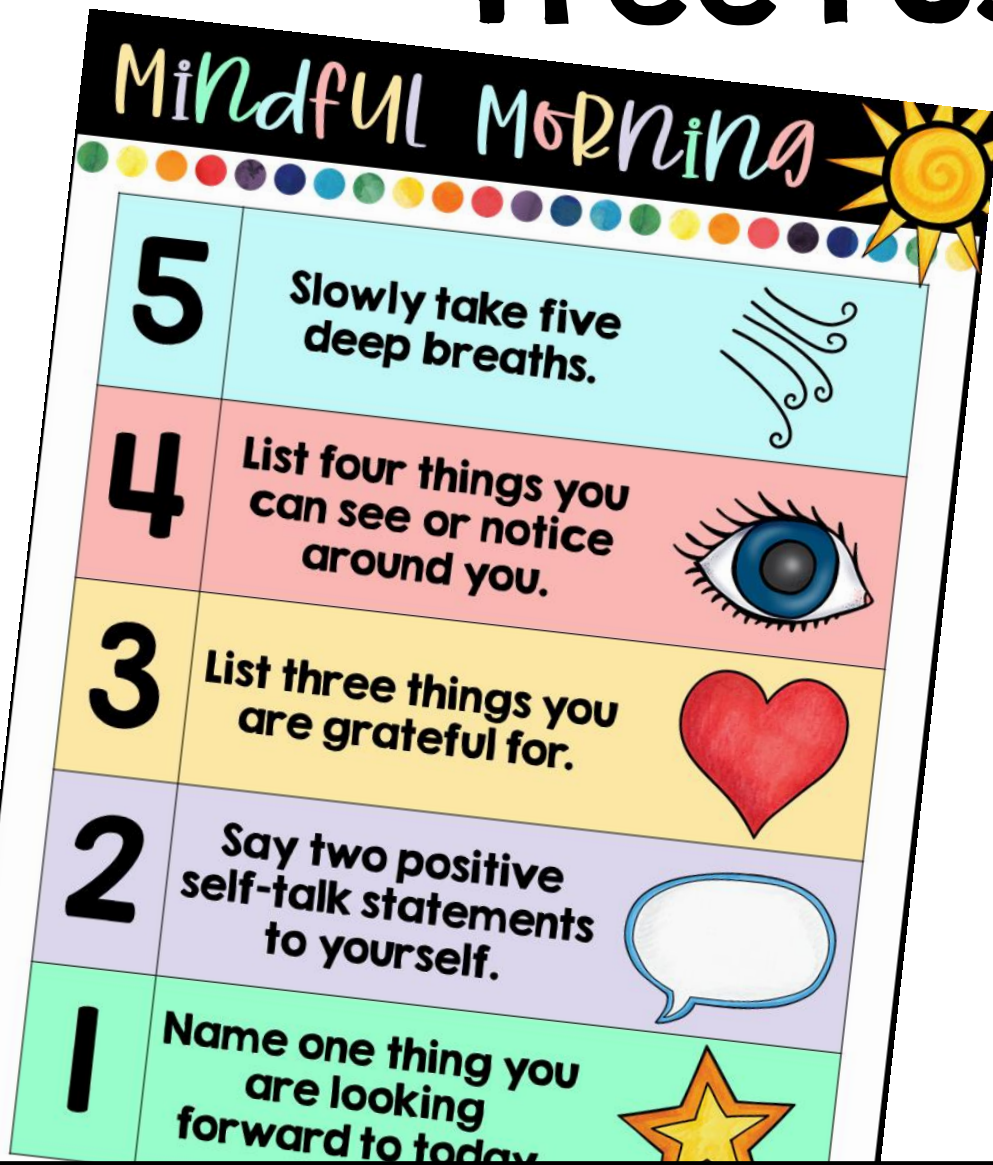


Mindful Morning



Free Poster

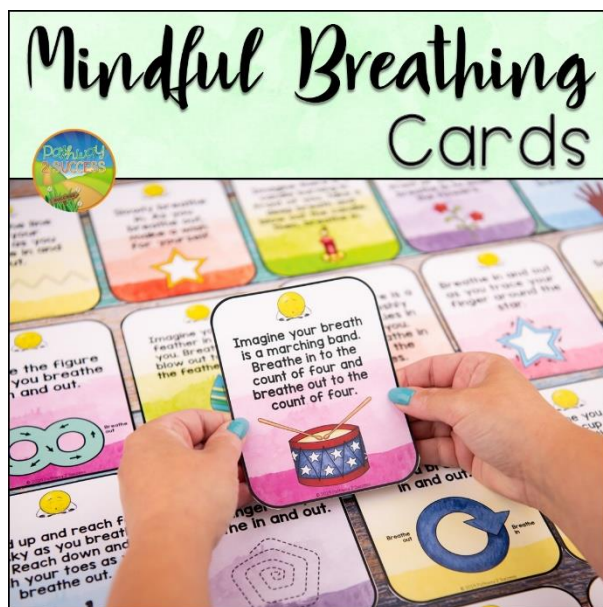


Practicing Mindfulness

Mindfulness is learning to be present in the moment. That means not worry about the future or dwelling on the past. Instead, mindfulness can help kids and teens do their best in the “right now.” This can be a helpful strategy to work on self-regulation, improve focus, and create a sense of calm.

Use the following poster to start each morning in a mindful way.

For more mindfulness activities, including guided lessons and techniques, consider some of the activities below. Note that each resource also includes a digital component.



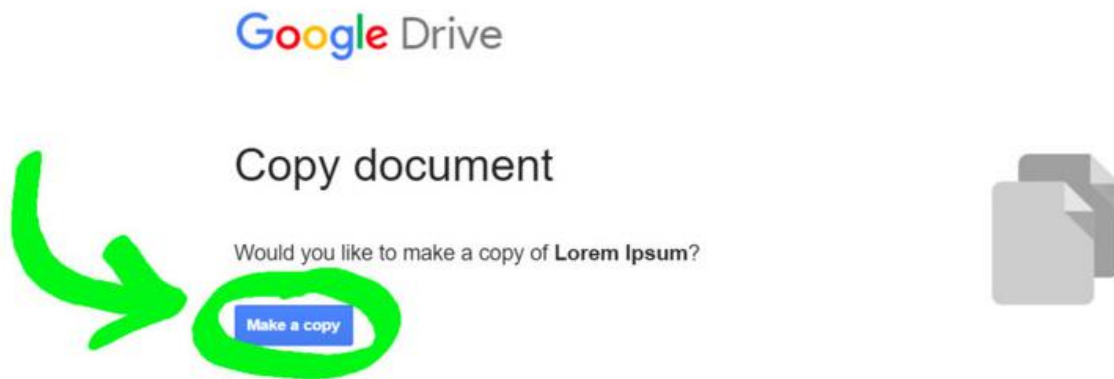
Mindful Morning Poster

Online Digital Version for Google Slides

Directions:

Click the link for the digital version:

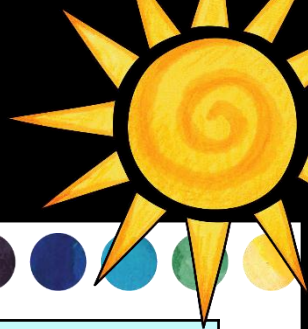
[Mindful Morning Poster](#)



1. When you click the link, you'll see a screen that says, "Copy document."
2. Click the blue button that says "Make a copy" to transfer this file to your own Google Drive account. If you have Google Drive accounts with multiple email addresses, make sure you take note which email address is selected in the top right corner of the screen, so you can easily find the file in the future.
3. Once it is opened, you can rename it on the top left of your Google Drive account. Students will be able to click on any of the spaces to type their answers in!
4. If you want to save only PARTS of the document, select the pages you want by holding control and clicking on them. Then, choose file → make a copy → selected slides. Alternatively, you can make a copy and delete the pages you don't need. You can then rename the file as you choose.

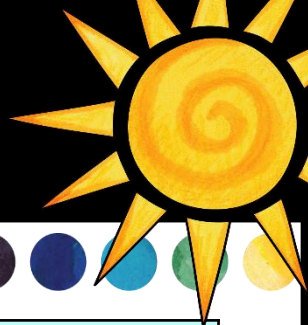
Note: Please do not share the link(s) with other educators. Doing so would be giving away this resource for free and would be against my terms of use. Please direct other educators to my store if they are interested. If you have questions, you can always feel free to email me at pathway@thepathway2success.com anytime. Thank you!

