Directions For “Mindful Words” Accordion Books

For Construction:
1. Cut out the heading and glue it to the top of an interactive notebook or onto a separate piece of paper.
2. Cut out each of the 6 accordion books along the solid lines.
3. For each accordion book, fold along the dotted lines so that the page with the word and picture is in the front.
4. Place glue or tape on the back of the “This word makes me think...” page.
5. Attach to an interactive notebook or separate piece of paper. The book should be attached by the “This word makes me think...” page, and the book should be able to be pulled out to reveal all three pages.
6. For more clarity, view the photo of completed sample below or the photo directions on page 3.

For Use:
1. For each of the accordion books, students will read the word on the first page. Students will then consider the thoughts and feelings that they experience when they think of that word. Students will record their answers on the corresponding pages.
Mindful Words
Mindfulness is being aware of our own thoughts and feelings. Sometimes, just thinking about a word causes us to have certain thoughts and feelings. It is important to notice these thoughts and feelings!

Cold Weather
This word makes me think: 
This word makes me feel: 

Holidays
This word makes me think: 
This word makes me feel: 