**What’s Happening Today?**

**Let’s Talk About Practicing Mindfulness**

* **What is mindfulness?**
* **Good things happen when you’re mindful – you can focus better and even calm down when you’re upset!**
* **There are 5 Steps to Practicing Mindfulness**
1. **body still**
2. **eyes closed**
3. **stay quiet – listen**
4. **breathe slowly**
5. **focus your mind**
* **Doing these things can help us take control of our thoughts and emotions, feel better and do better!**
* **So what do you think??**

****

* **Get your magnet!**