

YIC Webinar Series: Session Five

June 24, 2020
9:00am – 12:00pm



Mindfulness Moment

Mindfulness 5-4-3-2-1: Use can use this technique to ground yourself. This is a great activity to help manage anxiety or anger.

- 5 – Look around your current surroundings and find five things you can see,
- 4 – Find four things you can touch,
- 3 – Find three things you can hear,
- 2 – Find two things you can smell, and
- 1 – Find one thing you can taste.

By the time you get through listing all of those, you will be more present and calm.



Mindfulness Moment

Free Downloadable Resources

I am grateful for:

Positive Things About My Life:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

3 Strengths/Qualities

3 Things I'm Good At Doing

Positive Things About My Health & Body

Relations I Am Grateful For:

- 1.
- 2.
- 3.
- 4.
- 5.

Activities I Enjoy

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Grateful For A Dream I'm Moving To—

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

People Who Have Taught & Supported Me

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

GratitudeHabitat.com

<https://twibies.com/>

Mindfulness BINGO

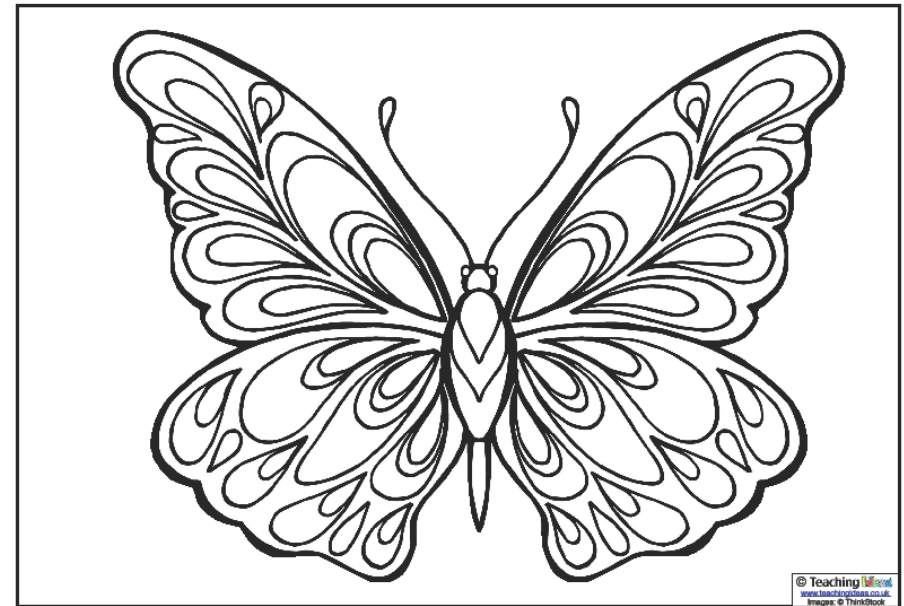
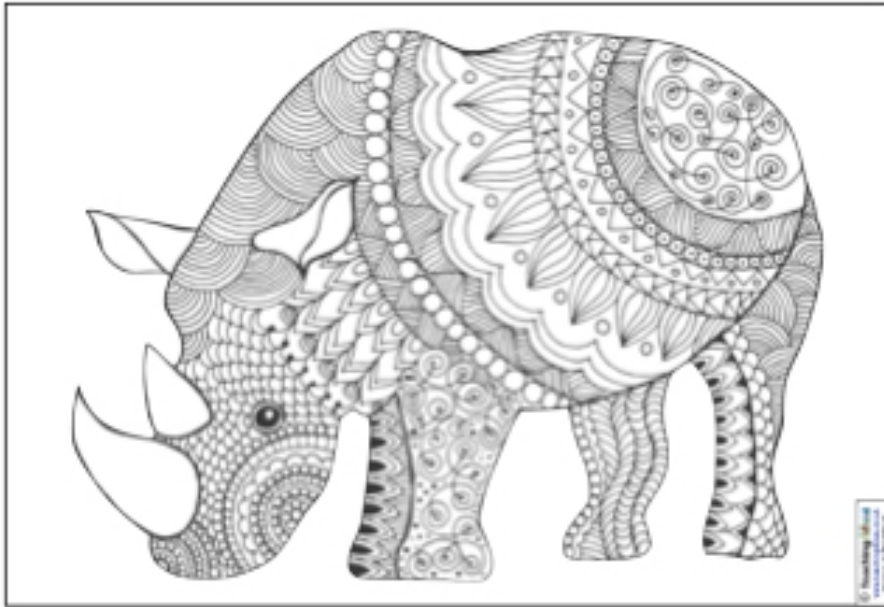
Mindful journaling	Nostril swap breathing	Gratitude list	Mindful pinwheel breathing	Mindful melt
Mindful Play-Doh squeeze	Mindful shoulder roll	Mindful breathing	Mindful gardening	Mindful bottle
Practice patience	Mindful car ride	Free Space	Mindful sound observation	Mindful sand flow
Mindful nature walk	Squeeze and go	Mindful house walk	Mindful yoga	Body scan
Mindful eating	Mindful music	Mindful object focus	Mindful teeth brushing	Acknowledge and accept feelings

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<https://www.pinterest.com/pin/89860955043743236/>

Mindfulness Moment

Free Downloadable Resources



<https://www.teachingideas.co.uk/2d-art/mindfulness-colouring-images-animals>

Session Five Post Training Survey Link:

<https://forms.gle/7TQ2GUc8tFqRAbk77>

Summer C&C Webinars:

- July 15, 2020 – 9:00am to 11:00am:
 - Protective Factors (postponed from June) – Tanya Albornoz, Prevention Specialist, USBE
- August 12, 2020 – 9:00am to 11:00pm
 - Agenda TBA

