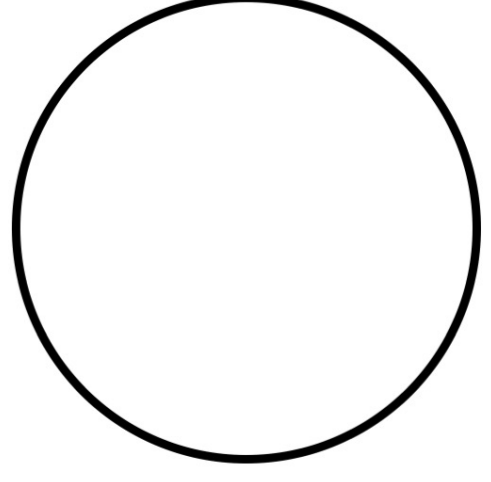
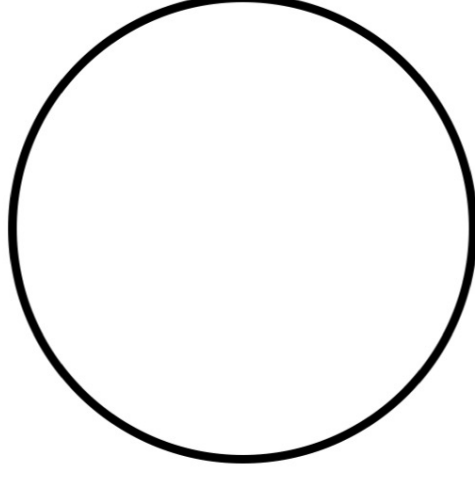
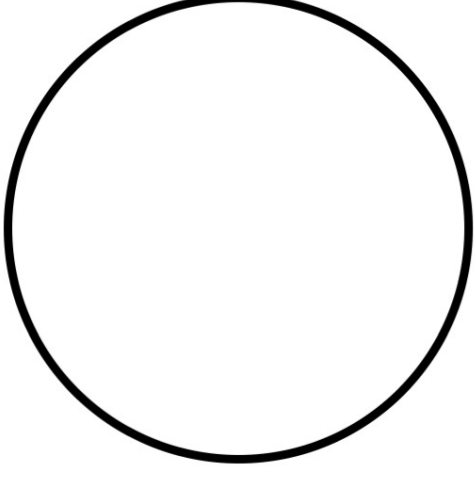
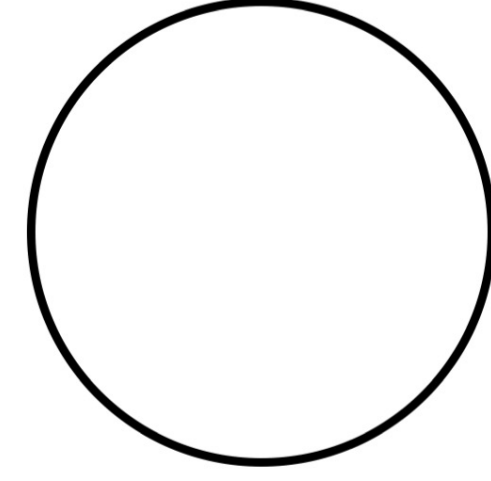
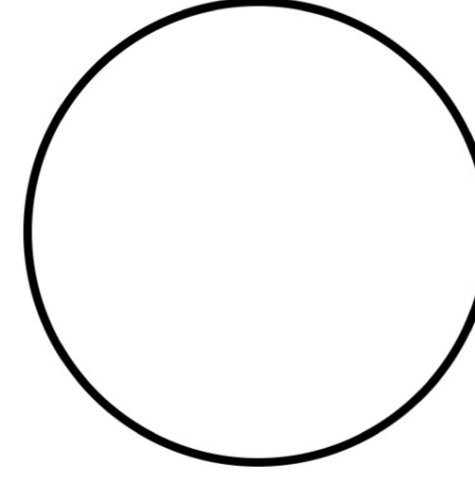
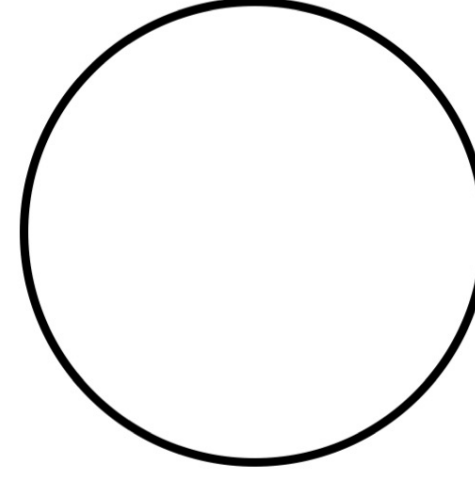
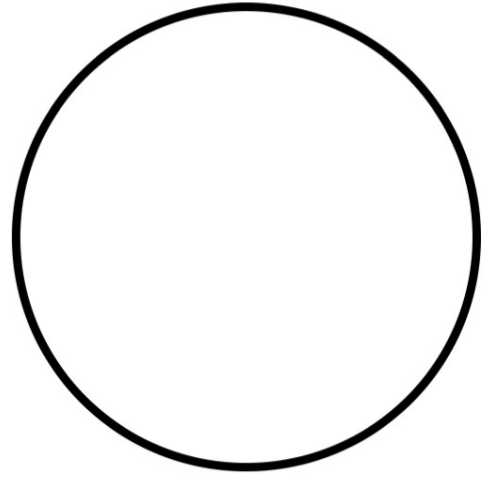
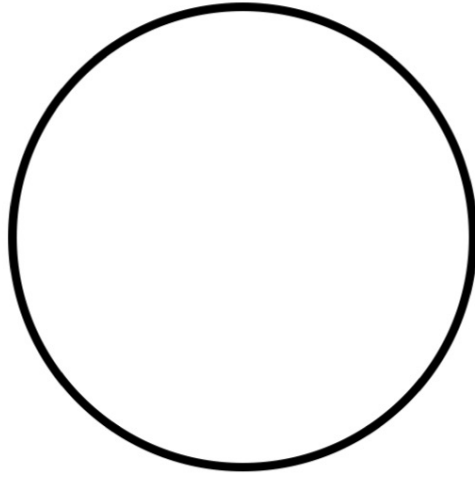
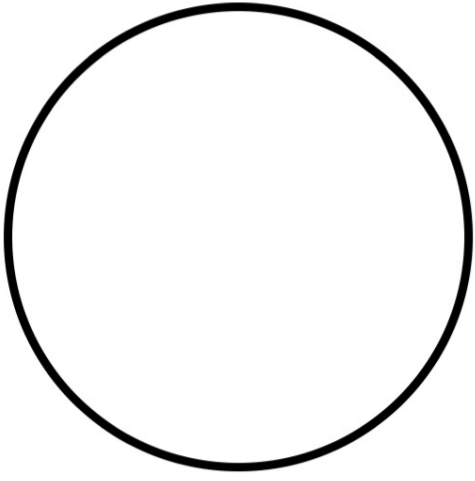
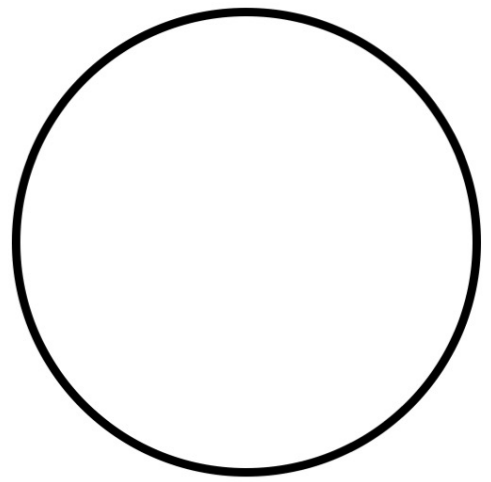
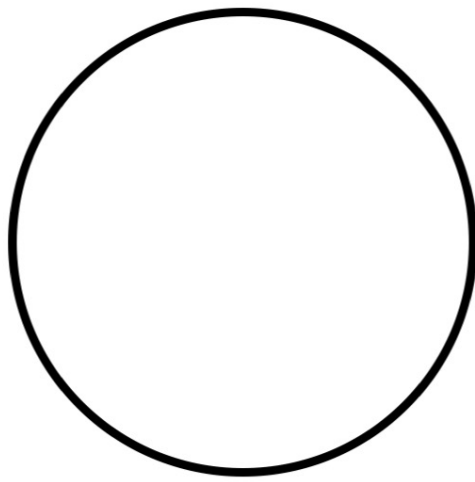
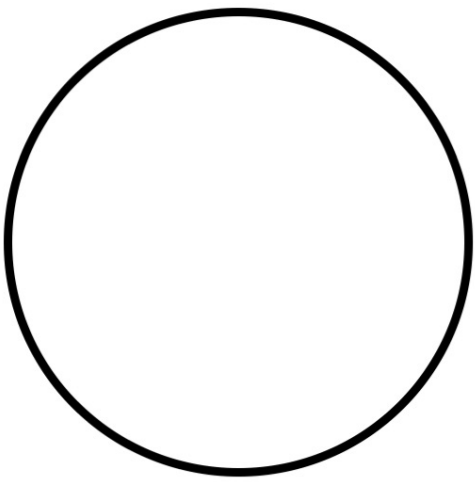
Students with a fixed mindset often feel sad, angry, or frustrated, like the student in the desk below. Write some characteristics of a fixed mindset in the circles and glue them around the student in the desk. You can draw a line to connect the circle and the student, like a bubble map.

**THINK:** Are these characteristics that YOU want to have?









# growth mindset

Students with a growth mindset often feel excited, happy, and encouraged, like the student in the desk below. Write some characteristics of a fixed mindset in the circles and glue them around the student in the desk. You can draw a line to connect the circle and the student, like a bubble map.

**THINK:** Are these characteristics that **YOU** want to have?



**GROWTH** Mindset

**GROWTH** Mindset

**GROWTH** Mindset

**GROWTH** Mindset

**GROWTH** Mindset

**GROWTH** Mindset

Students with a growth mindset often feel excited, happy, and encouraged, like the student in the desk below. Write some characteristics of a growth mindset in the circles and glue them around the student in the desk. You can draw a line to connect the circle and the student, like a bubble map.

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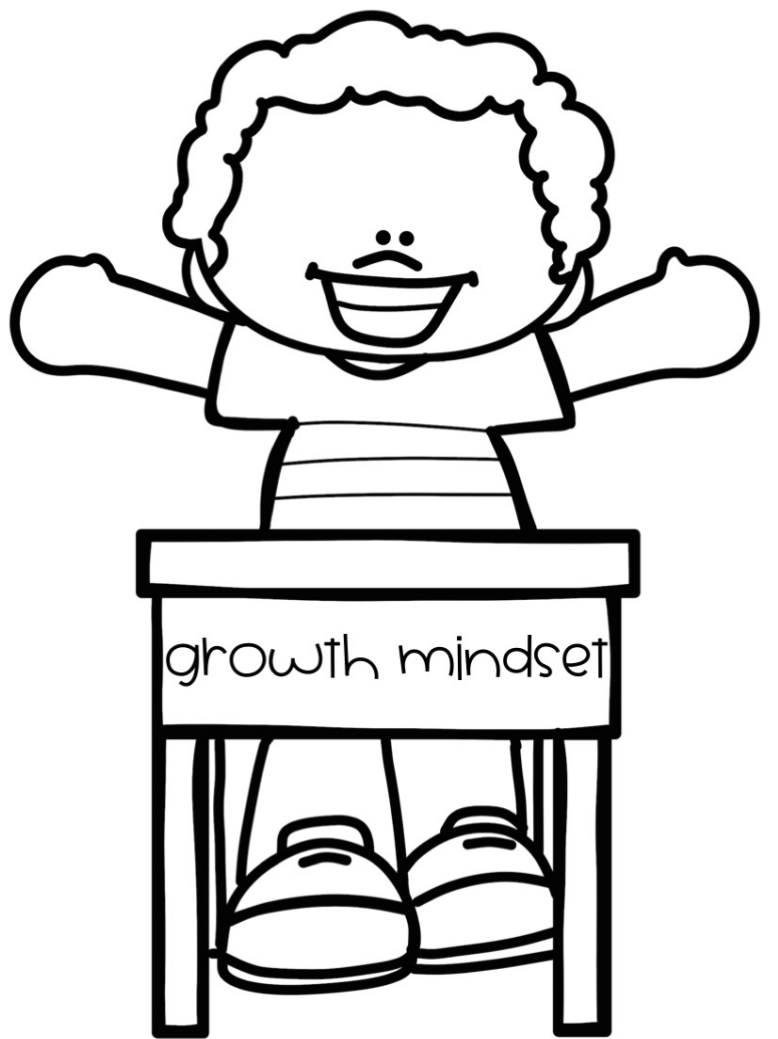
**THINK:** Are these characteristics that YOU want to have?

