Labeling Thoughts Activity:

Go to Google Classroom and answer the questions there about how you are feeling right now (Before the sit):

what's on your mind? How does your body feel? what emotions are you feeling? Do an overall heart, body, and mind inventory.

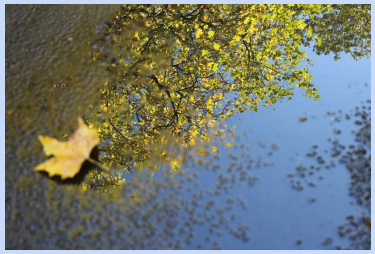
Listen to a guided mindful sit: Mindful Thinking

Or

watch this video

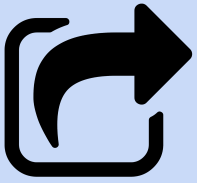
Go to Google Classroom and add a post about how you are feeling right now (After the sit):

What's on your mind? How does your body feel? What emotions are you feeling? Do an overall heart, body, and mind inventory:



Notice what others were saying in their before and after posts in Google Classroom. Were they past thoughts? Future thoughts? Positive thoughts? Negative thoughts?

Reflect on what it was like to label your thoughts and how the mindful sit changed/or didn't change your overall heart/body/mind feelings. If there was no change, reflect on that. Were you having trouble doing the sit?

Add an image to go with your reflection	write your reflection in this space:
 Note to Teacher: Click here to get a copy of the slide deck. Add to Classroom as "Students can edit". Give students numbers so they know their slide. Note: there won't be a #1.	Go to Google Classroom and find the post called "Mindfulness Slide Deck". Open the assignment and edit your slide in the shared Google Slide Deck. (Make sure you are on the number slide assigned to you.) Create a slide to share your reflection and an image or images with the class.