Mind Full, or Mindful?
Mindfulness

Mindfulness paying attention with intention to the present moment with a certain attitude

From: Jon Kabat-Zinn
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...
We can do this with our

BREATH

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

MOVEMENTS

THOUGHTS

FEELINGS

ACTIONS/INTERACTIONS
• PowerPoint Developed by Lisa Hoeme, Imagine a Child’s Capacity, LLC