SEL · MINDFULNESS AND CALMING · GRADES 2–5

Mindful Minute Log



Try a different mindful minute for five days and rate how you feel before and after each one.

Name: _____ **Date:** _____

Each day, set a timer for one minute and try the mindful minute. Before you start and after you finish, rate how calm you feel from 1 (not calm) to 5 (very calm).

Day	Mindful minute	Before	After	What I noticed
Monday	**Breathing:** count each breath in and out, up to 10, then start again.			
Tuesday	**Listening:** close your eyes and count every sound you hear.			
Wednesday	**Body scan:** notice your toes, legs, belly, arms and face, one at a time.			
Thursday	**Eating:** eat one raisin or cracker very slowly. Notice the taste and feel.			
Friday	**Walking:** walk slowly and notice each foot touching the ground.			

The mindful minute I liked best, and why:

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