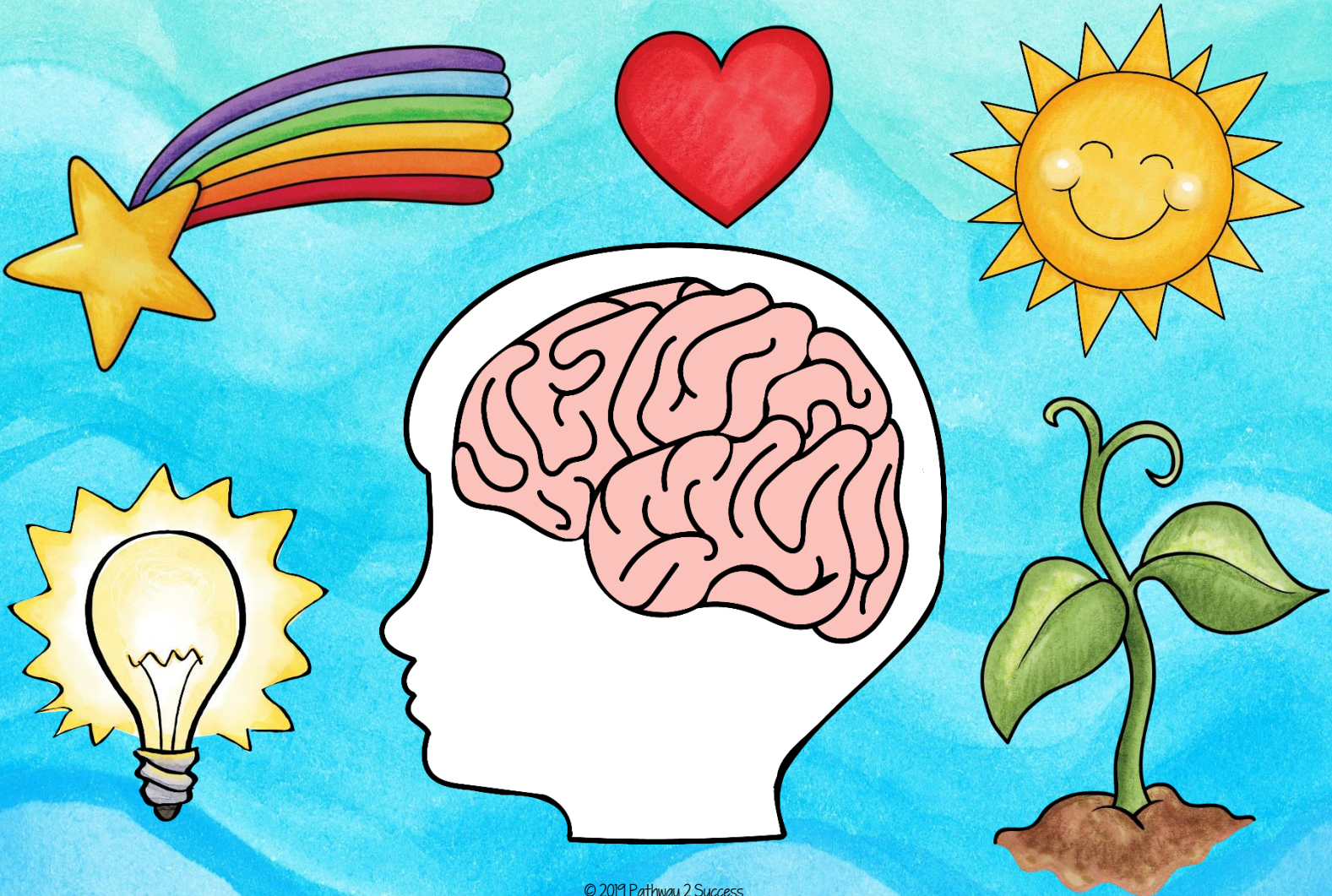


MINDFULNESS JOURNAL



FREE STARTER PAGES



• Mindfulness Journal • Educator Guide

This Mindfulness Journal is intended to be a simple and effective way to add mindfulness practice into your daily curriculum.

