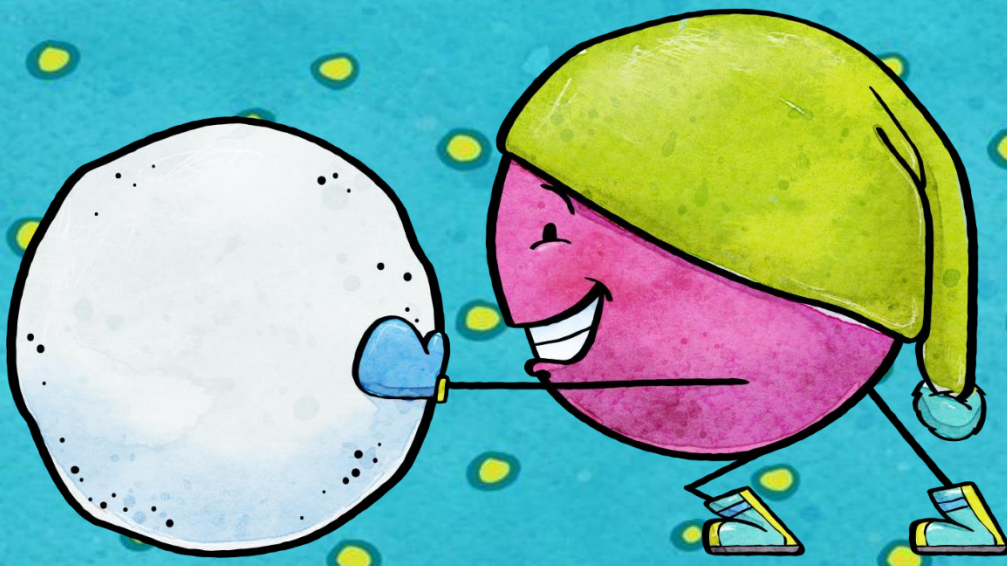
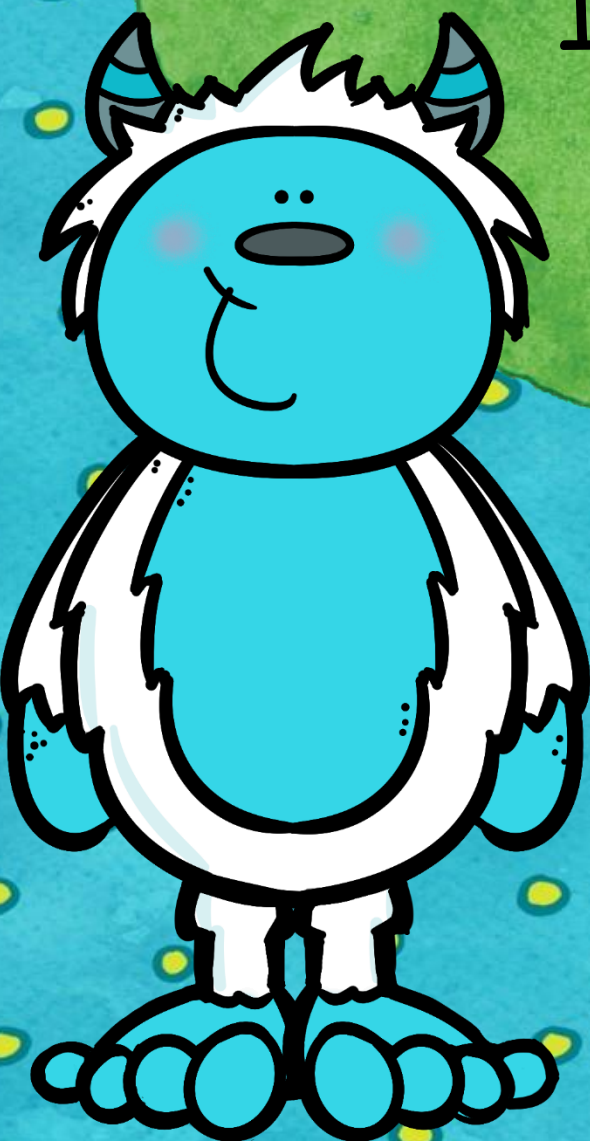


# Yeti vs. Dot

## Mindfulness

### Snowball Fight!

Interactive  
Grades  
2-3



Name \_\_\_\_\_ Date \_\_\_\_\_

**Complete the following sentences using a mindfulness strategy:**

When I am mad, I can: \_\_\_\_\_.

When I am worried, I can: \_\_\_\_\_.

When I am sad, I can: \_\_\_\_\_.

When I am confused, I can: \_\_\_\_\_.

When I am scared, I can: \_\_\_\_\_.

**Count to 10**



**Exercise**



**Meditate**



**Read a book**



**Think positive thoughts**



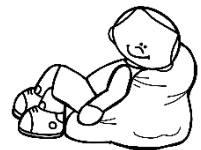
**Breathe**



**Listen to Music**



**Find a quiet corner**



**Describe a situation that you had this week where you needed to be mindful:**

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**Describe which strategy would have helped you be mindful in the situation:**

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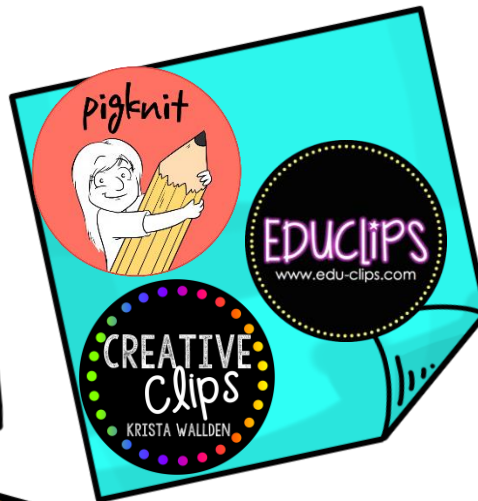
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