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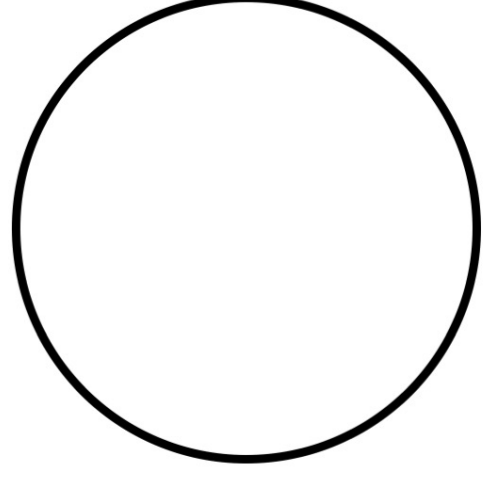
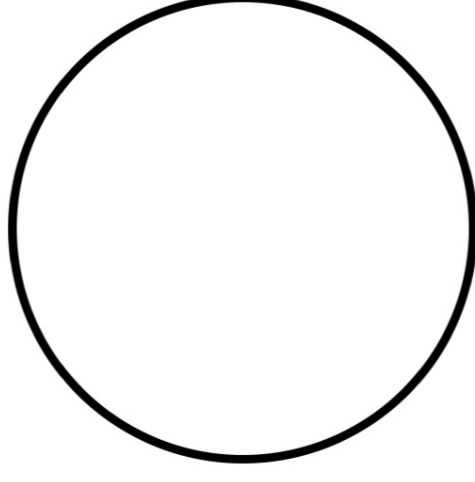
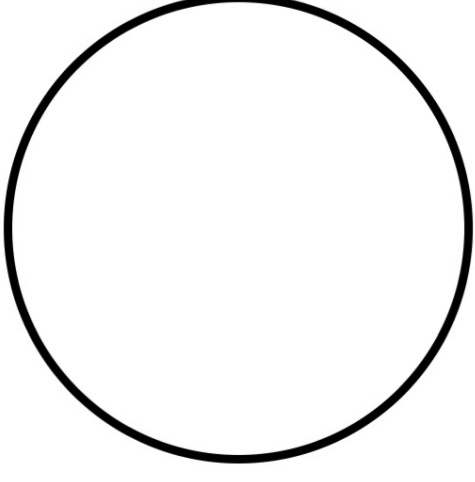
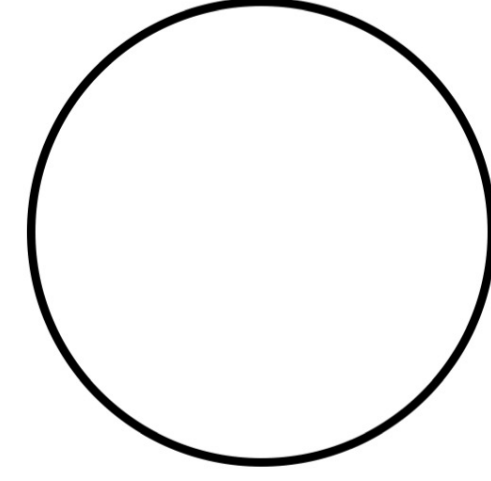
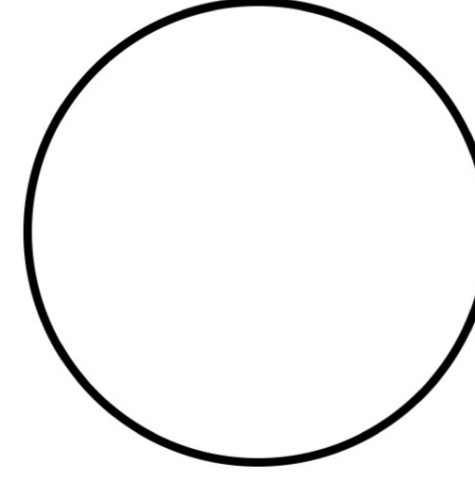
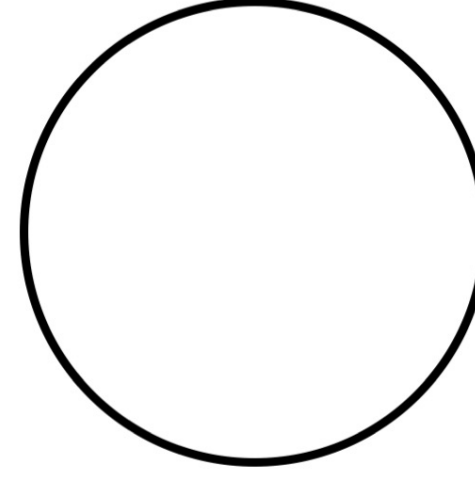
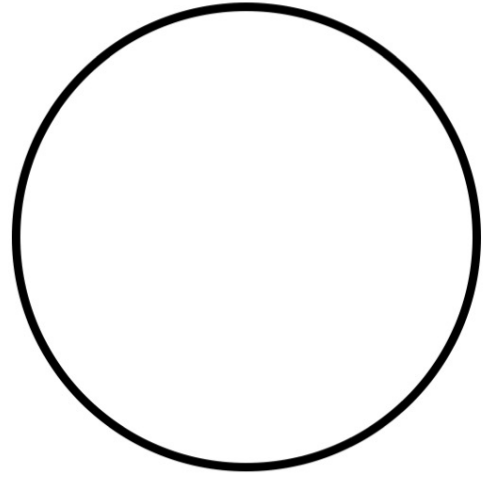
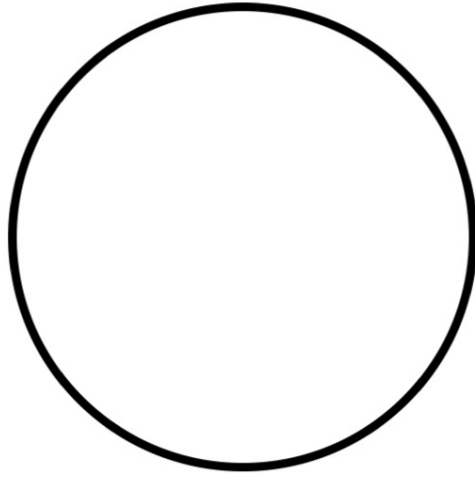
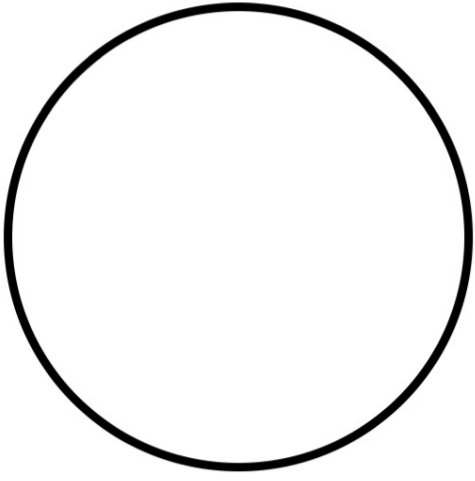
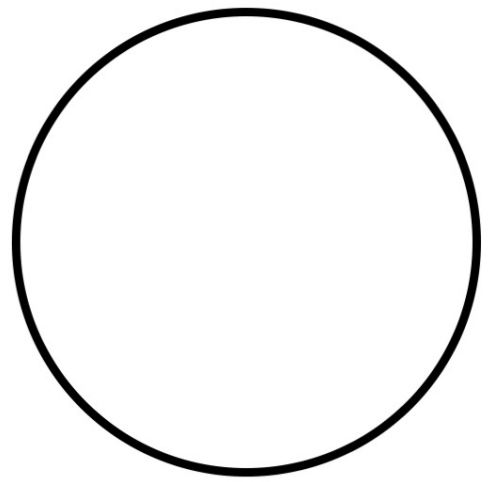
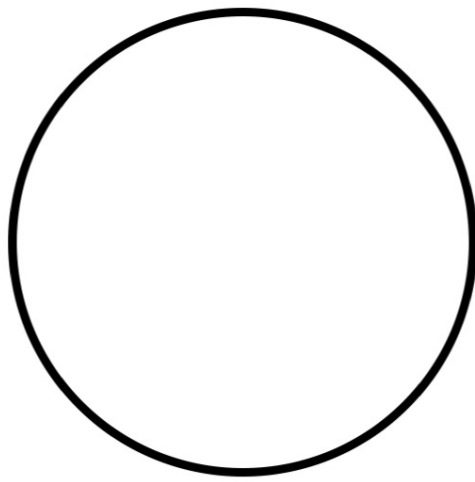
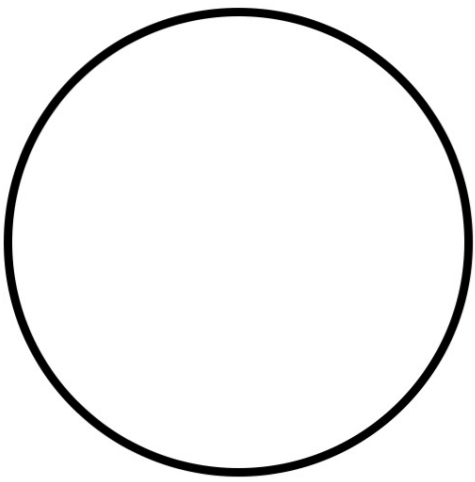
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**THINK:** Are these characteristics that YOU want to have?









# What's my mindset?

I'll just do this and a  
I think  
If something because  
ave  
w+  
asp  
There is always  
I want and  
I think feed

fixed  
mindset

growth  
mindset

What's My  
**MINDSET?**

What's My  
**MINDSET?**

What's My  
**MINDSET?**

**FIXED**  
Mindset

**GROWTH**  
Mindset

**FIXED**  
Mindset

**GROWTH**  
Mindset

I'm either good at it, or I'm not.

I can learn anything that I want to.

I want to challenge myself.

I can learn from my failures and mistakes.

If I make a mistake or fail, I am not good.

I think feedback is constructive and can help me.

I think feedback is personal and hurts my feelings.

I have to do better than everyone else.

I am inspired by the success of others.

I always keep trying, even when it is hard or I am frustrated.

I can't do it YET, but I will keep trying until I can.

If something is hard, I will give up because I can't do it.

I'll just do the things I am good at and avoid the rest.

There is always room to improve and grow.

**I have a**  
-----  
**mindset!**

**I have a**  
-----  
**mindset!**

**I have a**  
-----  
**mindset!**

**I have a**  
-----  
**mindset!**

**I have a**  
-----  
**mindset!**

**I have a**  
-----  
**mindset!**

# Change my language

By changing the things you say, you can change your mindset! **Speaking positively** will lead to **thinking positively**, which will lead to a better attitude and better learning. Under each flap, write a statement using a **GROWTH mindset**. Use this when you are having a hard time thinking positively.

I can't do it.

I need to keep practicing to get better.

Everyone is better than me.

I always mess up.



Change My  
**LANGUAGE**

Change My  
**LANGUAGE**

Change My  
**LANGUAGE**

Change My  
**LANGUAGE**

## Fixed Mindset to Growth Mindset

By changing the things you say, you can change your mindset! Speaking positively will lead to thinking positively, which will lead to a better attitude and better learning. Under each flap, write a statement using a GROWTH mindset. Use this when you are having a hard time thinking positively.

