

MINDFULNESS TOOLS INSTRUCTIONS

Please place instructions with the designated activity.

Gratitude Jar

Take a piece of paper and a marker
Write or draw something for which you are grateful
Put the paper in the jar

Soothing Sounds

Put on headphones and listen to the recording
Scan your body for tightness/tension while you listen
Imagine the sounds soothing the tension away

Journal

Read the prompt at the top of the page
Write or draw a response
Include how you are feeling in your response

Foam Ball

Squeeze the ball when you feel stressed
Count how many times you need to squeeze to feel calmer
It's OK to need a lot of squeezes!

Reflection Stones

Pick a stone from the container
Run your fingers over the stone's surface
How does it feel: smooth, bumpy, rough, gritty, slippery?
What about today has seemed like this rock?
How did you feel at that moment?
What did you want to change?