San Bentio CISD Counseling Department

Mindfulness

a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique

BELOW IS A LIST OF RESOURCES THAT CAN BE USED TO HELP YOU AND YOUR CHILD DURING THIS TIME.

ACTIVITES

Pre-K - 2nd: Mindfulness Activities for the Elementary Classroom

Pre-K - 2nd: Mindfulness Exercises for kids in the classroom

Pre-K - 2nd: Activities to Help Children Develop a Positive Attitude

READ-ALOUDS

Pre-K - 2nd: Am Peace, A Book of Mindfulness - By Susan Verde

Pre-K - 2nd: A story about Mindfulness and Being in the Present – Antionette Portis

What Does It Mean to be Present?

VIDEOS

Pre-K - 2nd: Ozzy Introduces Mindfulness (Pre-k to Grade 2)

Pre-K - 2nd: for Kids : What does being present mean?

Pre-K - 2nd: for Kids - Learning about our thoughts

VIDEOS FOR ALL GRADE LEVELS

Mindfulness-Mind Yeti

5 Mindfulness Exercises for Kids

PARENT RESOURCES

Mindfulness - Helping children manage their emotions

How to Help Your Child Get Motivated in School

6 Mindfulness Exercises You Can Try Today

22 Mindfulness Exercises, Techniques, & Activities for Adults (+PDF)

Mindfulness for Parents

A Mindfulness Practice for Stressed-Out Parents

What is Mindful Parenting?

3rd-5th GRADES

ACTIVITIES

Growth Mindset Activity

18 Mindfulness Games, Worksheets, and Activities for Kids

Videos:

3 minute Body Scan Meditation

Kid President's 20 Things We Should Say More Often

Tale of Two Seeds (growth mindset)

Mindfulness Exercises for Kids: Still Quiet Place (Go Zen)

The Mindset of a Champion

READ-ALOUDS

What Does It Mean to be Present?