

Practicing
Mindfulness
Through
creativity

what is mindfulness?

- description of what it is
- how is it relevant to students

using creativity of tool

- run down of what is in PDF + how to use this open education resource

drawing as a tool

- benefits + how it will be used in this pdf

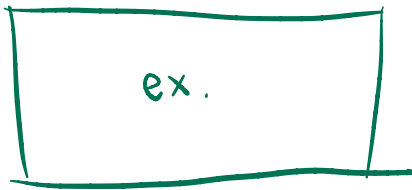
journaling as a tool

- benefits + how it will be used in this pdf

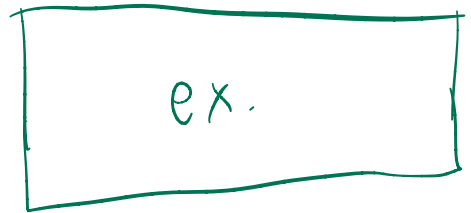
Drawing for Mindfulness

- what is needed, guidance on when, where and how to use it

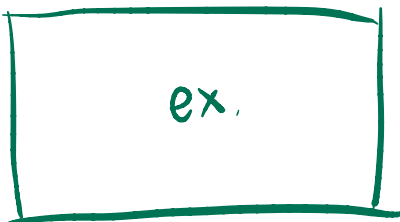
scribble drawing
prompt + instructions



zentangle
prompt + instructions



nature drawing
prompt + instructions



NOTE: reference script section for more detailed descriptions on prompts/ instructions and what the drawing examples look like

Journaling for mindfulness

· tools needed, when + where to use

Mind

prompt

check in

body

prompt

tracking

Social + emotional

prompt

reflection

academic

prompt

to do

overall mindfulness

prompt

NOTE: reference script
section for more detailed
descriptions on prompts