

Mindful Morning



Free Poster

Mindful Morning 

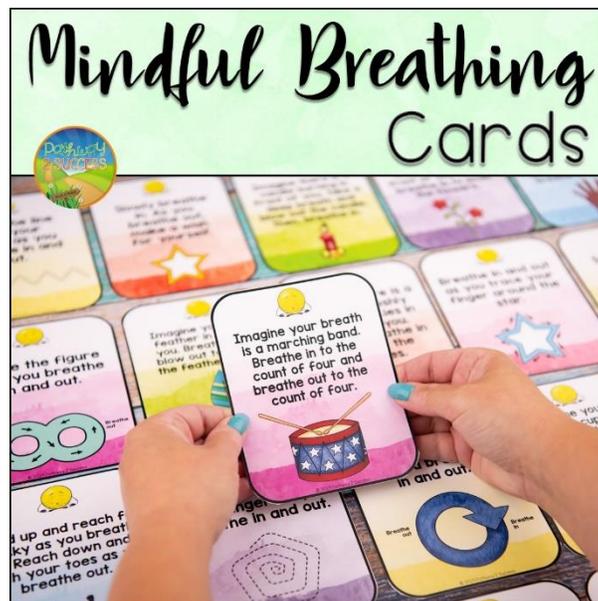
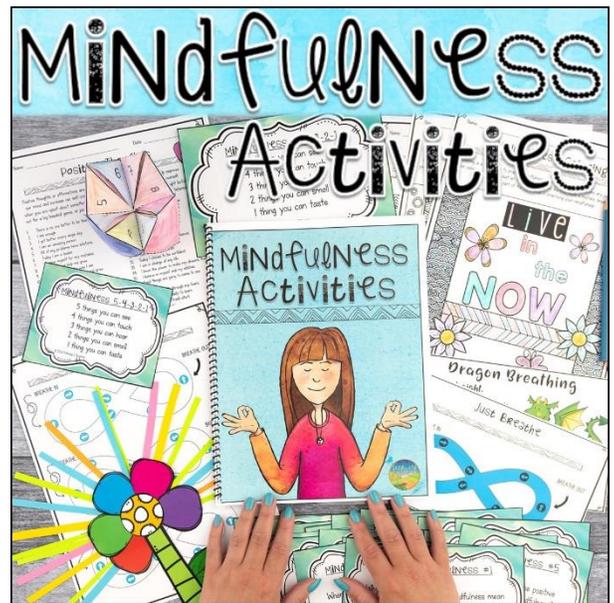
5	Slowly take five deep breaths.	
4	List four things you can see or notice around you.	
3	List three things you are grateful for.	
2	Say two positive self-talk statements to yourself.	
1	Name one thing you are looking forward to today.	

Practicing Mindfulness

Mindfulness is learning to be present in the moment. That means not worry about the future or dwelling on the past. Instead, mindfulness can help kids and teens do their best in the “right now.” This can be a helpful strategy to work on self-regulation, improve focus, and create a sense of calm.

Use the following poster to start each morning in a mindful way.

For more mindfulness activities, including guided lessons and techniques, consider some of the activities below. Note that each resource also includes a digital component.



Mindful Morning Poster

Online Digital Version for Google Slides

Directions:

Click the link for the digital version:

[Mindful Morning Poster \(English Version\)](#)

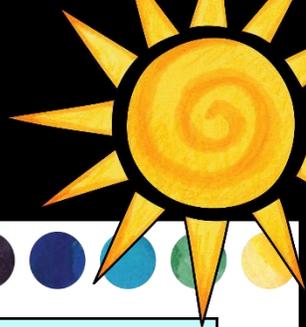
[Mindful Morning Poster \(Spanish Version\)](#)



1. When you click the link, you'll see a screen that says, "Copy document."
2. Click the blue button that says "Make a copy" to transfer this file to your own Google Drive account. If you have Google Drive accounts with multiple email addresses, make sure you take note which email address is selected in the top right corner of the screen, so you can easily find the file in the future.
3. Once it is opened, you can rename it on the top left of your Google Drive account. Students will be able to click on any of the spaces to type their answers in!
4. If you want to save only PARTS of the document, select the pages you want by holding control and clicking on them. Then, choose file -> make a copy -> selected slides. Alternatively, you can make a copy and delete the pages you don't need. You can then rename the file as you choose.

