

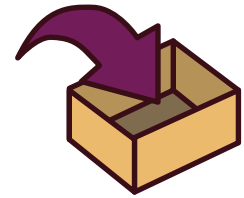
Mindful Moment Activity

The 5 Breath Space Maker



STEP 1

Upon completing one activity, take a moment to close it out.



STEP 2

Put away objects relating to the activity you completed.



STEP 3

Mentally be done with the activity by noting to yourself, "I am done." Or "This is complete."



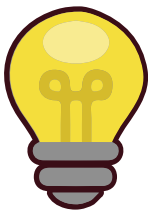
STEP 4

Take 5 slow, smooth, deep breaths. This is the space maker.



STEP 5

Express gratitude for the previous activity, mentally or by speaking aloud. (If you are with your child or if anyone is listening, speaking is a way to model gratitude!)



STEP 6

Mentally note the next activity is going to begin shortly.



STEP 7

Notice how you feel.

