

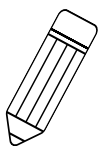
Name _____

Date _____

Mindfulness Activity

Directions: Read the question. Use the space below to draw a picture and write your thoughts.

Question: What is something kind you can do today?



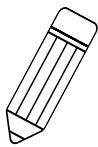
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For Teachers

Additional Prompts

Substitute any of these prompts to use as an alternative or to make this a reoccurring activity.

1. What is one of your favorite activities or sports?
2. Imagine you are as tiny as an insect. What would life be like for you?
3. Imagine you are at the beach. What would you do for the day?
4. What is your favorite season and why?
5. What would you say to animals if they could talk to us?
6. What superpower would you choose?
7. What helps to calm you down when you are upset?
8. What is the best thing about being a kid?
9. If you could be any animal for a day, what would you choose?
10. What is something fun you do during the summer?