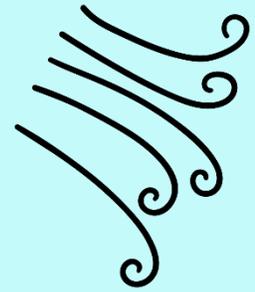
Note: Please do not share the link(s) with other educators. Doing so would be giving away this resource for free and would be against my terms of use. Please direct other educators to my store if they are interested. If you have questions, you can always feel free to email me at pathway@thepathway2success.com anytime. Thank you!

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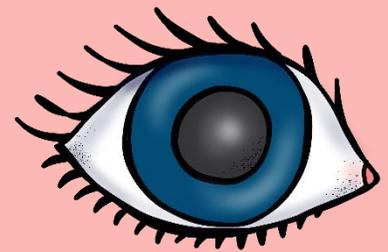
5

Slowly take five deep breaths.



4

List four things you can see or notice around you.



3

List three things you are grateful for.



2

Say two positive self-talk statements to yourself.

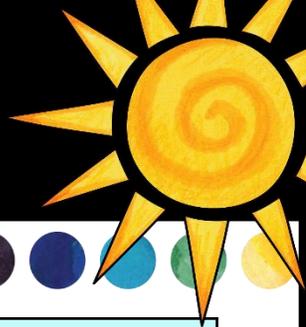


1

Name one thing you are looking forward to today.

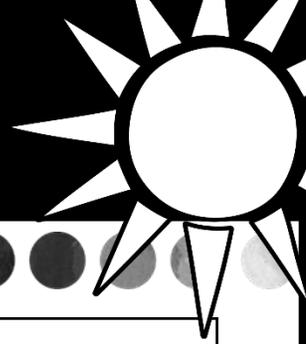


Mindful Morning



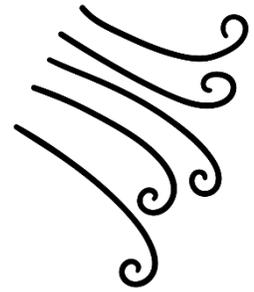
5	<p>Slowly take five deep breaths.</p> <div data-bbox="332 436 1128 583"></div> <div data-bbox="1230 344 1474 632"></div>
4	<p>List four things you can see or notice around you.</p> <div data-bbox="1133 716 1502 961"></div>
3	<p>List three things you are grateful for.</p> <div data-bbox="1177 1035 1481 1331"></div>
2	<p>Say two positive self-talk statements to yourself.</p> <div data-bbox="1123 1390 1507 1675"></div>
1	<p>Name one thing you are looking forward to today.</p> <div data-bbox="1149 1703 1464 2011"></div>

Mindful Morning



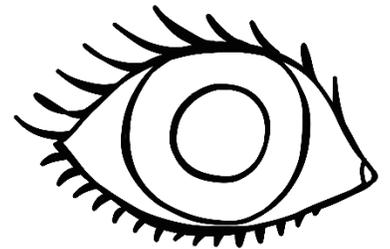
5

Slowly take five deep breaths.



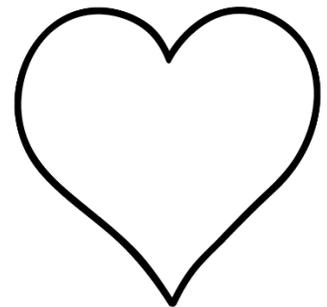
4

List four things you can see or notice around you.