## Fixed Mindset to Growth Mindset

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## Fixed Mindset to Growth Mindset

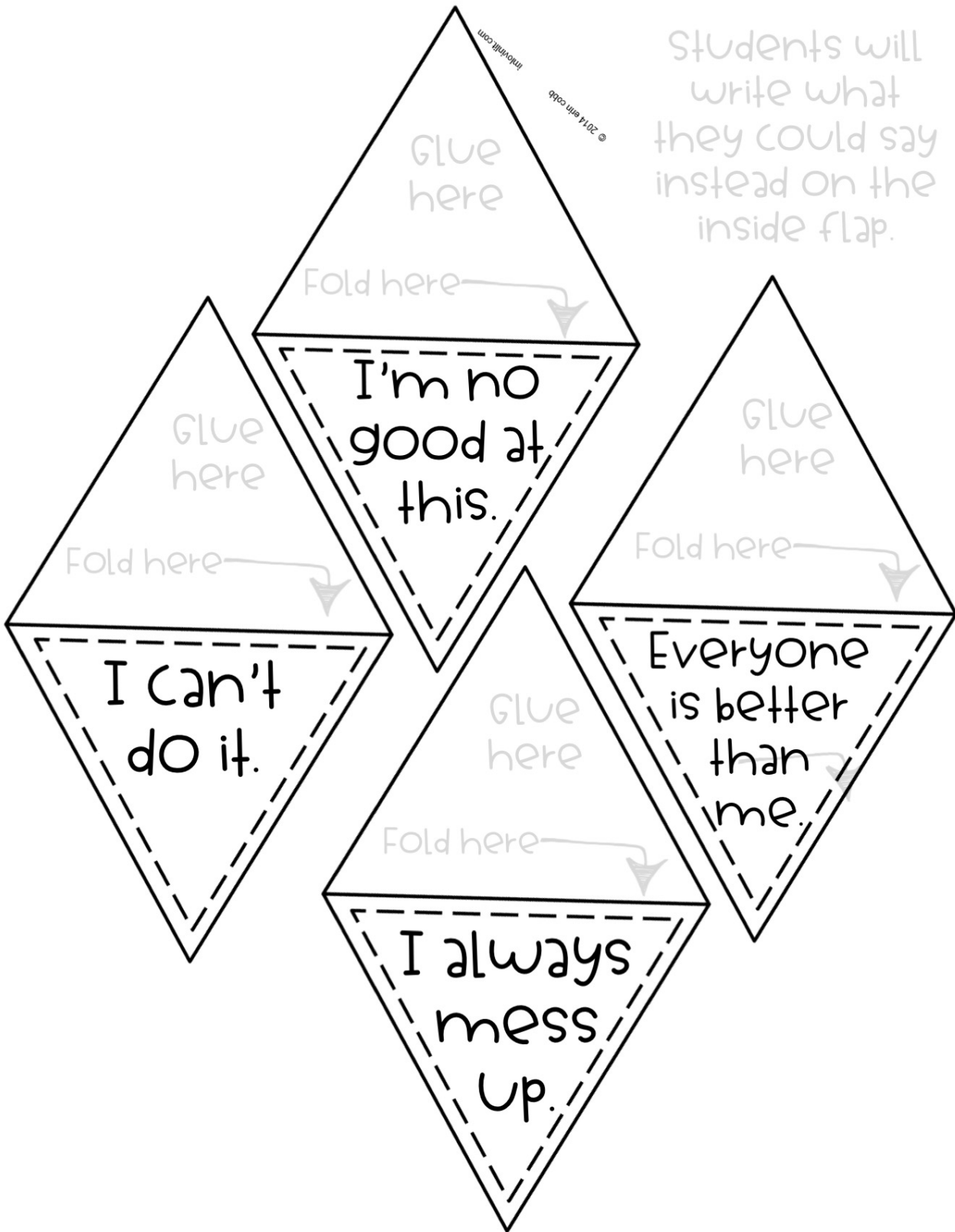
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## Fixed Mindset to Growth Mindset

By changing the things you say, you can change your mindset! Speaking positively will lead to thinking positively, which will lead to a better attitude and better learning. Under each flap, write a statement using a GROWTH mindset. Use this when you are having a hard time thinking positively.

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Students will write what they could say instead on the inside flap.



**BUILDING** Character

**BUILDING** Character

**BUILDING** Character

**BUILDING** Character

**BUILDING** Character

**BUILDING** Character

**BUILDING** Character

**BUILDING** Character

**I am**

**TRUSTWORTHY**

**I am**

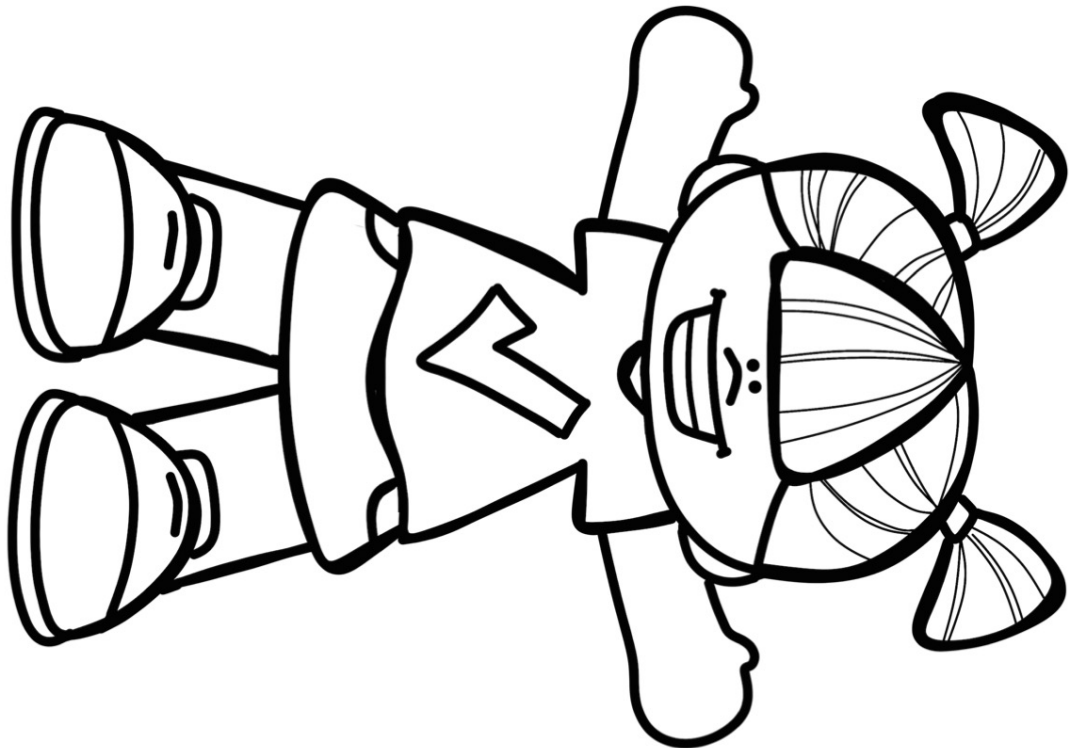
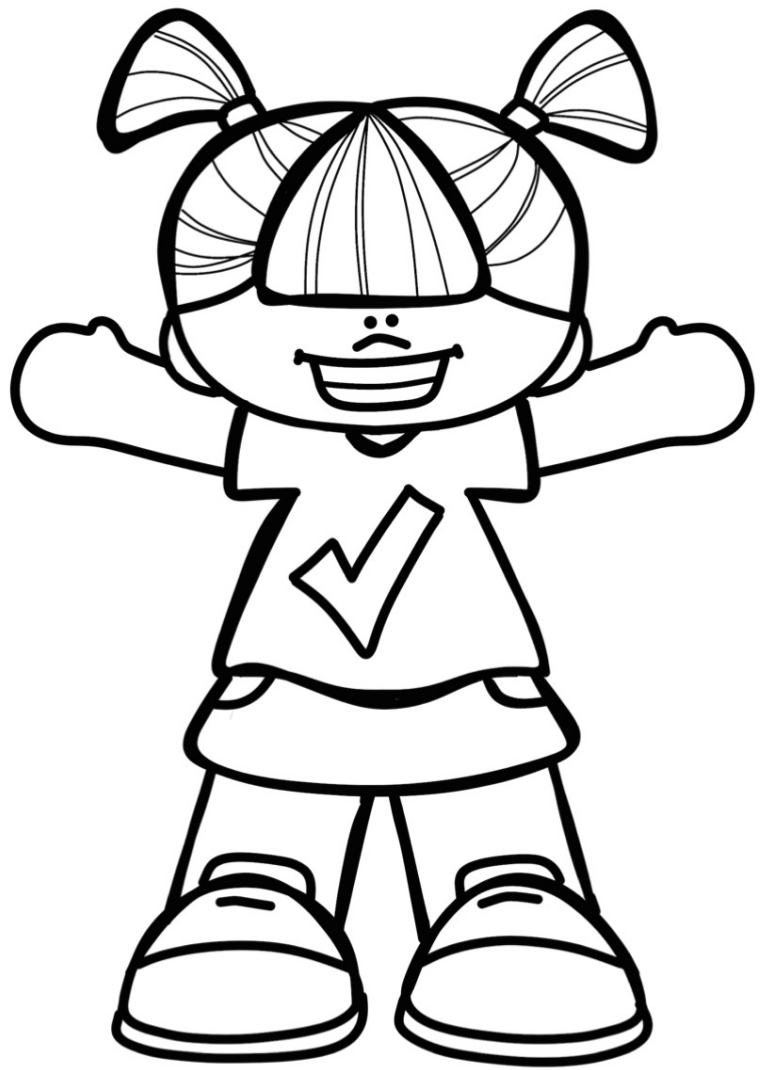
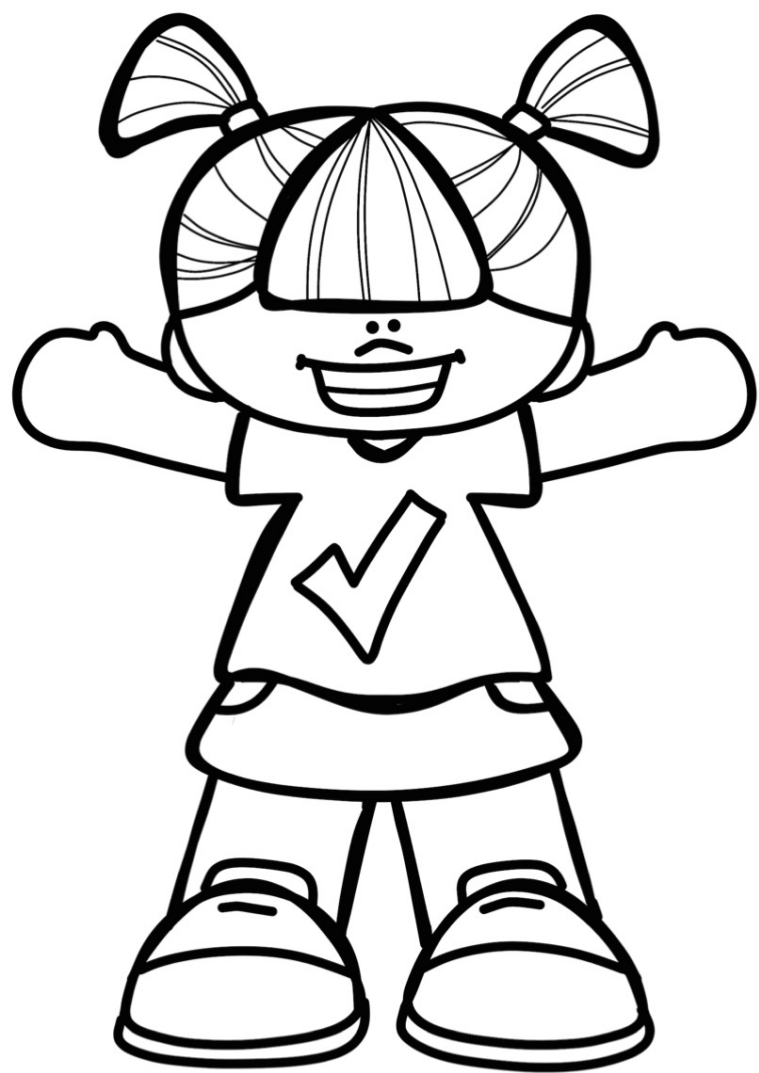
**RESPONSIBLE**

