

SELF-CARE & MINDFULNESS

activity 6-pack

6 one-hour lessons to strengthen self-care and mindfulness skills. This kit is a **must-have** for any StuCo advisor or Leadership teacher!

ACTIVITIES INCLUDE

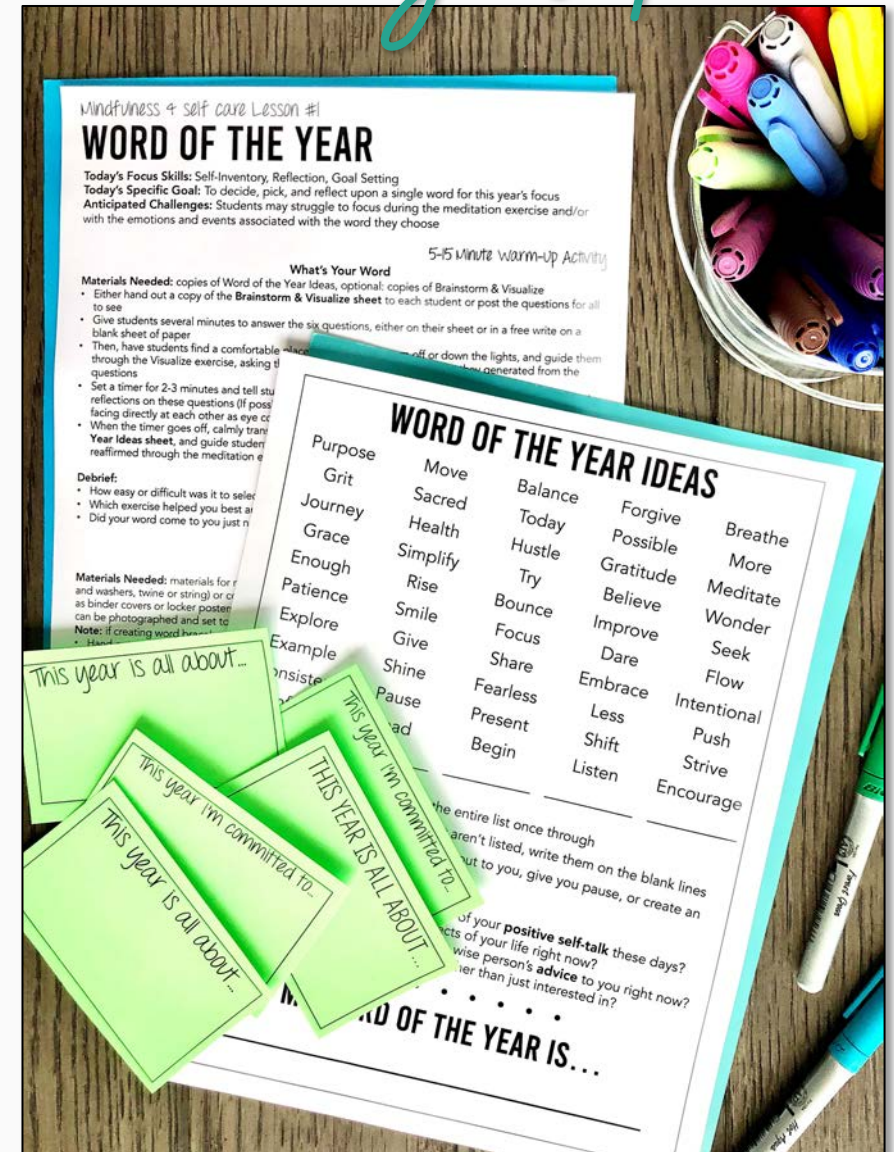
Goal Setting & Focus Challenges

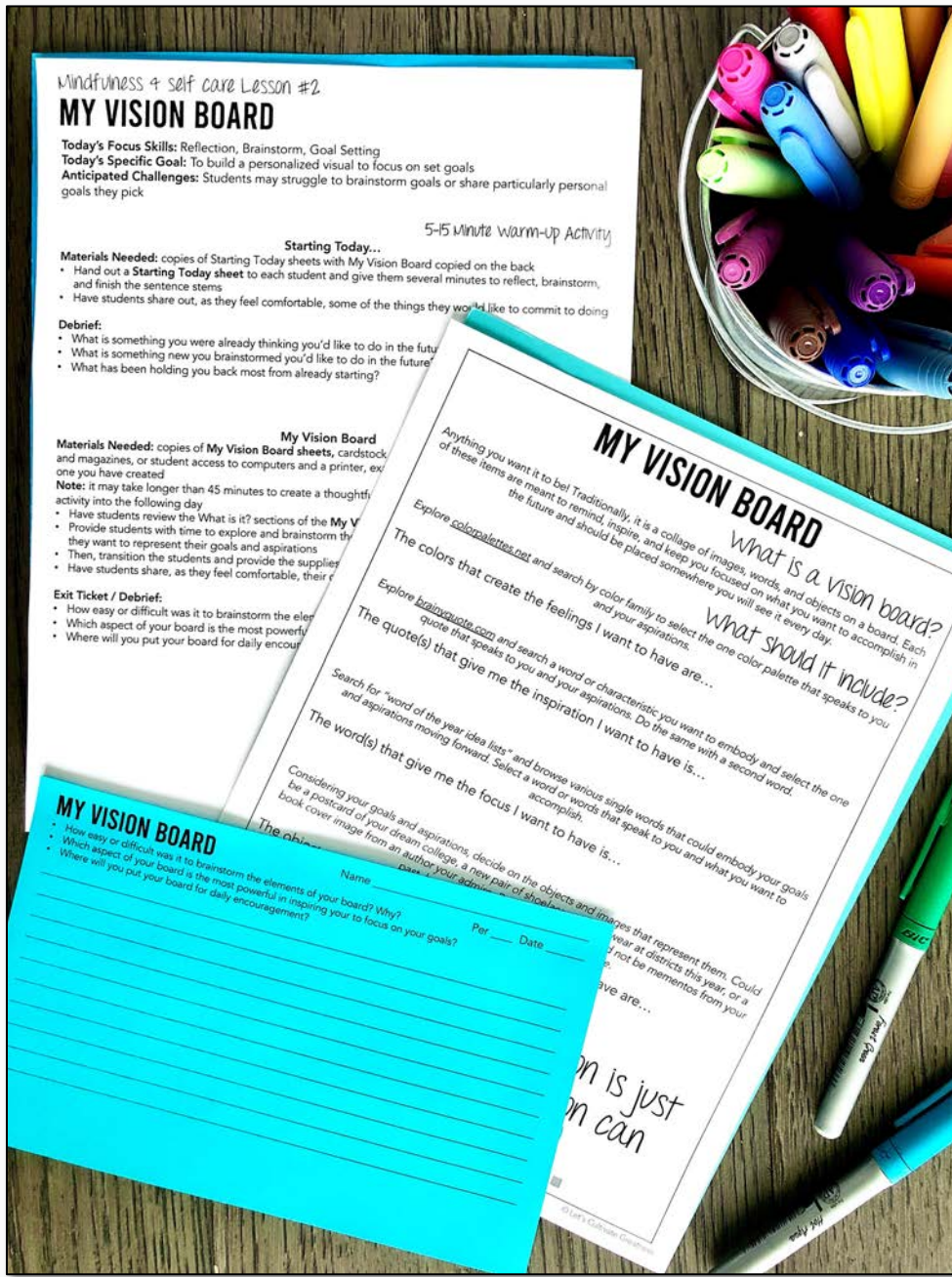
5 Senses Activities

Yoga & Breathing Exercises

Self-Awareness Brainstorming

EVERYTHING IS NO- OR LOW-PREP





SUPPORTS *included*

- ✓ Detailed Teacher Overview & Lesson Plans
- ✓ Debrief Questions & Exit Tickets
- ✓ Handouts & Auxiliary Materials
- ✓ Lesson Goals & Anticipated Challenges

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I used this for teacher PD. The teachers enjoyed the activities. – **Farrah C.**

I used this with my 6th graders - in health class. It worked well! – **Sarah D.**

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