



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

Lesson 8 - Mindful Review

- **Mindful Instruction:**
<https://drive.google.com/file/d/1-pWMPBYD0roXnVQ1tJCZtU7wU4Orn8kx/view?usp=sharing> We'll review everything we learned so far, and notice how mindfulness can help us feel focused, calm, and happy!
- **Mindful Movement:**
<https://drive.google.com/file/d/19EaCBkojn4DIJYb6Bi0zawqaQ6VBjrwJ/view?usp=sharing> Miss Melanie puts everything together for a moving review!
- **Mindful Activity:**
<https://drive.google.com/file/d/1o2YCxM4EPQ47W996-nvg71KiMC3XXHNI/view?usp=sharing> What's a mindfulness spiral? Watch this video and find out - then make your own!
- **Mindful Home Practice:** Keep your practice going! Rewatch the videos if you'd like. Create your own breath and teach it to friends and family!
- **Journal:** What can I do each day to be mindful? How can I continue to practice mindfulness?
- **Supplemental Materials:** Mindfulness Review graphic