

Safe Examples of Do-BeMindful Activity Card Skills

Activity Card Themes

Breathe and Begin:
01. Breathing Buddies
02. Finger Breathing
03. Feather Breaths

Pause and Practice:
09. Wishes for You, Wishes for Me
11. Worry Bubbles
12. Power Up

Relax and Reconnect:
15. Me Massage
19. Mirror, Mirror on the Wall
20. Mountain Strong

Focus
Play
Kindness
Being Calm
Relaxing
Connecting
Resilience

no friends
new teacher
pet party
missing home
new class
friend moving

May link to: HWB 0-01a, HWB 0-02a, HWB 0-04a, HWB 0-05a, HWB 0-06a, HWB 0-07a, HWB 0-08a

Active Examples of Do-BeMindful Activity Card Skills

Activity Card Themes

Breathe and Begin:
05. Let's Go Barefoot

Pause and Practice:
08. Nature Art

Relax and Reconnect:
14. 5,4,3,2,1

Focus
Play
Curiosity
Being Calm

May link to: HWB 0-01a, HWB 0-02a, HWB 0-04a

Nurtured Examples of Do-BeMindful Activity Card Skills

Activity Card Themes

Breathe and Begin:
01. Breathing Buddies
02. Finger Breathing
03. Feather Breaths

Pause and Practice:
09. Wishes for You, Wishes for Me
10. 3 Good Things
12. Power Up

Relax and Reconnect:
15. Me Massage
19. Mirror, Mirror on the Wall
20. Mountain Strong

Focus
Play
Kindness
Being Calm
Relaxing
Connecting
Resilience

May I be peaceful.
May I be safe.
May I be happy.
May I be kind.

May link to: HWB 0-01a, HWB 0-02a, HWB 0-04a, HWB 0-05a, HWB 0-06a, HWB 0-07a, HWB 0-08a

Healthy Examples of Do-BeMindful Activity Card Skills

Activity Card Themes

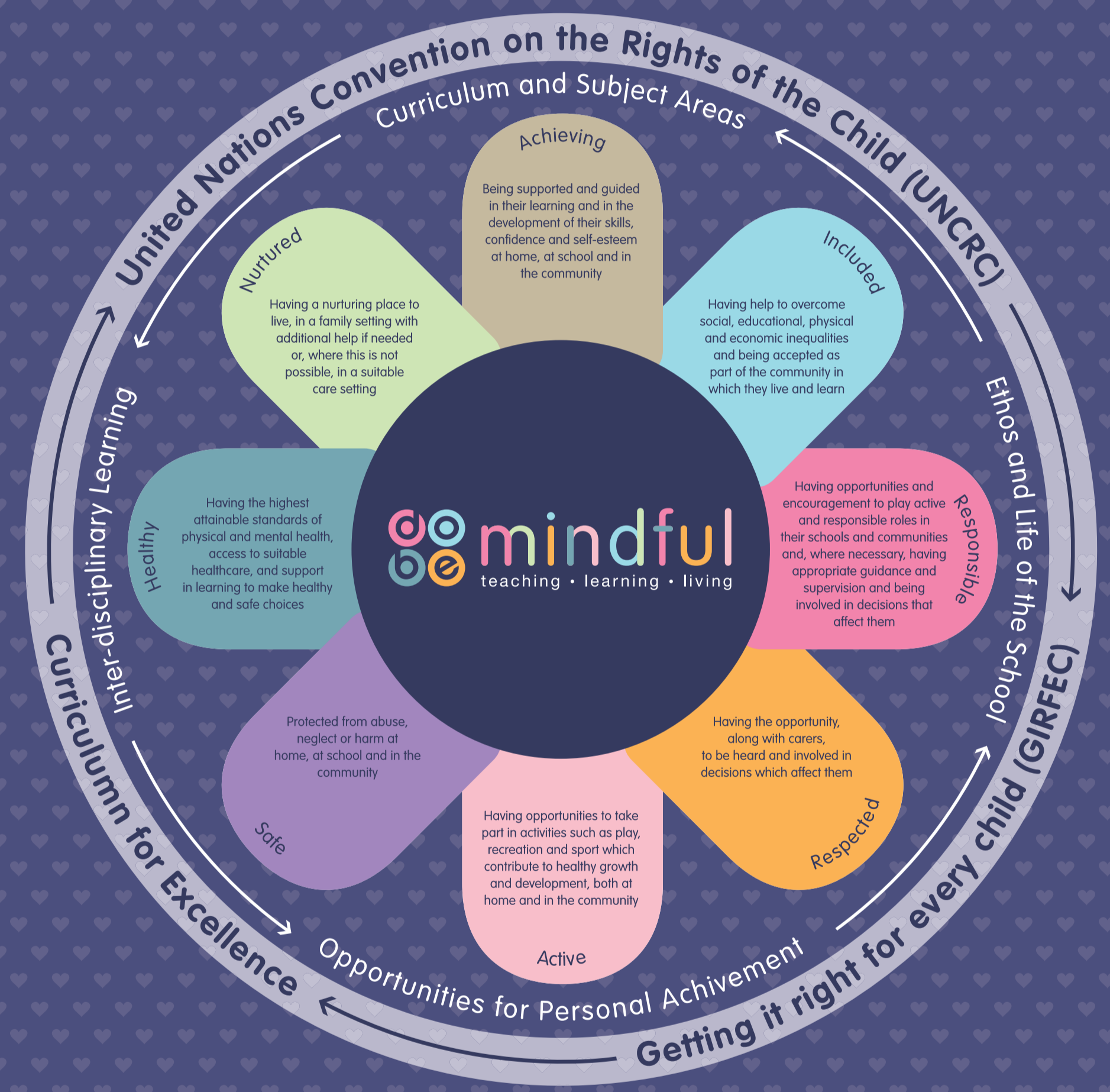
Breathe and Begin:
01. Breathing Buddies
02. Finger Breathing
03. Feather Breaths

