



Calm+Kind+Focused Classrooms: Mindfulness At Home Lesson Guide

Lesson 7 - Our Five Senses

- **Mindful Instruction:**
https://drive.google.com/file/d/1wIF4nJUOZbYvZFQEHucoC5NMlx9G_SBP/view?usp=sharing In this lesson, we explore our five senses and how they can help us get un-stuck. We'll also talk about mindful eating!
- **Mindful Movement:**
<https://drive.google.com/file/d/1qASYaTP0Z6cd3rcIL8A6OpTC5T-NjljO/view?usp=sharing> Miss Melanie teaches us to use our five senses to help us balance.
- **Mindful Activity:** Go on a mindful scavenger hunt! (see Supplemental Materials)
- **Mindful Home Practice:** 1) Take some mindful bites at your next meal, 2) Notice if you get stuck in your thoughts, and use your senses to come back to the present
- **Journal:** What are some things that I already do to calm myself when I'm upset or frustrated? What are some things I've learned in Mindfulness that I can use to help myself feel calm?
- **Supplemental Materials:** [Scavenger Hunt graphics](#), [Bunny Breath graphic](#)