How many prompts are included?

This free resource includes a small sample prompts to get your learners started off practicing mindfulness today. The whole mindfulness journal resource includes a total of 200 mindfulness journal entries, one for every day of the school year (and possibly more!).

Which skills are highlighted?

While the main focus on the journal is mindfulness, several related skills are integrated into the journal prompts and activities. The skills highlighted include:

- Mindfulness: Learning to be present in the moment, including being aware of emotions, feelings, and thoughts.
- Self-Awareness: Developing a greater understanding of individual thoughts, feelings, strengths, needs, and hopes for the future.
- Emotional Awareness: Being able to notice and identify feelings.
- Coping Strategies: Using skills to help manage stress and tough emotions on the spot.
- Positive Self-Talk: Using helpful words to provide motivation and encouragement.
- Growth Mindset: Using strategies to grow your skills and abilities with hard work, determination, and grit.
- Compassion: Developing care and concern for others.
- Self-Love: Developing acceptance and admiration for yourself.
- Self-Reflection: Being able to observe, question, and think about actions to help be the best you.



How can these be used?

Mindfulness journal activities are the perfect morning activity to help students start off the day with calm and positivity. Just assign one section per day as a “do now” in the morning or right before your morning meeting. As an alternative to daily journal prompts, these activities can be sent home for nightly homework or for early finishers.

If you love these free printable journal pages for mindfulness, be sure to check out the entire [yearlong mindfulness journal](#)! This journal includes a total of 200 unique and fun mindfulness prompts to help learners develop skills for mindfulness, self-awareness, emotional awareness, self-reflection, and more.

This yearlong set is no-prep, meaning you can print the pages for your learners and go! It has everything you need for a full year of mindfulness.

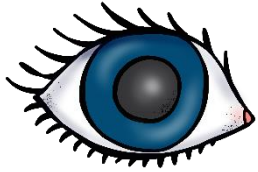
Name: _____

Date: _____

• I Can Be Mindful •

Mindfulness is learning to be present in the moment. Take a look around you and think about what you can see, hear, feel, smell, and taste. Then, list below.

Five things I can see...



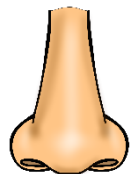
Four things I can touch...



Three things I can hear...



Two things I can smell...



One thing I can taste...

