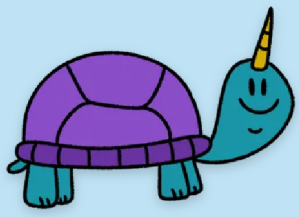
SEL · MINDFULNESS AND CALMING · GRADES 2–5

# Mindfulness Words

Match six mindfulness words, like present, notice and patient, to their meanings, then finish four sentences.



**Name:** _____ **Date:** _____

**Draw a line from each mindfulness word to its meaning.**

| | |
|---|---|
| present ● | ● knowing what is happening inside and around you |
| notice ● | ● right here, right now |
| focus ● | ● able to wait without getting upset |
| aware ● | ● to pay attention with your senses |
| calm ● | ● quiet and peaceful in your body and mind |
| patient ● | ● to keep your attention on one thing |

**Word bank**

present · notice · focus · calm

**Write the best mindfulness word.**

1. Close your eyes and _____ the sounds around you.
2. When I _____ on my reading, I don't look around the room.
3. Slow breaths help my body feel _____.
4. Being mindful means being in the _____ moment.

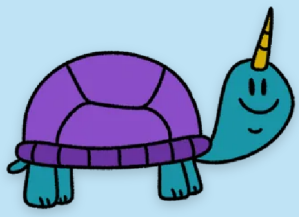


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ANSWER KEY · MINDFULNESS AND CALMING · GRADES 2–5

# Answer Key: Mindfulness Words

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



**Draw a line from each mindfulness word to its meaning.**




**Word bank**

present · notice · focus · calm

**Write the best mindfulness word.**

1. Close your eyes and **notice** the sounds around you.
2. When I **focus** on my reading, I don't look around the room.
3. Slow breaths help my body feel **calm**.
4. Being mindful means being in the **present** moment.



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