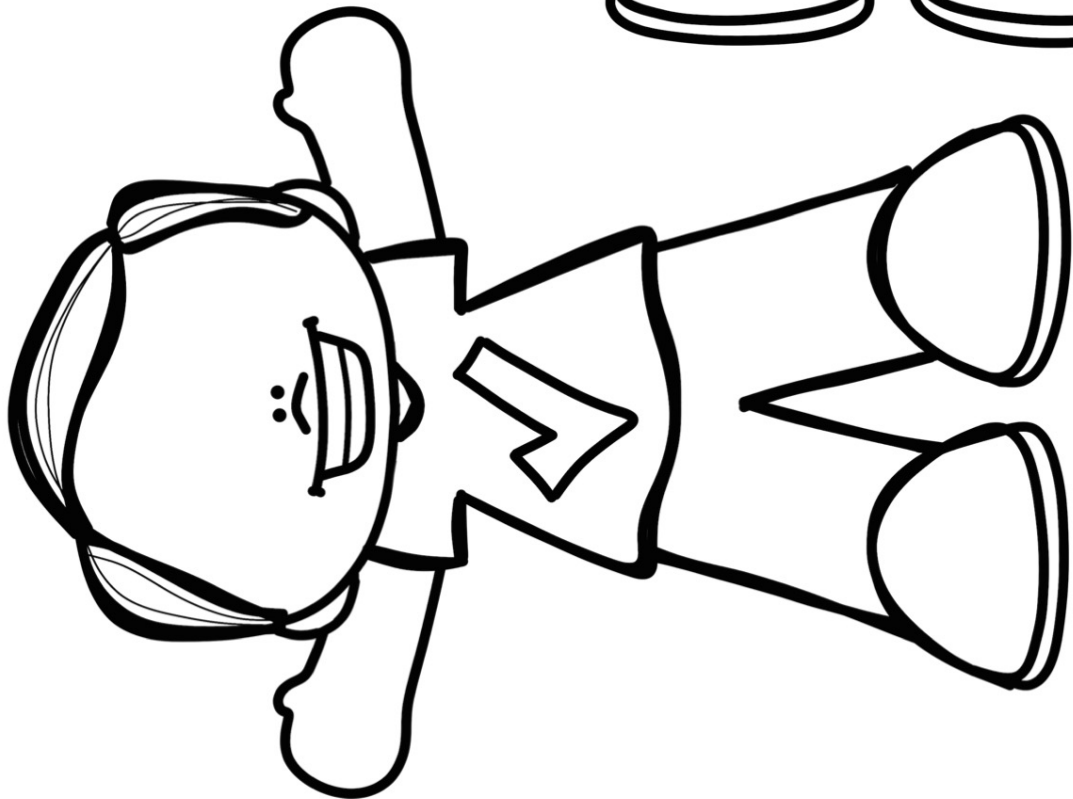
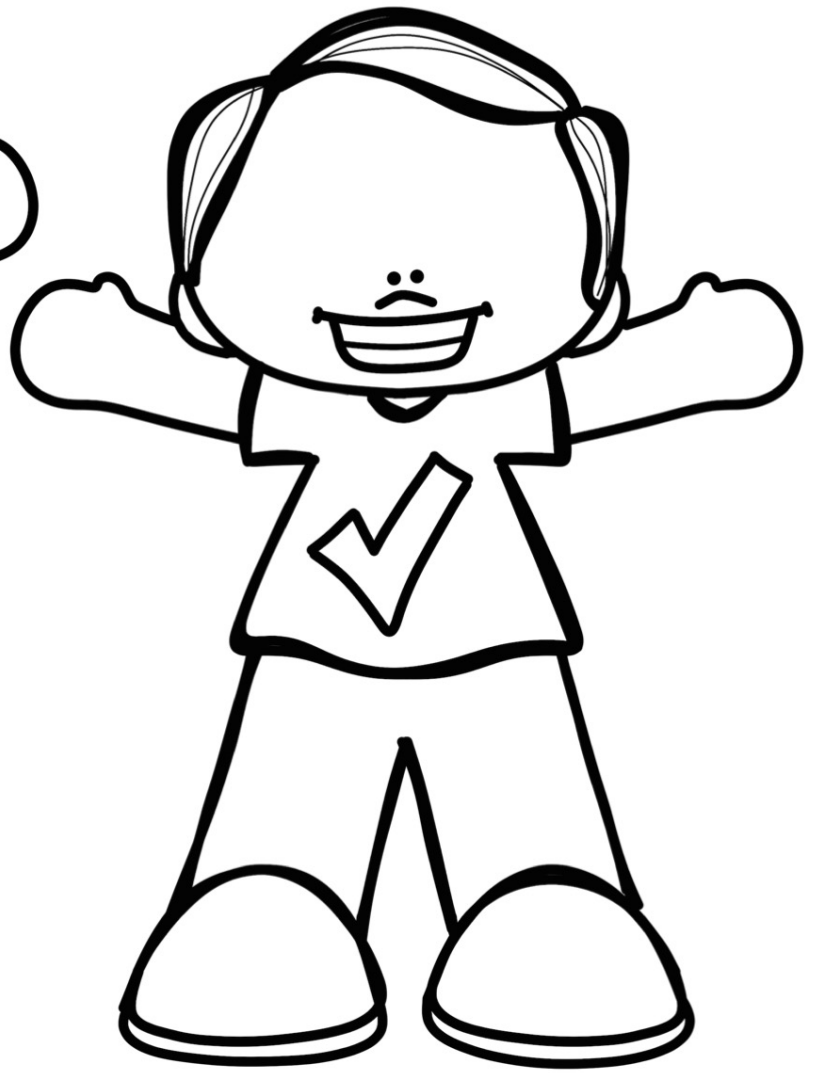
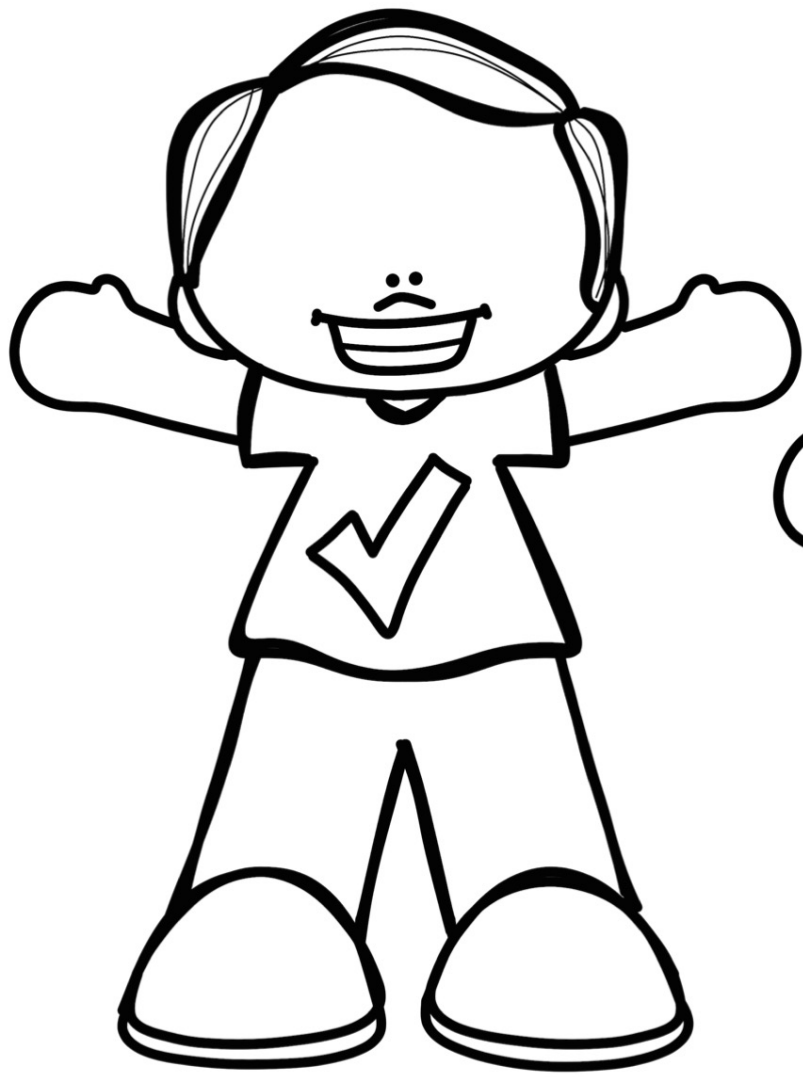
**I am**

**RESPECTFUL**

**I CAN BUILD  
POSITIVE CHARACTER**

Write about or draw a picture for each character trait.





Downward Dog  
YOGA POSE

Downward Dog  
YOGA POSE

Downward Dog  
YOGA POSE

Downward Dog  
YOGA POSE

Downward Dog  
YOGA POSE

Downward Dog  
YOGA POSE



Downward Dog  
GENTLE STRETCH

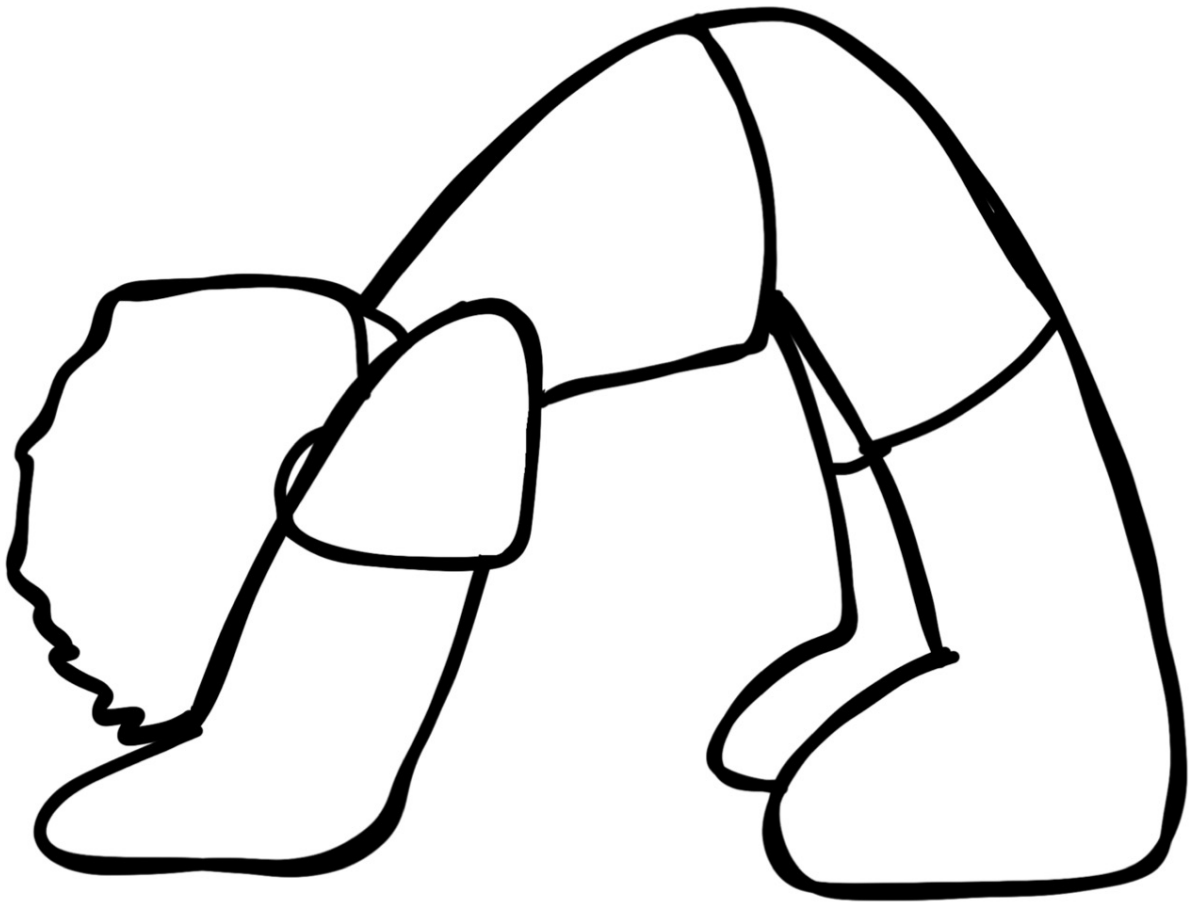
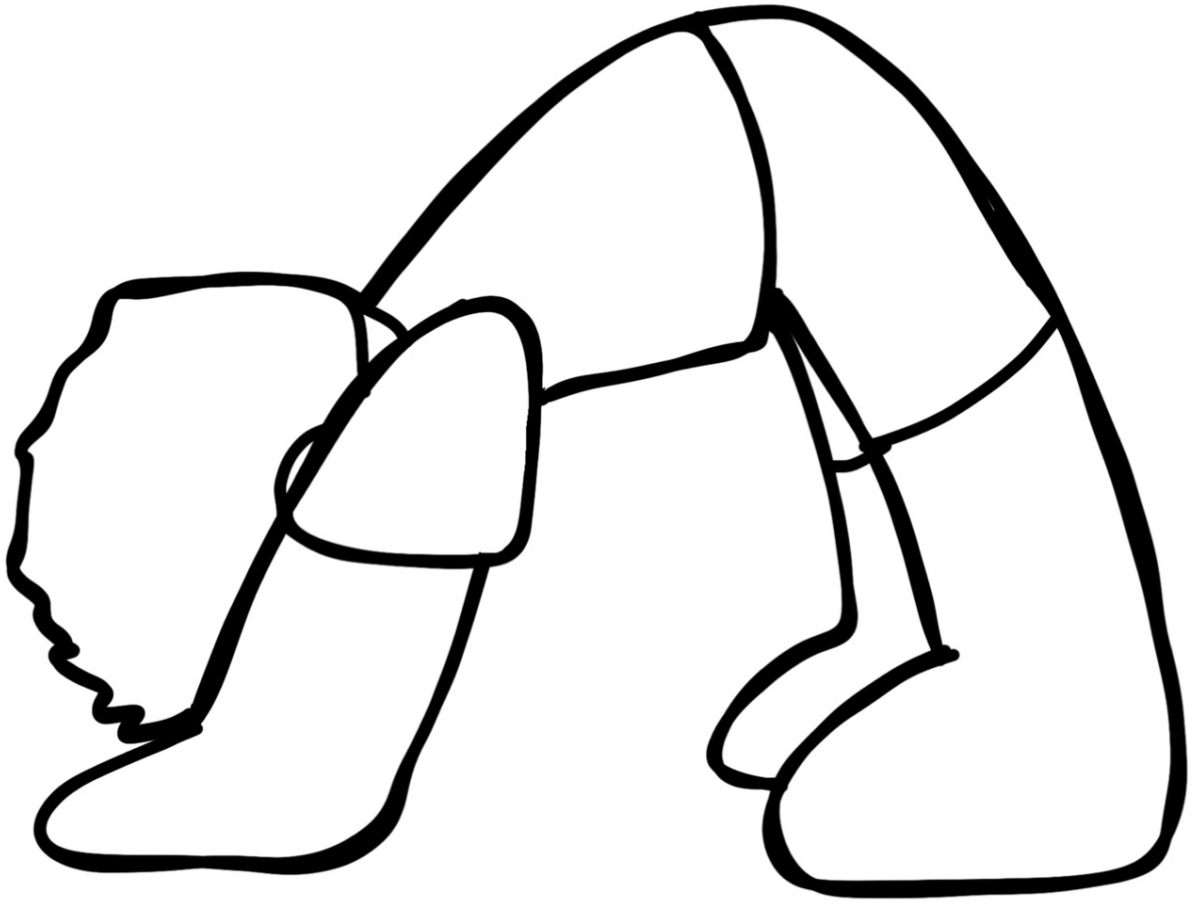
Downward Dog  
GENTLE STRETCH

Downward Dog  
GENTLE STRETCH

Downward Dog  
GENTLE STRETCH

Downward Dog  
GENTLE STRETCH

Downward Dog  
GENTLE STRETCH



**Step 1:**  
Start out on all  
fours (like a  
dog!). Spread  
your fingers and  
place your palms  
flat on the floor  
under your  
shoulders.

