Mindfulness for You and Your Students: A Graphic One Sheet to Help Choose a Practice to **Support What is Needed in the Moment** Mindfulness of **Mindful Eating** Gratitude Part of snack or meal 3 Anytime or 3 Things 3 **Mindful Breathing** Times a Day Anchor Spot: nose/mouth, chest, belly Mindful Seeing Starfish Breathing Using your "best animal eyes" look around from where you are and notice something you never At the Heart of noticed. Study an object (marble) Mindfulness is Being Kind toward Look at your palm and notice **Mindful Listening Yourself and Others** shapes, numbers, or letters made in your Thoughts Listen to bell, listen to out of the lines. Compare palms. and Actions. sounds coming from inside and outside of room **Body Scan** Mindfulness of Thoughts **Travel your awareness** Watching Thoughts as clouds in the Mind Sky through the body, paus-Popcorn Maker Mind: sit quietly and raise ing at each part of your hand each time a thought pops into ones head body from toes to head noticing anything you feel Return back to noticing the breath each time Loving Kindness/ Heartfulness **Mindfulness of Emotions** Sending kind thoughts to What do I feel, where do I self and others feel it, let me name it and take mindful breaths Complements of Jesse Frechette, LCSW, Mindfulness Educator, Mindfulness Coach, Facilitator, & Mindfulness Coach, & Mindfulness Coac

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