Thank you for your purchase.

Instructions:

Workbook:

Teachers can use these as a morning meeting or bell ringer activity with students. Counselors can use these at the beginning of every classroom lesson throughout the year.

Option 1:
Create a workbook to give students for the whole year. Print and bind it yourself or send the file to a print shop like Office Depot or Staples.

Option 2:
Print out the 2 page spreads on one sheet front to back and hand out at the beginning of each week. If you use this method, you will skip the cover page and student workbook directions.

Pro Tips:
✓ Set aside 5-10 minutes every morning or 2-3 days per week to fill out the weekly pages.
✓ Play spa music to set the tone and also let students know when focus time starts and ends.
✓ Get student buy in by going over the benefits page and showing them some videos on the benefits of mindfulness, mindset and self-reflection. (see suggested videos)

Mindful Office:

Create privacy folders to be used during bell ringer time or anytime when a student needs to take a break. Print and glue the graphics to file folders for a quick mindful office.

Video Suggestions to show Students before you begin:

Growth Mindset:
https://www.youtube.com/watch?v=iKLEVPI6mM
https://www.youtube.com/watch?v=JC.BTUYDth8

Gratitude:
https://www.youtube.com/watch?v=TSUmp90x9aq
https://www.youtube.com/watch?v=bVycTYDd6ZM

Mindfulness Explained by Kids:
https://www.youtube.com/watch?v=aw08jUXm0c&t=79s

Breathing:
https://www.youtube.com/watch?v=m7bzDQyLA&t=6s
https://www.youtube.com/watch?v=Uxbdx-See00&t=8s

Kindness:
https://www.youtube.com/watch?v=BXAo_5voOP0

Feelings:
https://www.youtube.com/watch?v=TRWJZMks0
https://www.youtube.com/watch?v=d0kyKyFnsSs

This is a ONE WEEK SAMPLE of the Full Workbook

The Counseling Teacher Brandy © 2018
Morning Mindset

My Best Life


The Counseling Teacher Brandy © 2018
Morning Mindset
The Best Version of Me
My Name

Teacher

The Counseling Teacher Brandy © 2018
THE WEEKLY 6

EVERY WEEK, WE WILL WORK ON...

Mood: Check in with your feelings each day.

Morning Breath: Each day, practice a breathing exercise.

Mindfulness: Find the calm moments in each day.

Growth Mindset: Be ready to practice and not give up.

Good Will: Show kindness and help others.

Gratitude: Be thankful and say thank you.
WEEKLY PAGES

Each week is a two page spread. This sample includes one week.
**MOOD**  
Color 2 feelings each day:

Monday
Tuesday
Wednesday
Thursday
Friday

---

**STAR Breathing**
Trace your finger on the star.

↑ Breathe in
↓ Breathe out

---

Pick one CALM thing to do this week.
- Go for a walk outside.
- Listen to calm music.
- Color for fun.
- Write a story.
- Do a craft.
- Yoga

Draw it.
I CAN DO HARD THINGS!

Fill in the blanks with the word “can.”

I ___________ do hard work.
I ___________ try harder.
I ___________ get better.

I am thankful for:

Ways to be kind:
- Ask others to sit by you.
- Look for kids who need a friend.
- Do nice things for others.
- Share your things.

How are you kind to your friends?
If you want more:
Check out the full resource with weeks for the entire school year:

https://www.teacherspayteachers.com/Product/Mindfulness-Journal-Privacy-Folder-Office-4388103

https://www.teacherspayteachers.com/Product/Mindfulness-Bell-Ringer-Journal-Privacy-Folder-Office-4175506
YOU MIGHT ALSO LIKE:


https://www.teacherspayteachers.com/Product/Take-a-Break-Spot-or-Calm-Down-Corner-Hedgehog-Theme-4409879

About the Author & Terms of Use

I am a school counselor at a middle school in Germantown, TN. My department was awarded RAMP from the American School Counselling Association for being a Recognized ASCA Model Program.

I have worked in a K-8 setting since 2007. Before becoming a counselor, I taught 2nd grade, 4th grade, 8th grade Social Studies, 8th Grade Language Arts, and 8th grade Science. I enjoy creating products that will empower students and help them to become the best version of themselves.

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