**Step 2:**  
Lift your bottom  
up to the sky  
and straighten  
your legs and  
your back. You  
should be  
making an upside  
down V shape.

**Step 3:**  
Relax your head  
and neck down  
(facing the  
ground) and press  
your heels  
towards the  
ground. Focus on  
your breath!

Downward  
Facing  
Dog

Write how  
you feel  
after this  
pose.

Write how  
you feel  
after this  
pose.

Write how  
you feel  
after this  
pose.

Write how  
you feel  
after this  
pose.

Write how  
you feel  
after this  
pose.

Write how  
you feel  
after this  
pose.

Upward Facing Dog  
YOGA POSE

Upward Facing Dog  
YOGA POSE

Upward Facing Dog  
YOGA POSE

Upward Facing Dog  
YOGA POSE

Upward Facing Dog  
YOGA POSE

Upward Facing Dog  
YOGA POSE

Upward Facing Dog  
GENTLE STRETCH

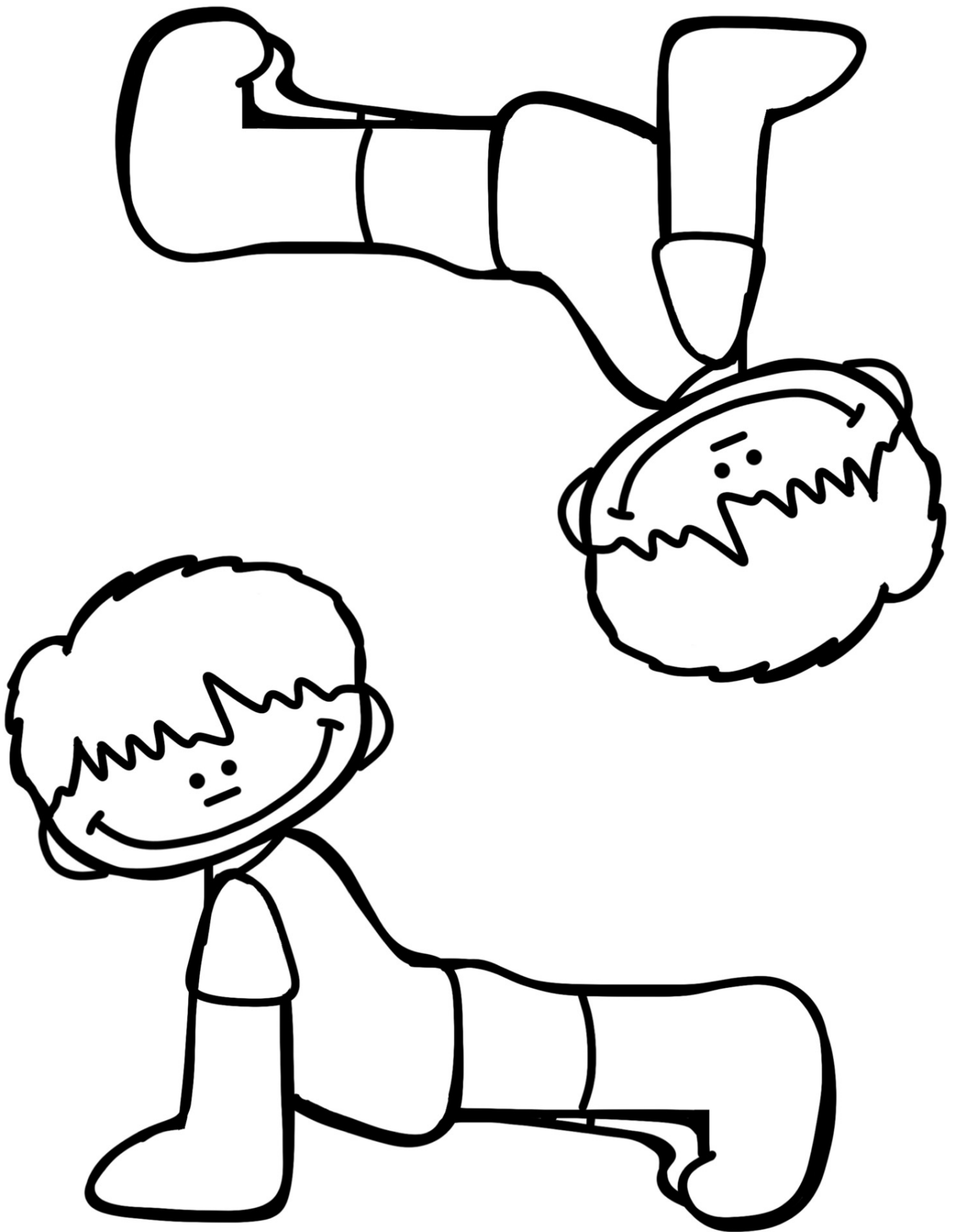
Upward Facing Dog  
GENTLE STRETCH

Upward Facing Dog  
GENTLE STRETCH

Upward Facing Dog  
GENTLE STRETCH

Upward Facing Dog  
GENTLE STRETCH

Upward Facing Dog  
GENTLE STRETCH



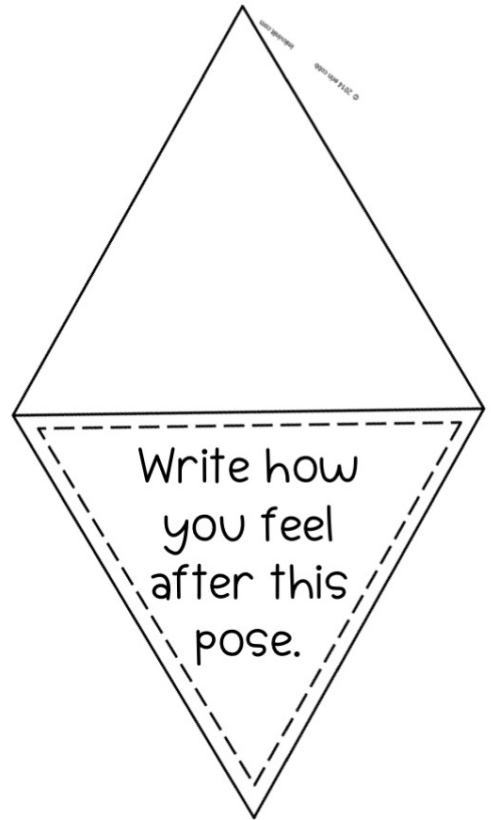
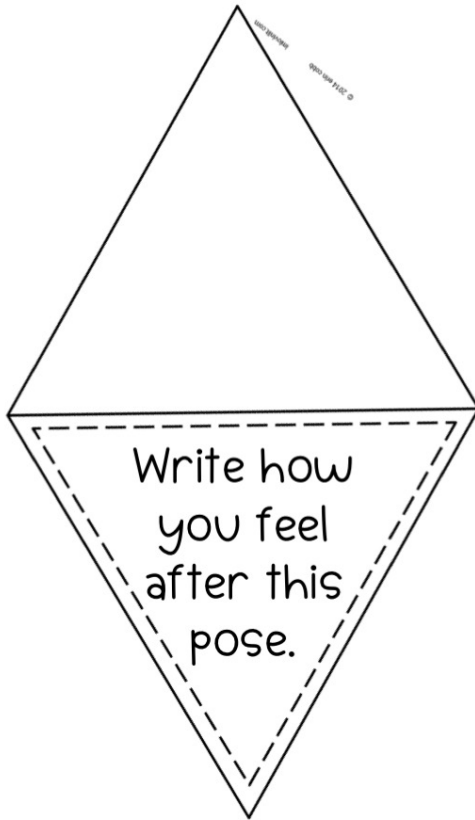
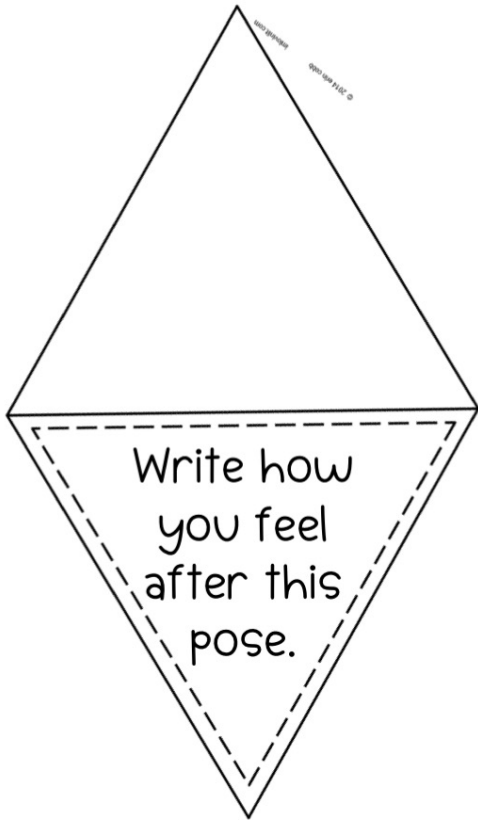
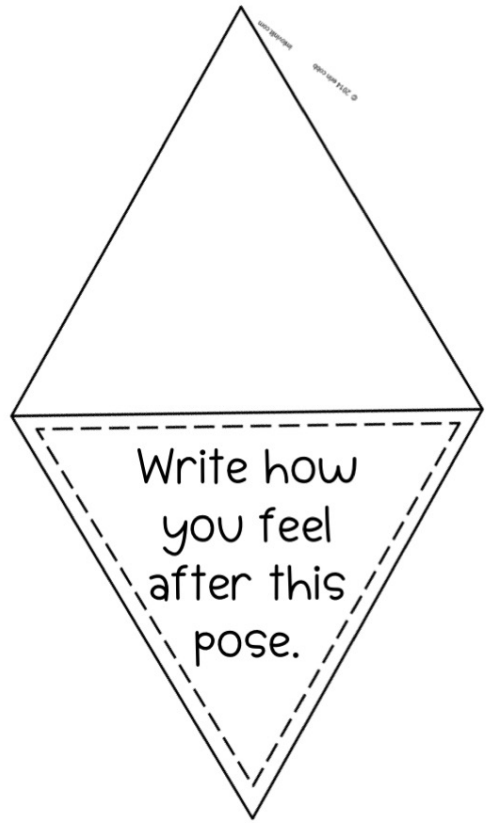
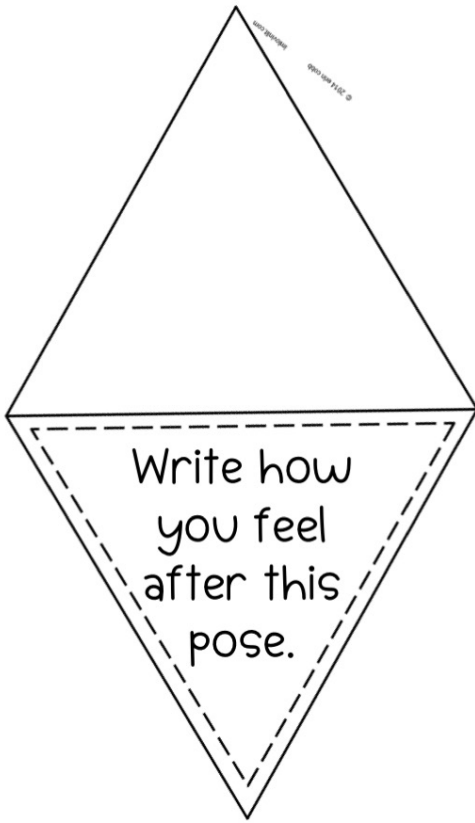
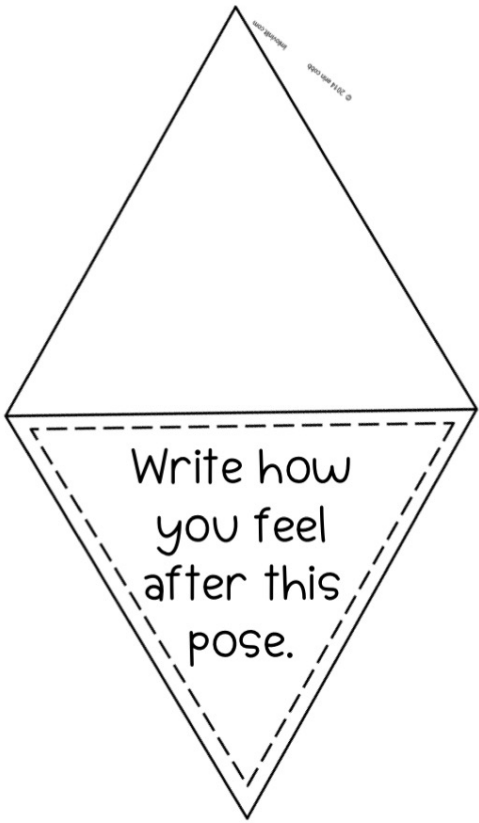
**Step 1:**  
Start by laying  
on your belly.  
Lay your  
hands flat on  
the ground  
under your  
shoulders.

