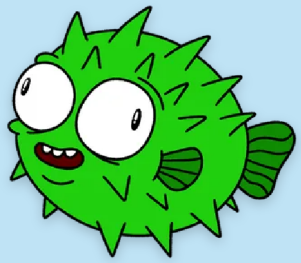
SEL · MINDFULNESS AND CALMING · GRADES 2–5

Mindful or Mind Full?

Circle mindful or mind full for ten moments, like noticing each bite or doing homework with the TV on.



Name: _____ **Date:** _____

Being **mindful** means paying attention to right now: what you see, hear and feel. When your mind is **full**, you are thinking about lots of other things and miss what is happening.

Circle Mindful or Mind full for each moment.

noticing the taste of each bite	Mindful	Mind full
eating chips while playing a video game	Mindful	Mind full
worrying about tomorrow during recess	Mindful	Mind full
feeling your feet touch the ground as you walk	Mindful	Mind full
listening to the rain on the window	Mindful	Mind full
doing homework with the TV on	Mindful	Mind full
taking three slow breaths before a test	Mindful	Mind full
looking at a tablet while a friend talks to you	Mindful	Mind full
thinking about lunch while the teacher reads	Mindful	Mind full
smelling a flower and looking at its petals	Mindful	Mind full

One thing I will do mindfully today:

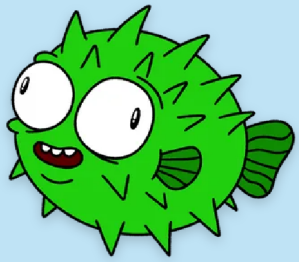
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ANSWER KEY · MINDFULNESS AND CALMING · GRADES 2–5

Answer Key: Mindful or Mind Full?

Answers for grown-ups. Many questions have more than one good answer, so the key shows one example.



Being **mindful** means paying attention to right now: what you see, hear and feel. When your mind is **full**, you are thinking about lots of other things and miss what is happening.

Circle Mindful or Mind full for each moment.

noticing the taste of each bite	**Mindful**	Mind full
eating chips while playing a video game	Mindful	**Mind full**
worrying about tomorrow during recess	Mindful	**Mind full**
feeling your feet touch the ground as you walk	**Mindful**	Mind full
listening to the rain on the window	**Mindful**	Mind full
doing homework with the TV on	Mindful	**Mind full**
taking three slow breaths before a test	**Mindful**	Mind full
looking at a tablet while a friend talks to you	Mindful	**Mind full**
thinking about lunch while the teacher reads	Mindful	**Mind full**
smelling a flower and looking at its petals	**Mindful**	Mind full

One thing I will do mindfully today:

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