Pause and Practice:
09. Wishes for You, Wishes for Me
10. 3 Good Things
11. Worry Bubbles

Relax and Reconnect:
15. Me Massage
19. Mirror, Mirror on the Wall
20. Mountain Strong

Focus
Play
Kindness
Being Calm
Relaxing
Connecting
Resilience

May link to: HWB 0-01a, HWB 0-02a, HWB 0-04a, HWB 0-05a, HWB 0-06a, HWB 0-07a, HWB 0-08a



Included Examples of Do-BeMindful Activity Card Skills

Activity Card Themes

Breathe and Begin:
02. Finger Breathing
03. Feather Breaths
04. Shh...What Can You Hear?

Pause and Practice:
09. Wishes for You, Wishes for Me
10. 3 Good Things
13. Thought Detectives

Relax and Reconnect:
14. 5,4,3,2,1
17. Back to Back Breathing
20. Mountain Strong

Focus
Play
Curiosity
Kindness
Being Calm
Relaxing
Connecting
Resilience

I am unique
I have friends
I am special
I am kind

May link to: HWB 0-01a, HWB 0-02a, HWB 0-04a, HWB 0-05a, HWB 0-06a, HWB 0-07a, HWB 0-08a

Achieving Examples of Do-BeMindful Activity Card Skills

Activity Card Themes

Breathe and Begin:
04. Shh What Can You Hear?
05. Let's Go Barefoot
06. Yummy in My Tummy

Pause and Practice:
07. Let's Go on a Safari
10. 3 Good Things
12. Power Up

Relax and Reconnect:
16. Be Aware!
18. Back Shapes
20. Mountain Strong

Focus
Play
Curiosity
Kindness
Being Calm
Relaxing
Connecting
Resilience

May link to: HWB 0-01a, HWB 0-02a, HWB 0-04a, HWB 0-05a, HWB 0-06a, HWB 0-07a, HWB 0-08a

Responsible Examples of Do-BeMindful Activity Card Skills

Activity Card Themes

Breathe and Begin:
03. Feather Breaths
04. Shh...What Can You Hear?
05. Let's Go Barefoot

Pause and Practice:
09. Wishes for You, Wishes for Me
11. Worry Bubbles
13. Thought Detectives

Relax and Reconnect:
16. Be Aware!
17. Back to Back Breathing
18. Back Shapes

Focus
Play
Curiosity
Kindness
Being Calm
Relaxing
Connecting

May link to: HWB 0-01a, HWB 0-02a, HWB 0-04a, HWB 0-05a, HWB 0-06a, HWB 0-07a, HWB 0-08a

Respected Examples of Do-BeMindful Activity Card Skills

Activity Card Themes

Breathe and Begin:
02. Finger Breathing
04. Shh...What Can You Hear?
06. Yummy in My Tummy

Pause and Practice:
09. Wishes for You, Wishes for Me
11. Worry Bubbles
12. Power Up

Relax and Reconnect:
14. 5,4,3,2,1
19. Mirror, Mirror on the Wall
20. Mountain Strong

Focus
Play
Curiosity
Kindness
Being Calm
Relaxing
Resilience

May link to: HWB 0-01a, HWB 0-02a, HWB 0-04a, HWB 0-05a, HWB 0-06a, HWB 0-07a, HWB 0-08a