**Step 2:**  
Gently press up  
on your hands,  
straightening  
arms and lifting  
the chest. Look  
up into the sky  
and pull your  
belly up into  
your back.

**Step 3:**  
Take a few deep  
breaths, then  
lower back to  
the belly and lay  
one ear on the  
floor and your  
arms at your  
sides. Repeat!

Upward  
Facing  
Dog





Tree Pose  
YOGA POSE

Tree Pose  
YOGA POSE

Tree Pose  
YOGA POSE

Tree Pose  
YOGA POSE

Tree Pose  
YOGA POSE

Tree Pose  
YOGA POSE

Tree Pose  
GENTLE STRETCH

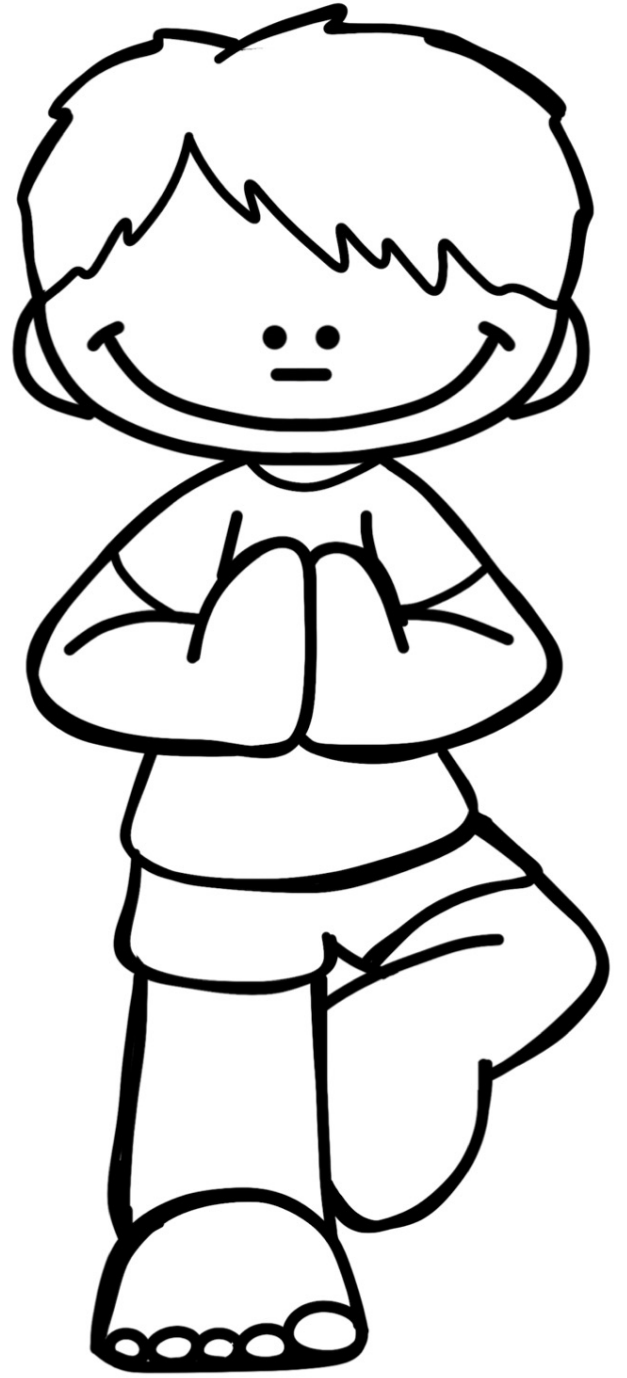
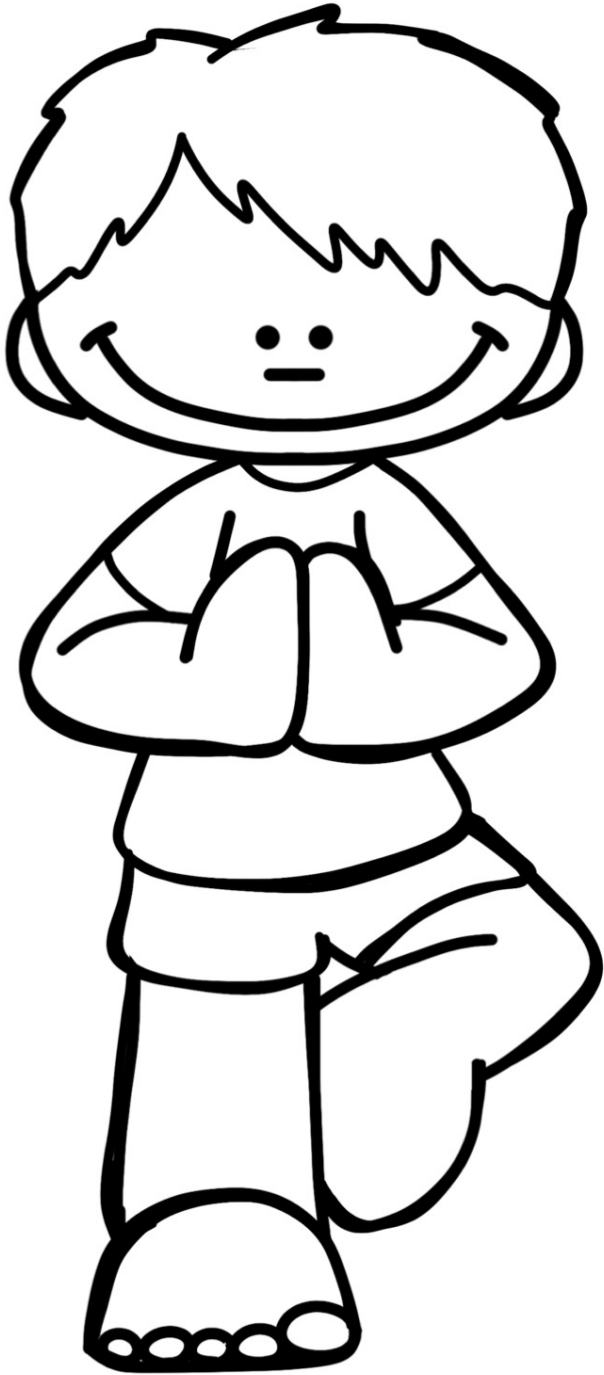
Tree Pose  
GENTLE STRETCH

Tree Pose  
GENTLE STRETCH

Tree Pose  
GENTLE STRETCH

Tree Pose  
GENTLE STRETCH

Tree Pose  
GENTLE STRETCH

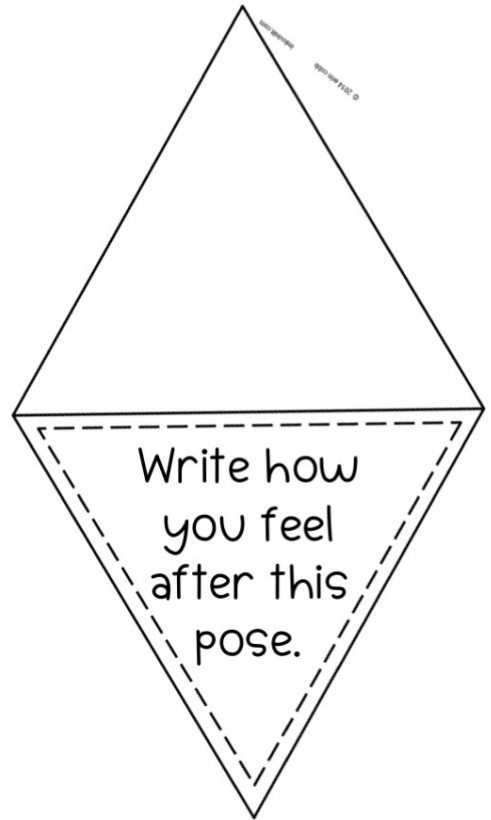
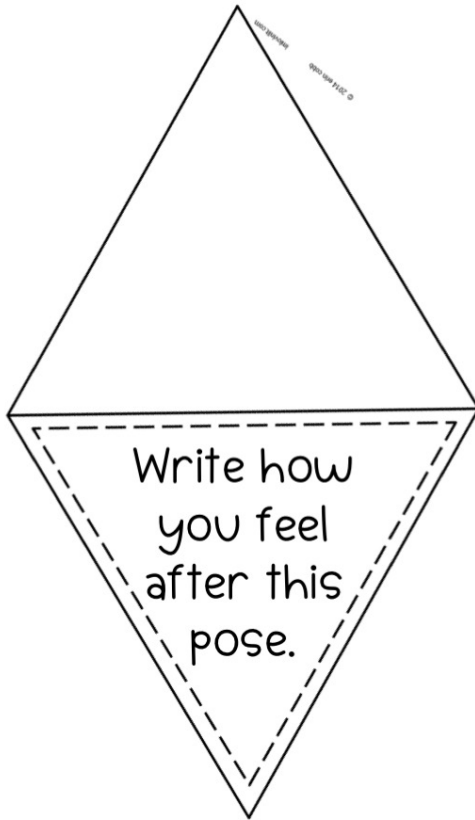
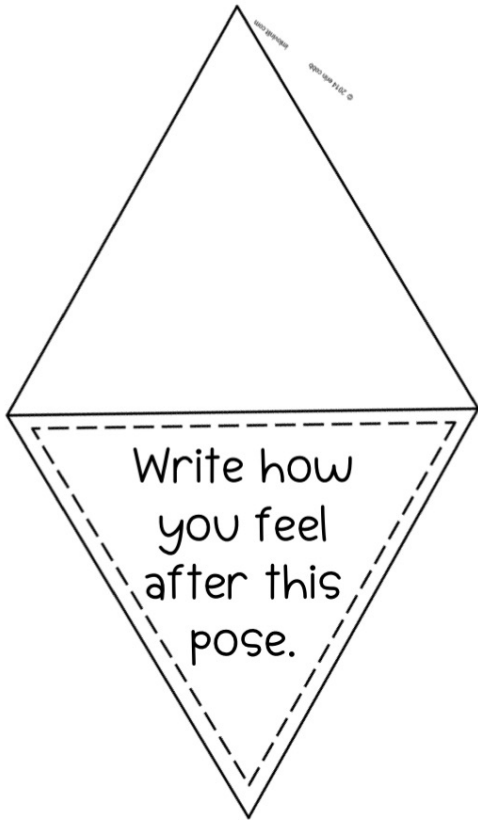
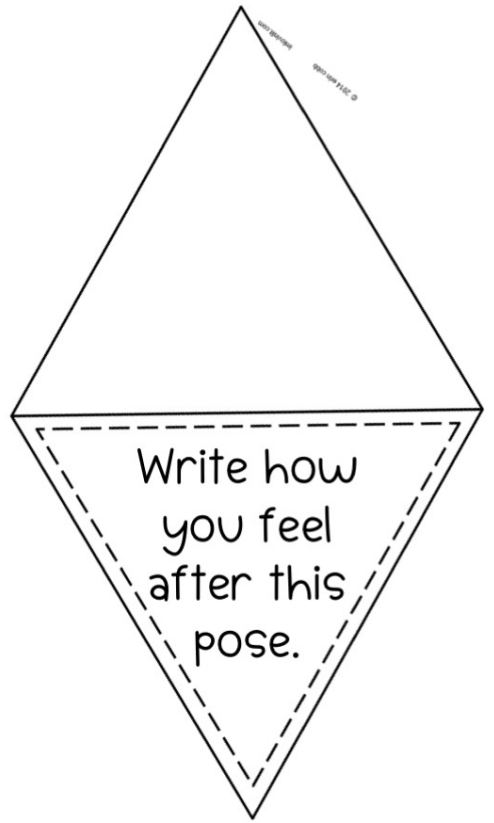
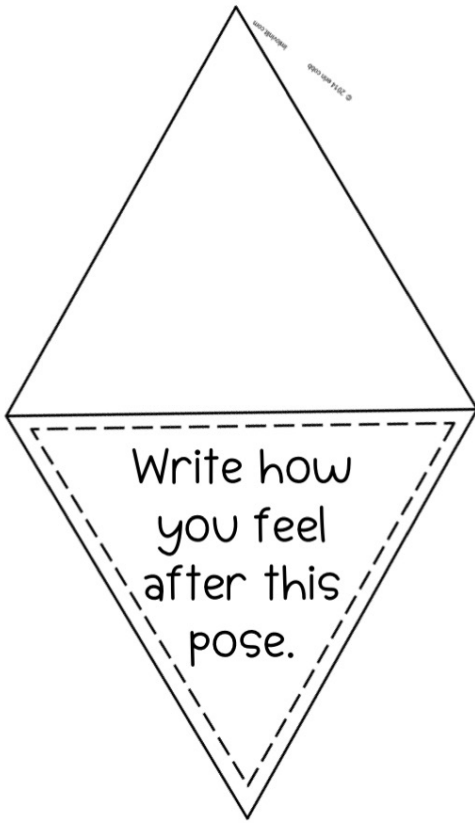
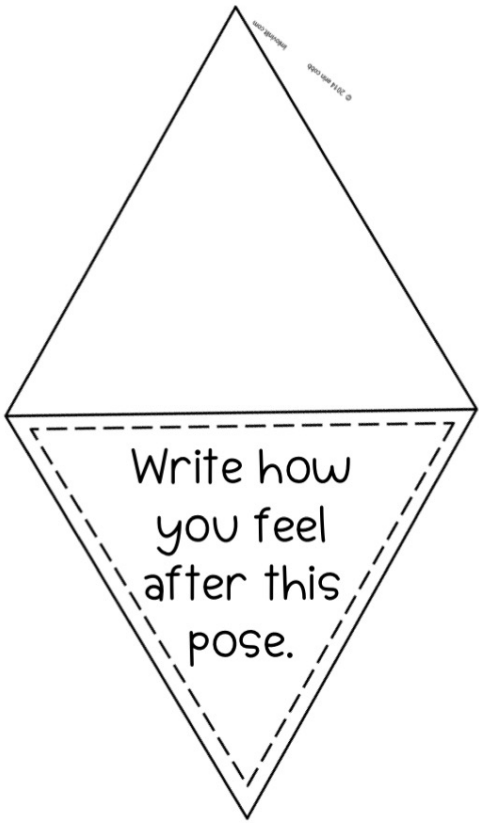


