

SEL TEEN

social emotional learning for teens

Breathe in. Breathe out.

Mindful Minute

Consider this:

Take a minute (set a timer if you need to!) and find...

- 5** things you can see
- 4** things you can touch
- 3** things you can hear
- 2** things you can smell
- 1** thing you can taste

How can I be more mindful?



Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing. Being mindful is the opposite of rushing or multitasking. When you're mindful, you're taking your time. You're focusing in a relaxed, easy way. (kidshealth.org)

[For Parents: Teaching Mindfulness to Teens \(click me!\)](#)

If you need assistance or additional resources, please contact your school counselor, psychologist, or case manager via e-mail.