

# Being Mindful at Home



# What frustrates you?



**At School?**



**At Home?**

Whenever and wherever you feel frustrated, a mindful moment can help!

Mindful moments are when you pause and focus on the present moment.



# There are many times you can be mindful at home!

## You can be mindful when...



You try a new food. Chew slowly. Pay attention to the taste and texture!



You want to fall asleep. Take a deep breath. Try out a body scan!



You talk to your family. Ask questions and listen closely to what is being said!



# Mindful At Home

You can be mindful anytime!

Try cloud watching, going for a walk, or just listing things you like about yourself!

WHAT CAN YOU DO TO BE MINDFUL AT HOME?

# Mindful Moments Cards

When you feel tense, bored, or anytime you need a quick break at home, try one of these mindfulness activities!



*fit*<sup>TM</sup>  
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