**Step 1:**  
Start by  
standing up  
straight with  
your hands  
together in  
front of your  
chest.

**Step 2:**  
Bring one foot  
up to the knee  
of the other  
leg. (So that  
how you are  
standing on  
one leg.

**Step 3:**  
Bring your arms  
up over your  
head and  
imagine yourself  
growing like a  
tree. Repeat  
pose on other  
side.

Tree  
Pose



Salutation Seal  
YOGA POSE

Salutation Seal  
YOGA POSE

Salutation Seal  
YOGA POSE

Salutation Seal  
YOGA POSE

Salutation Seal  
YOGA POSE

Salutation Seal  
YOGA POSE

Salutation Seal  
GENTLE STRETCH

Salutation Seal  
GENTLE STRETCH

Salutation Seal  
GENTLE STRETCH

Salutation Seal  
GENTLE STRETCH

Salutation Seal  
GENTLE STRETCH

Salutation Seal  
GENTLE STRETCH







**Step 1:**

Breathe in and sit down with your legs crossed.

**Step 2:**

Place your hands together in front of your chest and keep your back straight.

**Step 3:**

Stay in this position for 1 minute and focus on your breathing. Relax.

Salutation

Seal

Pose

Write how  
you feel  
after this  
pose.

Write how  
you feel  
after this  
pose.

Write how  
you feel  
after this  
pose.

Write how  
you feel  
after this  
pose.

Write how  
you feel  
after this  
pose.

Write how  
you feel  
after this  
pose.

Boat Pose  
YOGA POSE

Boat Pose  
YOGA POSE

Boat Pose  
YOGA POSE

Boat Pose  
YOGA POSE

Boat Pose  
YOGA POSE

Boat Pose  
YOGA POSE

Boat Pose  
GENTLE STRETCH

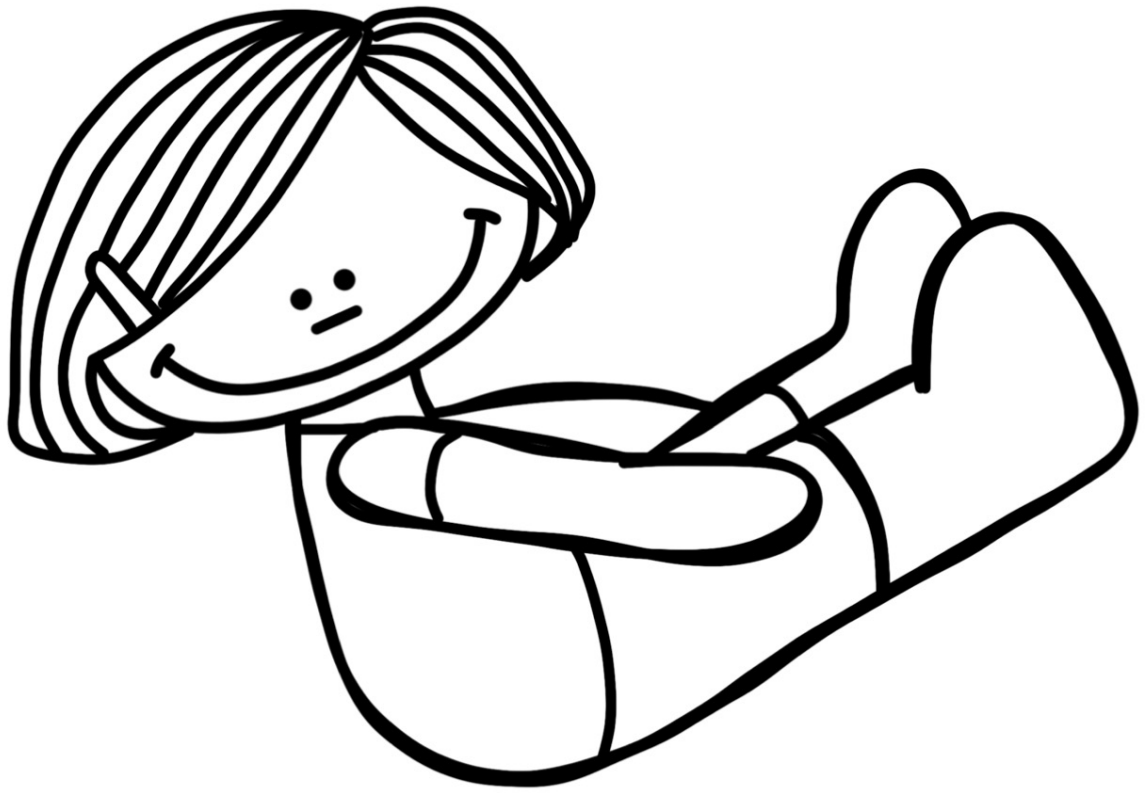
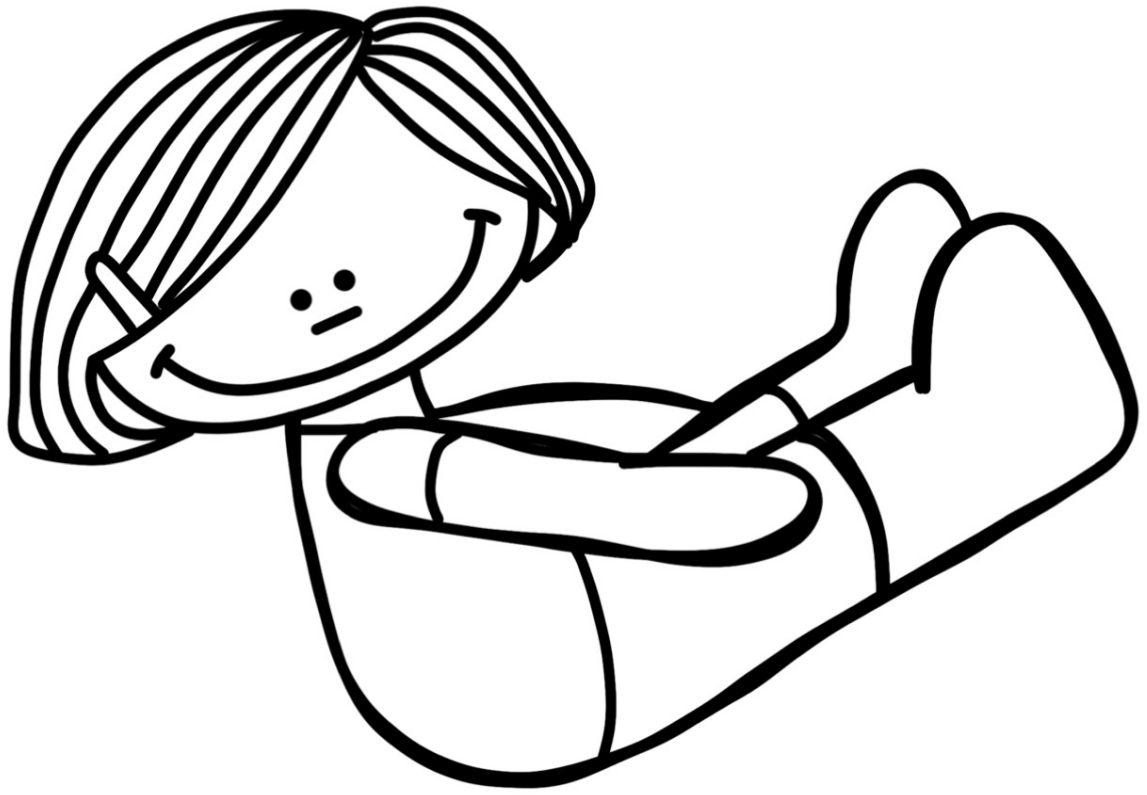
Boat Pose  
GENTLE STRETCH