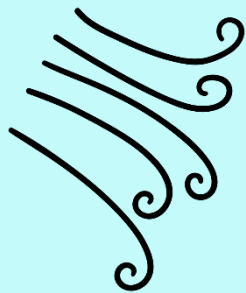
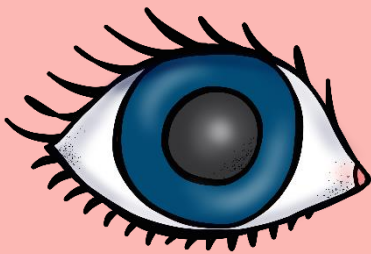

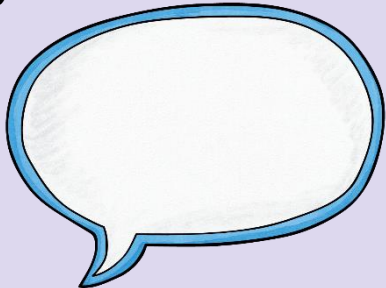

Mindful Morning



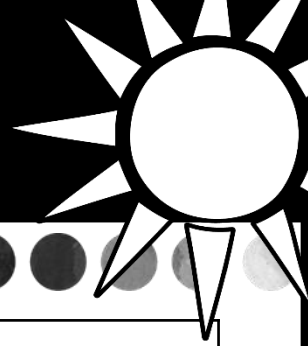
5	Slowly take five deep breaths.	
4	List four things you can see or notice around you.	
3	List three things you are grateful for.	
2	Say two positive self-talk statements to yourself.	
1	Name one thing you are looking forward to today.	

Mindful Morning



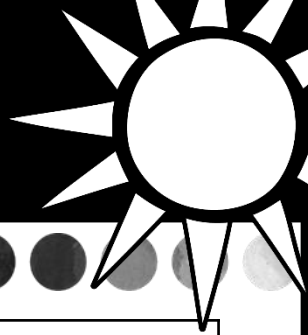
5	<p>Slowly take five deep breaths.</p> <div><div></div><div></div><div></div><div></div><div></div></div> 
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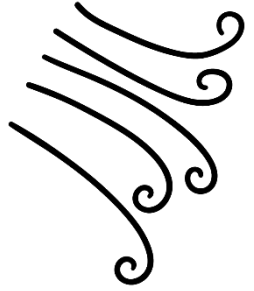
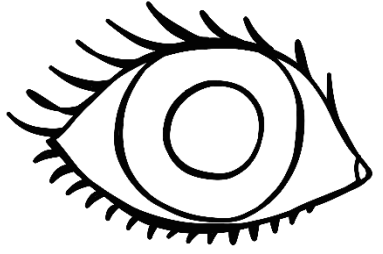
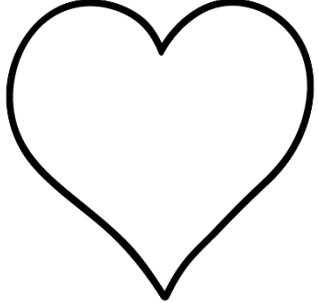
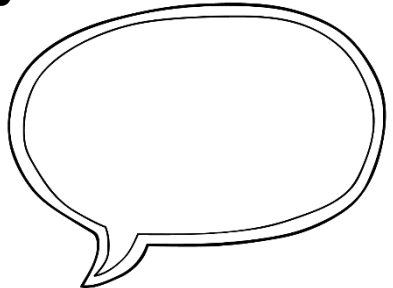
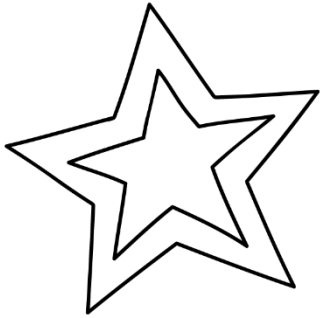
Mindful Morning



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Mindful Morning



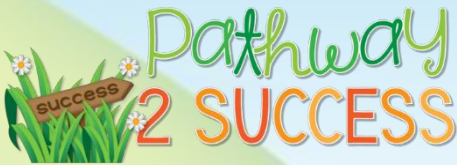
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1	<p>Name one thing you are looking forward to today.</p> 

About the Author



Kristina Scully is a special educator and curriculum specialist with over 12 years' experience. She has a bachelor's degree in special and elementary education from the University of Hartford, along with a master's degree in special education with a specialization in autism from the University of St. Joseph. She has worked extensively with kids and young adults with social emotional needs, learning disabilities, autism, and more.

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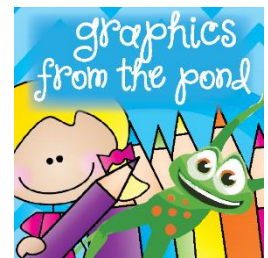


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