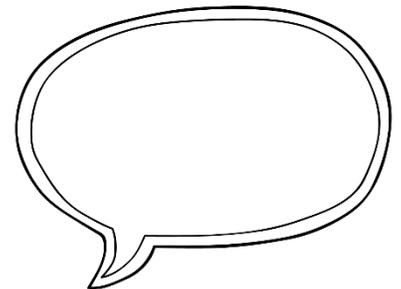
3

List three things you are grateful for.



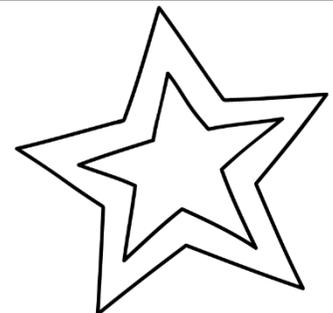
2

Say two positive self-talk statements to yourself.

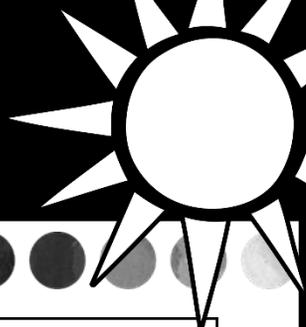


1

Name one thing you are looking forward to today.



Mindful Morning

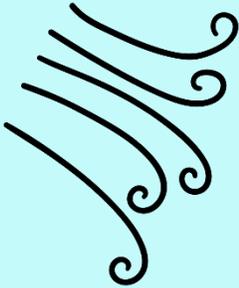
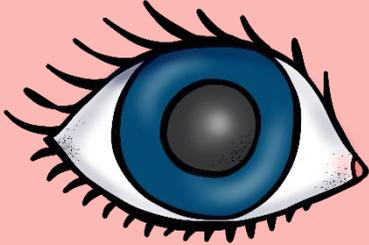
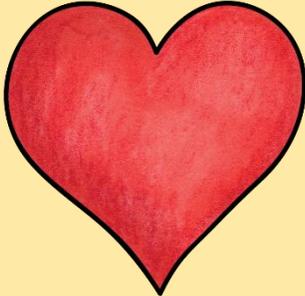


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Spanish Version

Una Mañana Consciente



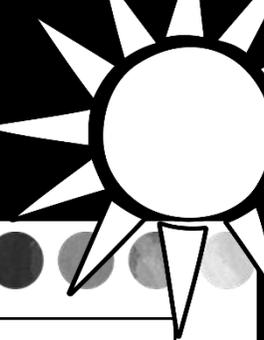
5	Lentamente toma cinco respiraciones profundas.	
4	Haz una lista de cuatro cosas que puedes ver o notar a tu alrededor.	
3	Haz una lista de tres cosas por las que estás agradecido/a.	
2	Dígase dos declaraciones positivas de dialogo interno.	
1	Menciona una cosa que esperas hoy.	

Una Mañana Consciente



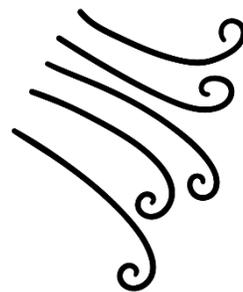
5	<p>Lentamente toma cinco respiraciones profundas.</p> <p>□ □ □ □ □</p>	
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3	<p>Haz una lista de tres cosas por las que estás agradecido/a.</p>	
2	<p>Digase dos declaraciones positivas de dialogo interno.</p>	
1	<p>Menciona una cosa que esperas hoy.</p>	

Una Mañana Consciente



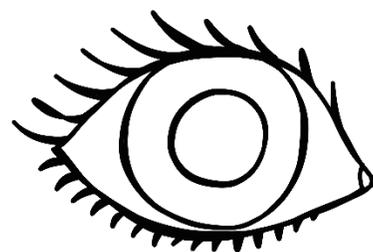
5

Lentamente toma cinco respiraciones profundas.



