

PERSONAL PLAN

Mindfulness Makes a Difference

Personal or School Goal/Intention for this school year...

How can I add some “mindful moments” into my days?

Here are Some Things I Can Commit to Trying...

PERSONAL PRACTICE	
EVERYDAY ACTIVITIES	
CLASSROOM & SCHOOL	
MOMENTS OF SELF CARE	

Mindfulness Makes a Difference by

Remember mindfulness is **paying attention** to the **present moment without judgement**.

1

Lessening stress & helping us respond rather than react

2

Changing the way our brains work & process experiences

3

Helping teachers get ready for the “big game” that is classroom teaching