

Zentangle Mindful Doodling	Mindful Game	Mindful Journaling
Mindful Gratitude	Vision Board	Mindful Affirmations
Mindful Paper Folding	Mindful Goal Setting	Mindful Places

Zentangle Mindful Doodling

To cross this one off your board you can grab a zentangle doodle sheet and doodle mindfully for the whole 15 minutes.

- ☐ I can doodle quietly for 15 minutes
- ☐ I can take deep breaths while drawing
- ☐ I can draw without worrying about the “perfectness” of my doodle



Mindful Gratitude

To cross this one off your board you can create a list of things you are grateful for.

- ☐ I can quietly create my list.
- ☐ I can take deep breaths while I create my list.
- ☐ I can be intentional about the items I place on my gratitude list.
- ☐ Watch the video.



Mindful Paper Folding

To cross this one off your board you can follow the directions to mindfully practice origami.

- ☐ I can listen to the directions using headphones.
- ☐ I can take my time and keep trying even when I make a mistake.
- ☐ I can take deep breaths while folding.



Mindful Goal Setting

To cross this one off your board you can create 5 realistic, SMART Goals.

- ☐ I can quietly create my list.
- ☐ I can take deep breaths while I create my list.
- ☐ I can be intentional about the goals I set.
- ☐ Watch the video.



Mindful Game

To cross this one off your board you can play the Mindful game with a small group.

- ❑ Pick a group of 2-5 players
- ❑ Read the directions/rules
- ❑ Play the game quietly
- ❑ Watch the video



Mindful Journaling

To cross this one off your board you can journal to one of the prompts for 15 minutes. Journal Prompts (Choose 1):

- My favorite way to spend the day is...
- If I could talk to my younger self, the one thing I would say is...
- The two moments I'll never forget in my life are... ..
- Make a list of 30 things that make you smile.
- The words I'd like to live by are...

- ☐ Silently write for 15 minutes.
- ☐ Write without stopping.
- ☐ Write whatever comes to mind.
- ☐ Breathe deep.
- ☐ Watch the video.



Mindful Affirmations

To cross this one off your board you can write 10 strips of positive affirmations that you can put inside the little folder on the mirror board outside Miss Nieto's room.

- ☐ Write 10 strips quietly.
- ☐ Write positive phrases that others could read to themselves when they need a boost.
- ☐ Watch the attached video.
- ☐ Breath deep.



Mindful Places

To cross this one off your board you can watch the video and make a powerpoint collage of beautiful places that inspire you.

- ☐ Watch the video
- ☐ Breath Deep
- ☐ Create a powerpoint collage of at least 10 places that inspire you.



Vision Board

EVERYONE will complete this project along with 2 others on the choice board. You will make a vision board for the next year 2020. You should include:

- ☐ Goals for the year
- ☐ Affirmations
- ☐ Hopes
- ☐ Dreams
- ☐ Hobbies
- ☐ Interests
- ☐ Images
- ☐ Words
- ☐ Quotes



Vision Board Examples



Vision Board Examples

