



Mindful Moments

Middle School (Ages 11-14)

1. What emotion did I feel most strongly today, and what triggered it?

2. When I'm overwhelmed, what helps me calm down? How can I use that more?

3. How did I take care of my mental health today?





Mindful Moments

Middle School (Ages 11-14)

1. What challenge did I face today, and how did I respond?

2. What's a small win I had today that deserves a celebration?

3. What's one thing I want to improve about myself, and what's one step I can take?





Mindful Moments

Middle School (Ages 11-14)

1. Who has shown me support this week? How can I thank them?
2. What's something in my life I used to take for granted but appreciate now?
3. List three things about your life that you feel grateful for today — big or small.