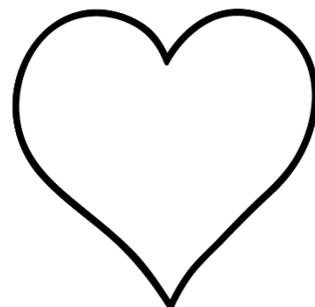
4

Haz una lista de cuatro cosas que puedes ver o notar a tu alrededor.



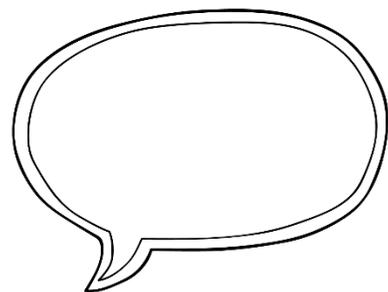
3

Haz una lista de tres cosas por las que estás agradecido/a.



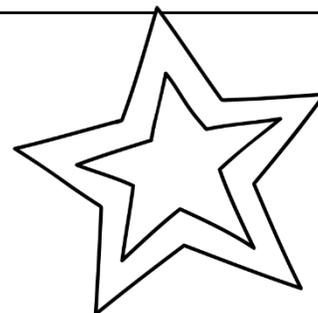
2

Dígase dos declaraciones positivas de dialogo interno.

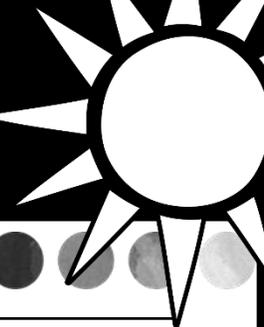


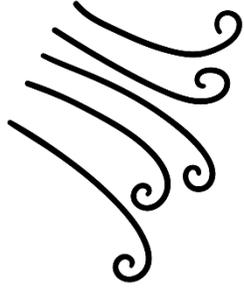
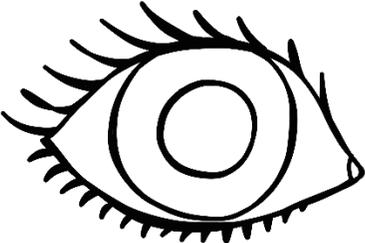
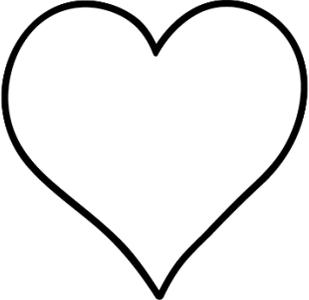
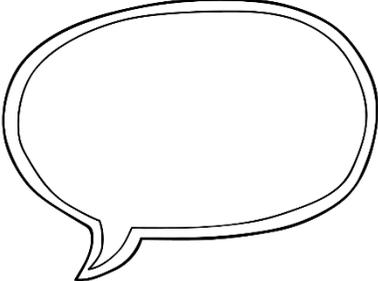
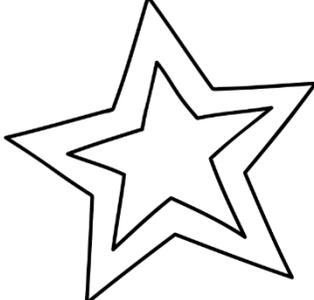
1

Menciona una cosa que esperas hoy.



Una Mañana Consciente



5	<p>Lentamente toma cinco respiraciones profundas.</p> <p><input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/></p>	
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1	<p>Menciona una cosa que esperas hoy.</p>	

About the Author



Kristina Scully is a special educator and curriculum specialist with over 12 years' experience. She has a bachelor's degree in special and elementary education from the University of Hartford, along with a master's degree in special education with a specialization in autism from the University of St. Joseph. She has worked extensively with kids and young adults with social emotional needs, learning disabilities, autism, and more.

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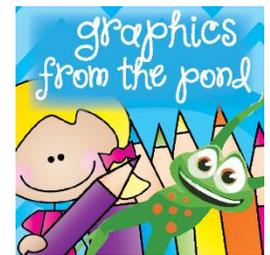
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