Directions for Accordion Books

1. Fold on the dotted lines up and down.

2. Dot glue on the section being attached to a notebook.

3. Attach to a notebook.
Objectives:
Students will practice being aware of their own thoughts and feelings.

What's Included:
p. 2: Written directions for accordion books and photos of completed sample
p.3: Photo directions for accordion books
p. 4-5: “Mindful Words” accordion books templates

Directions:
In this activity, students will look at 6 winter related words. Students will identify thoughts and feelings that they experience when they think about these words. Students will record their answers in the accordion foldables and then glue or tape the heading and foldables into an interactive notebook or onto a separate piece of paper.
Students can color each accordion foldable, or they can be printed on colored paper.

Discussion Prompts:
-Were there any words that you felt positively about? Any words that you felt negatively about?
-Did any of your thoughts or feelings surprise you?
-Why do you think it is important to notice your thoughts and feelings?
-How do you think that being more aware of your thoughts and feelings can be helpful?

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