

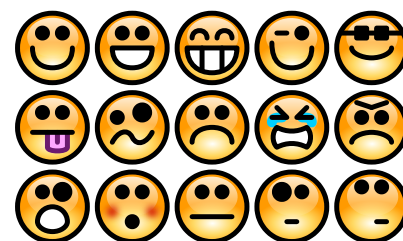


Mindful Moments

Elementary (Ages 6-10)



1. What emotion am I feeling right now? Why?



2. Can I name three feelings I had today?

3. What did my body feel like when I was feeling those emotions?





Mindful Moments

Elementary (Ages 6-10)



1. What's something I worked hard on today?

2. What's a mistake I made and what did I learn from it?.

3. What's one thing I want to try again tomorrow?





Mindful Moments

Elementary (Ages 6-10)



1. Write down 3 small things you're grateful for.

2. Who helped you today and how?

3. What is one thing about yourself you're proud of?