Boat Pose  
GENTLE STRETCH

Boat Pose  
GENTLE STRETCH

Boat Pose  
GENTLE STRETCH

Boat Pose  
GENTLE STRETCH

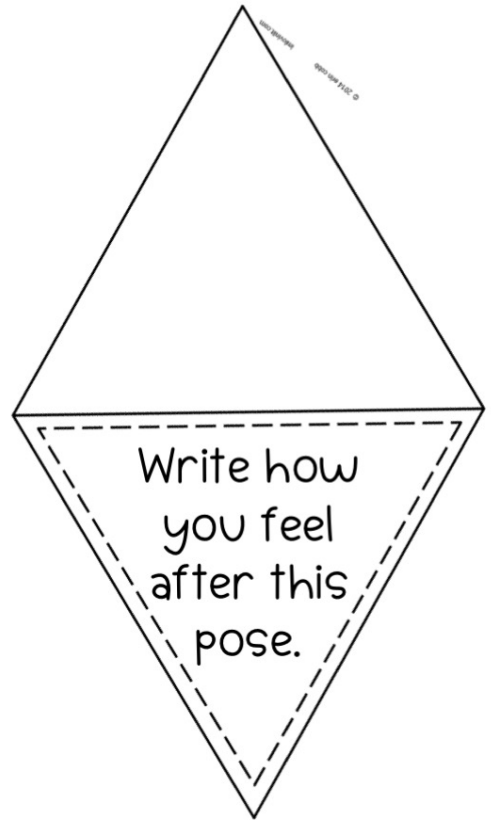
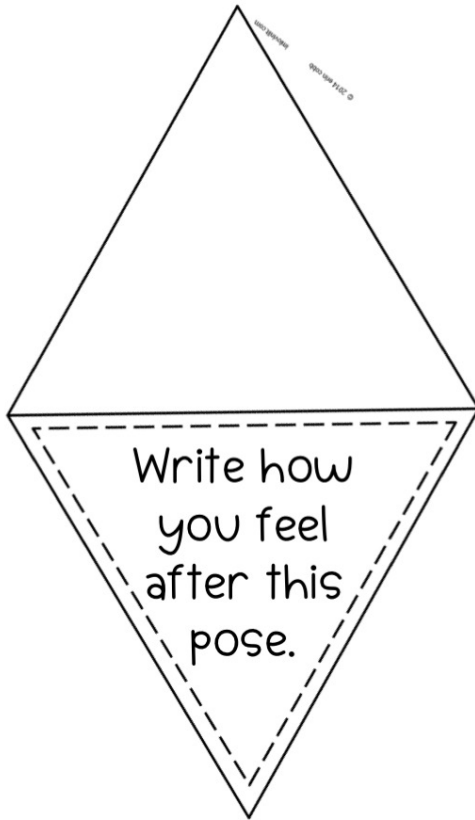
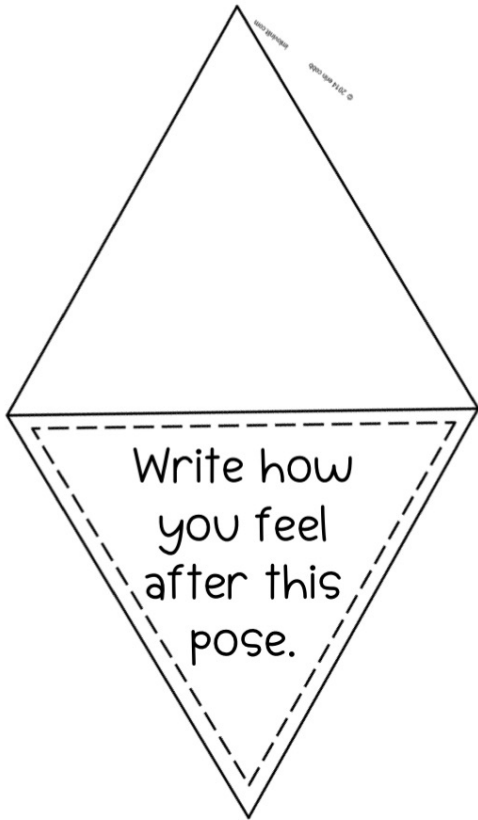
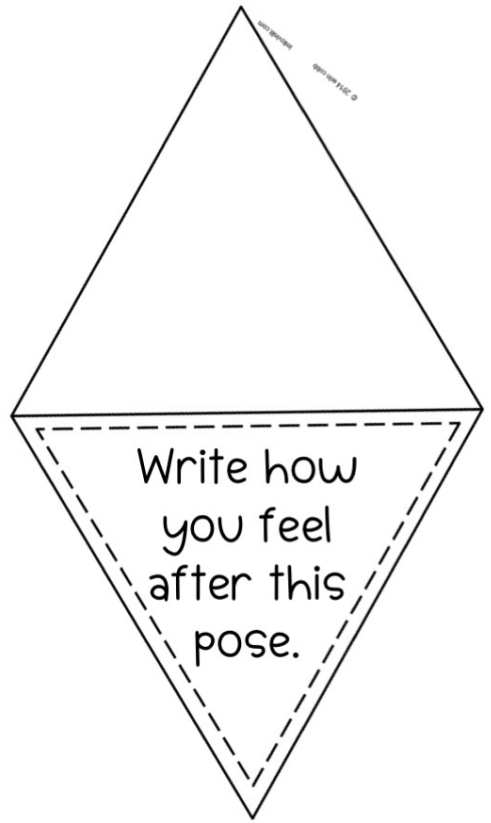
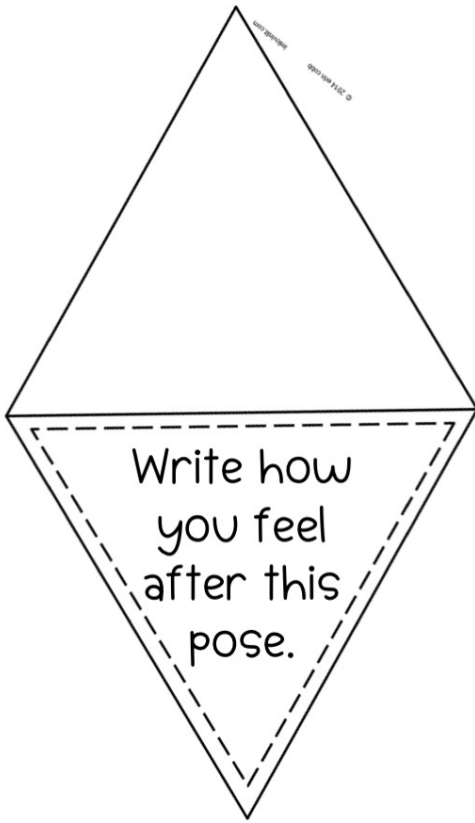
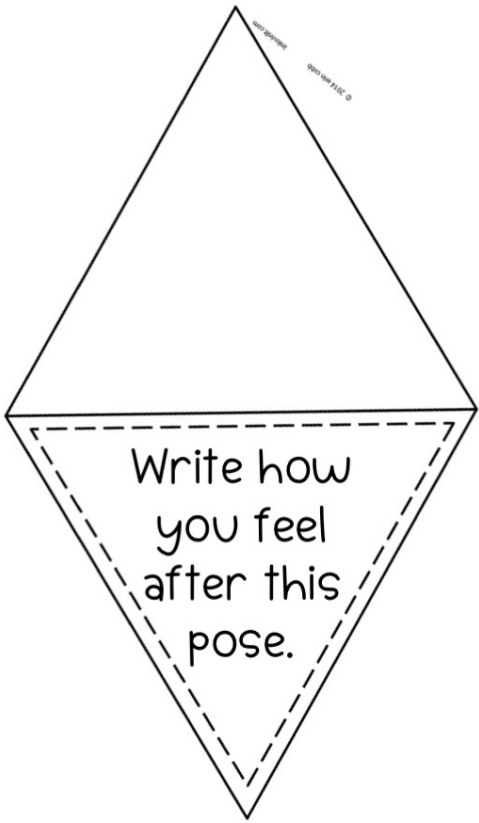


**Step 1:**  
Sit up with  
your back  
straight and  
tall and your  
legs bent.

**Step 2:**  
Lean back a little  
and put your  
arms straight  
out in front of  
you. Straighten  
your legs and  
bring them up  
off the ground.

**Step 3:**  
Pretend to  
rock in the  
water like a  
boat.

**Boat  
Pose**





# The Dot

By: Peter H. Reynolds

# The Dot

By: Peter H. Reynolds

# The Dot

By: Peter H. Reynolds

# The Dot

By: Peter H. Reynolds

# The Dot

By: Peter H. Reynolds

# The Dot

By: Peter H. Reynolds

SUMMARY

How does Vashti have a growth mindset in this story?

GROWTH MINDSET

CENTRAL MESSAGE

The Dot

By: Peter H. Reynolds



Ish

By: Peter H. Reynolds

Ish

By: Peter H. Reynolds

Ish

By: Peter H. Reynolds

Ish

By: Peter H. Reynolds

Ish

By: Peter H. Reynolds

Ish

By: Peter H. Reynolds



SUMMARY

How does Ramon have a growth mindset in this story?

GROWTH MINDSET

CENTRAL MESSAGE

Ish

By: Peter H. Reynolds

The Girl Who Never  
Made Mistakes

By: Mark Pett & Gary Rubinstein

The Girl Who Never  
Made Mistakes

By: Mark Pett & Gary Rubinstein

The Girl Who Never  
Made Mistakes

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The Girl Who Never  
Made Mistakes

By: Mark Pett & Gary Rubinstein

The Girl Who Never  
Made Mistakes

By: Mark Pett & Gary Rubinstein





SUMMARY

How does Beatrice learn to have a growth mindset in this story?

GROWTH MINDSET

CENTRAL MESSAGE

The Girl Who Never Made Mistakes  
By: Mark Pett & Gary Rubinstein

What Do You Do  
With an Idea?

By: Kobi Yamada

What Do You Do  
With an Idea?

By: Kobi Yamada

What Do You Do  
With an Idea?

By: Kobi Yamada

What Do You Do  
With an Idea?

By: Kobi Yamada

What Do You Do  
With an Idea?

By: Kobi Yamada

What Do You Do  
With an Idea?

By: Kobi Yamada



SUMMARY

How does the narrator learn to have a growth mindset in this story?

GROWTH MINDSET

What Do You Do With an Idea?

By: Kobi Yamada

CENTRAL MESSAGE

What Do You Do  
With a Problem?

By: Kobi Yamada

What Do You Do  
With a Problem?

By: Kobi Yamada

What Do You Do  
With a Problem?

By: Kobi Yamada

What Do You Do  
With a Problem?

By: Kobi Yamada

What Do You Do  
With a Problem?

By: Kobi Yamada

What Do You Do  
With a Problem?

By: Kobi Yamada



SUMMARY

How does the narrator learn to have a growth mindset in this story?

GROWTH MINDSET

What Do You Do With a Problem?

By: Kobi Yamada

CENTRAL MESSAGE

Mindful Monkey,  
Happy Panda

By: Lauren Alderfer

Mindful Monkey,  
Happy Panda

By: Lauren Alderfer

Mindful Monkey,  
Happy Panda

By: Lauren Alderfer

Mindful Monkey,  
Happy Panda

By: Lauren Alderfer

Mindful Monkey,  
Happy Panda

By: Lauren Alderfer

Mindful Monkey,  
Happy Panda

By: Lauren Alderfer





SUMMARY

How does mindful monkey learn to be more mindful? What was happy panda's advice?

GROWTH MINDSET

CENTRAL MESSAGE

Mindful Monkey,  
Happy Panda

By: Lauren Alderfer

Thanks for the  
Feedback... I Think  
By: Julia Cook

Thanks for the  
Feedback... I Think  
By: Julia Cook

Thanks for the  
Feedback... I Think  
By: Julia Cook

Thanks for the  
Feedback... I Think  
By: Julia Cook

Thanks for the  
Feedback... I Think  
By: Julia Cook

Thanks for the  
Feedback... I Think  
By: Julia Cook



SUMMARY

How does RJ learn to accept feedback in the story? How does that show a growth mindset?

GROWTH MINDSET

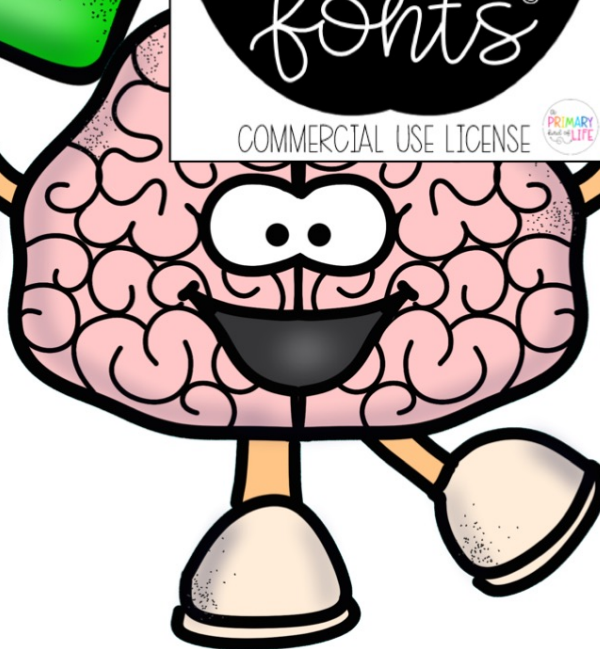
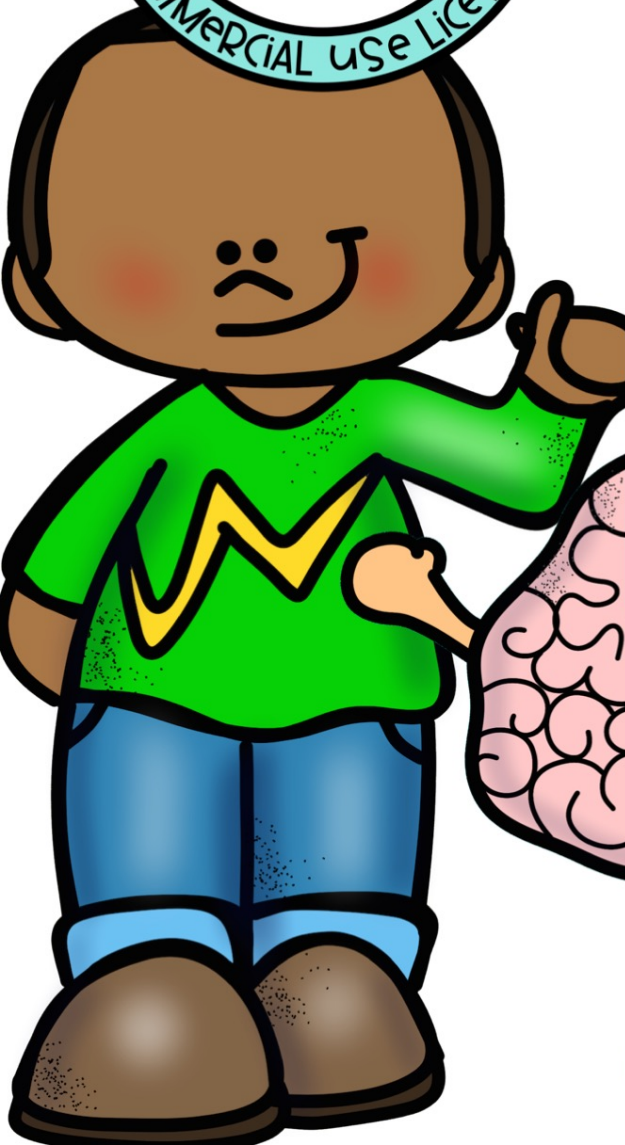
Thanks for the Feedback...I Think

By: Julia Cook

CENTRAL MESSAGE

# Thank you!

## fontS & gRAPHICS



# Research & Resources:

A lot of research went into this product! If you are interested in learning more about mindfulness and growth mindset, or are just wondering where a lot of my ideas, activities, and information came from, check out the following resources. I highly recommend them for teachers who are serious about implementing mindfulness in their classrooms!