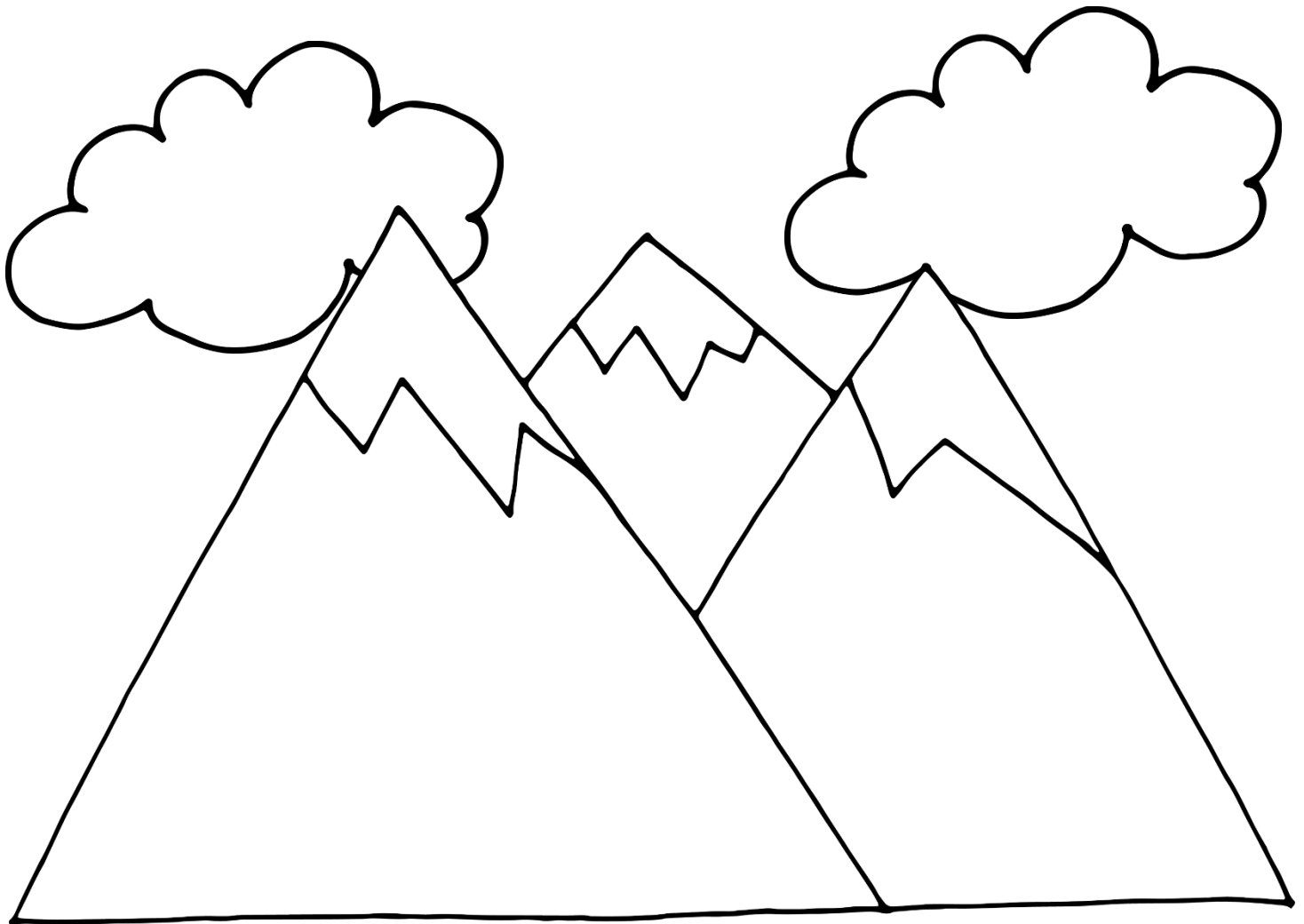


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• Staying Mindful and Calm •

Practice mindfulness by letting your mind relax as you color the page below.



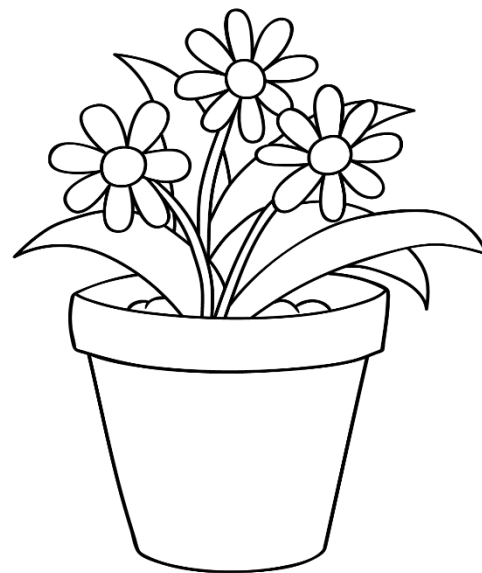
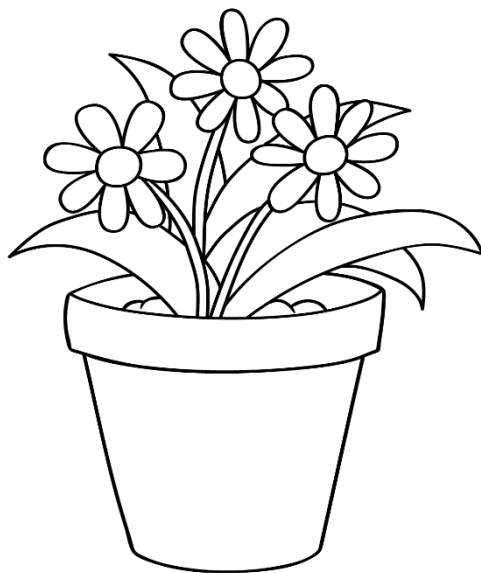
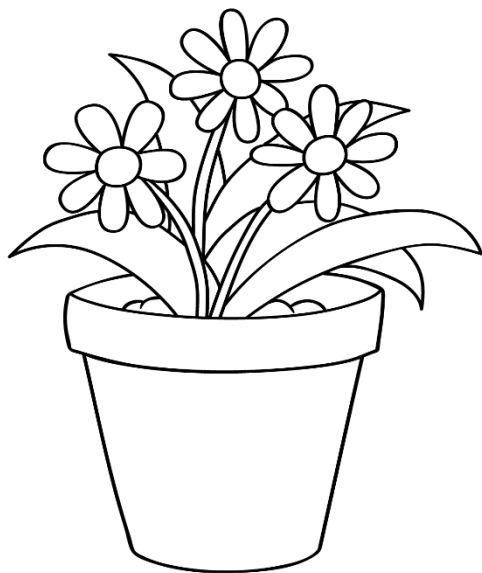
Mindfulness Matters

