“What Is Mindfulness?” Ornament
Top Page

Mindfulness is saying...

Mindfulness is doing...

Mindfulness is noticing...

Mindfulness is thinking...

Mindfulness is not doing...
“What Is Mindfulness?” Ornament Bottom Page
Objectives:
Students will understand basic concepts of mindfulness.

What’s Included:
p. 2: Directions and photo of completed sample
p. 3-4: “What Is Mindfulness?” Ornament Templates

Directions:
In this activity, students will answer the prompts in each section of the ornament to understand what mindfulness is and what it is not.

Discussion Prompts:
- In one sentence, what is mindfulness?
- Name one time when you have been mindful.
- Name one time when you have not been mindful.
- Why do you think mindfulness is important?

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Directions For Construction:

1. Cut out the top and bottom ornament pages from pages 3 and 4.
2. On the top ornament page, cut along the solid, horizontal lines, stopping at the dotted line.
3. Place glue on the bottom ornament page, to the left of the dotted line.
4. Align the top page on top of the bottom page and attach.
5. Lift up each flap, and record the answer to the corresponding prompt.
6. If desired, students can color their foldables, or they can be printed out on colored paper.
7. For added clarity, see the photos below of completed samples.