

The Mindfulness Journal



Year 1

for Students by Smiling Mind

Welcome to the land of mindfulness. Your journey starts here.

This is your student journal for Year 1 which aims to help you to develop mindfulness skills to support your learning and mental health. We hope this journal inspires you to build your own practice of mindfulness and take these skills into your daily life.





Activity

Brushing my teeth mindfully



What I need

→ Toothbrush



Meditation

▶ The Bubble Journey 1

This is a good meditation to do before this activity. You can find it in the Smiling Mind app under 'The Mindfulness Curriculum - Student Home Practice - Year 1'



What to do

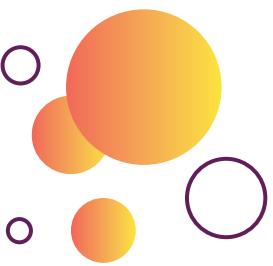
Use your time when brushing your teeth to practise mindfulness, this is a great way to pay attention to all the feelings and sensations and to train your brain to focus.

How did it feel when I brushed my teeth today?

Draw a picture.

Other things I thought about

Write down your thoughts or draw a picture.



A mindfulness journal for students



What is Mindfulness?

Mindfulness is paying attention to the present moment with openness, curiosity and without judgement.

Setting the intention

Note to parents/guardians

This student journal is a practical tool for students to support their learning and mental health throughout the year.

It forms part of Smiling Mind's evidence based mindfulness programs and is supported by The Mindfulness Curriculum by Smiling Mind, which provides a framework for educators to use in the classroom as a part of their social and emotional learning program.

We hope to inspire students to cultivate their own practice of mindfulness and take these skills with them into their future.

Using the student journal

Practical advice

This journal guides students through 20 mindful activities that can be completed at home to develop a regular mindfulness practice.

Most activities will take between 5 and 15 minutes that can be completed weekly, with some activities that require a short daily task.

Younger students may need the support of an older sibling or adult to complete the activities.

Adults can support younger students by sitting with them, practising the recommended meditation together, completing the activity with the student and discussing any thoughts or feelings that may have come up during the activity.

FSC

ISBN 978-0-6483781-6-7



9 780648 378167