Mindful Mantra Mug

Read the mindful mantras in the polka dots below. Cut out the mantras that you feel would be most helpful to you, or write your own. Then use glue/tape to attach them as decoration to your mindful mantra mug.

1. I can be in the moment.
2. I can think before I act.
3. I can notice what’s happening.
4. I can think about the feelings of others.
5. I can do things carefully.
6. I can be aware of my feelings.
Objectives:
Students will develop mindful mantras that they can use in real life.

What's Included:
p. 2-3: “Mindful Mantra Mug” Template

Directions:
In this activity, students will look at the mindful mantra dots on page 3. They will select the mindful mantras that they feel apply to their lives, or write their own. Students will then cut out the mantras, and glue or tape them onto the blank mug on page 2. Students can then write their own definition of mindfulness in the opening of the mug. When students are finished, they can decorate their mugs using crayons, colored pencils, or markers.

Discussion Prompts:
- In your own words, what is a mindful mantra?
- Which of the mindful mantras will be most helpful to your life?
- How do you think using the mindful mantras can help you?
- Why do you think mindfulness is important?

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