

Mindfulness Planning Worksheet:

Ways I already practice mindfulness/mindful practices I will incorporate:

When/how will you use the strategies?

I can use these strategies with children on a regular basis:

Mindfulness Planning Worksheet II:

I will practice these mindfulness skills: (consider time of day, circumstances, and in the company of who)

I will incorporate these mindfulness skills when I notice I am feeling/experiencing:

I will share these mindfulness skills with _____

And create a regular time to practice