**This week I might try:**

***To practice mindfulness***

**I’ll try to remember that there are 5 steps for being mindful.**

**I can keep track of what I’m learning on the chart below:**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **To be mindful, I can try to:** | **Day**  **1** | **Day**  **2** | **Day**  **3** | **Day**  **4** | **Day**  **5** |
| **1. keep my body still** |  |  |  |  |  |
| **2. close my eyes** |  |  |  |  |  |
| **3. stay quiet and listen** |  |  |  |  |  |
| **4. breathe slowly** |  |  |  |  |  |
| **5. focus my mind** |  |  |  |  |  |

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