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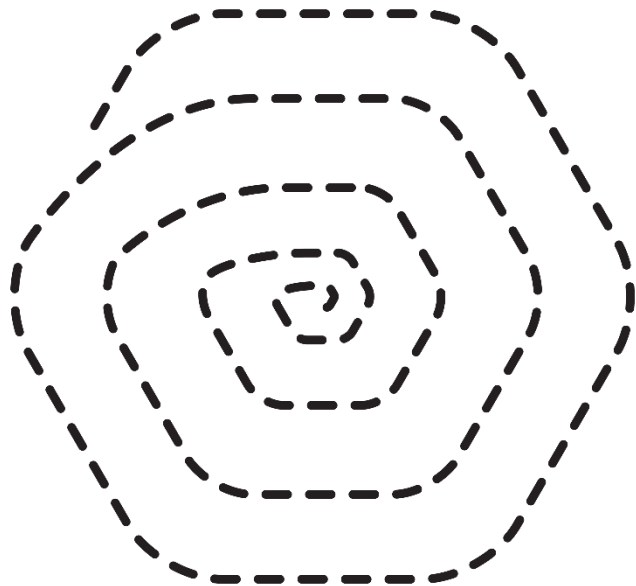
Date: _____

• Letting My Happiness Bloom •

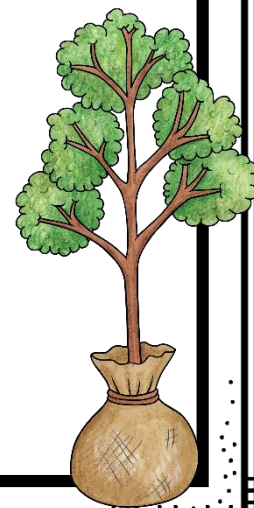
Let your happiness bloom! On each flowerpot, write something that makes you happy. Then, color the flowers in.



Use your finger to slowly trace the line. Breathe in and out as you trace. Repeat two or three times to help yourself feel calm and centered.



Positive thinking helps your brain grow. Write three positive thoughts you can think to yourself to start the day.



Name: _____

Date: _____

• Letting My Mind Relax •

Let your mind relax using a calming visualization. Close your eyes and imagine you are walking along a pond on an autumn morning. What do you see? What do you hear? What do you feel? What do you smell? What do you taste? Close your eyes and visualize for a few minutes. Then, describe your visualization below.

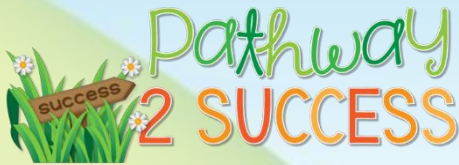


About the Author



Kristina Scully has been a special educator for over 10 years. 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 behavioral challenges, learning disabilities, autism, ADHD, anxiety, and other needs.

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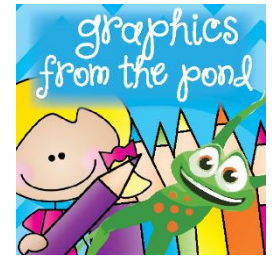
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