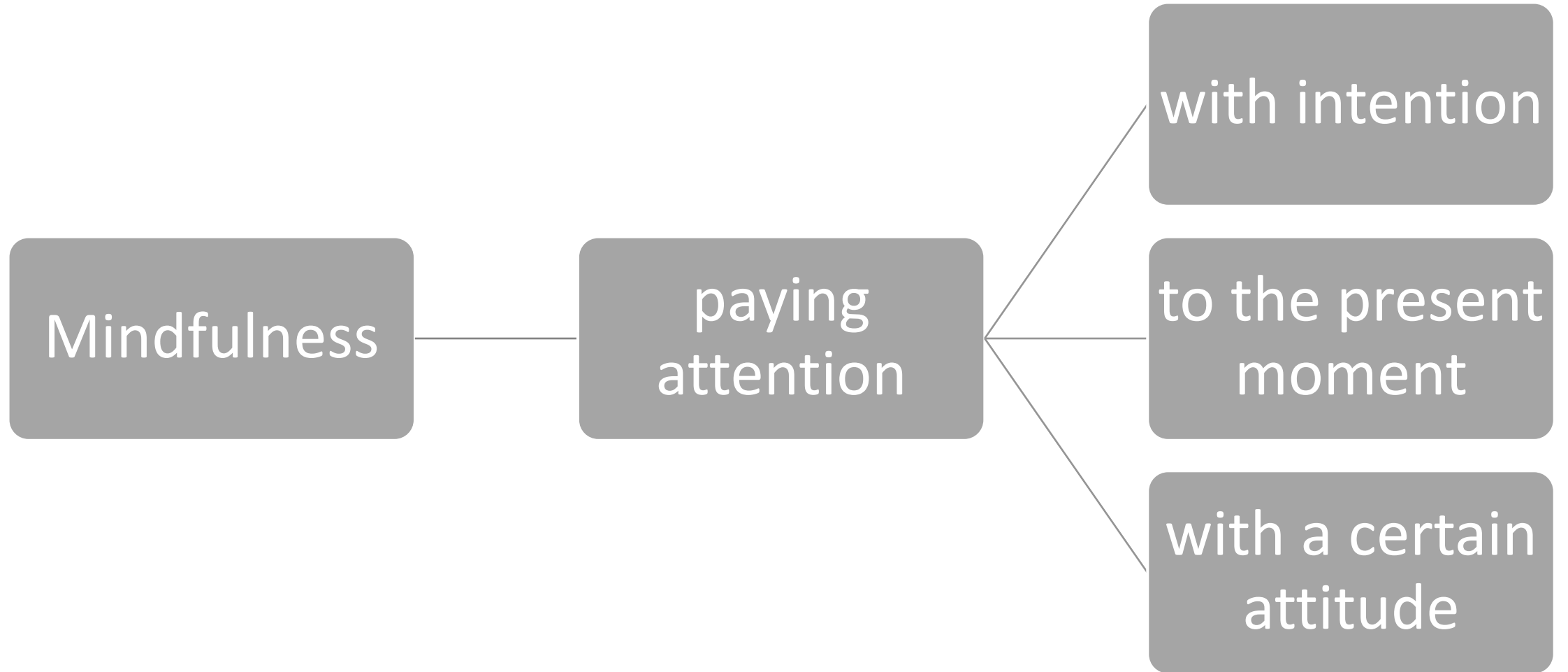




Mind Full, or Mindful?

Mindfulness



Attention...

- Attending to the inner and outer experience of the present moment...the here and now
- Bringing yourself back to the present moment when you slip away into past and future thinking



In other words...

Making a choice to
pay attention in a very
special or careful way...



BREATH



SENSES (SOUND, SIGHT,
TOUCH, TASTE, SMELL)



MOVEMENTS

We can do
this with our



THOUGHTS



FEELINGS



ACTIONS/INTERACTIONS

- PowerPoint Developed by Lisa Hoeme, Imagine a Child's Capacity, LLC