

Draw something that you are grateful for.

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|------------|---------------|-----------|------------|------|
| ACT IT OUT | TRUE OR FALSE | SKETCH IT | IMAGINE IF | RISK |
| 10 | 10 | 10 | 10 | 10 |
| 20 | 20 | 20 | 20 | 20 |
| 30 | 30 | 30 | 30 | 30 |
| 40 | 40 | 40 | 40 | 40 |
| 50 | 50 | 50 | 50 | 50 |

True or False
30 points

Mindful breathing can only be practiced in a quiet, calm space.

As the research says, creative play really is the language of childhood. No matter the topic covered, I have found that as long as the lesson involves a bit of art, role-playing, games, and some freedom of movement, students are engaged. In this quiz show game-styled lesson, players answer through acting, drawing, imagining, taking risks, and problem solving as a team. I hope that your students enjoy this activity, having serious fun learning! This Mindfulness Lesson can be used stand-alone or with our other mindfulness lessons.

Act It Out
10 points

Act out blowing a dandelion; breathing in, fill your belly with air. Breathing out, pretend you are slowly blowing the dandelion as the seeds float away into the sky.



Imagine If
40 points

Imagine if you were a "mindfulness scientist" and you were studying your thoughts right now, in this very moment, what would you discover?

Risk
50 points

Mindfulness is:

- A) Thinking about the past and future
- B) Paying attention to what is happening right now with curiosity and kindness
- C) A mind that is full of thoughts.