



Mindfulness Curriculum Week

Daily Intention

A Daily Intention sets the emotional tone of a child's day.

“Today, I intend to be kind and positive.”

Daily Thankfulness

Daily practice of thankfulness increases happiness, empathy and resilience in children.

“Today, I am thankful that I have a family who love and support me.”

Thought for the Day

Monday:

“Be kind, for everyone you meet is fighting a battle you know nothing about.”

Tuesday:

“Yesterday is history, tomorrow is a mystery, and today is a gift... that's why they call it present.”

Wednesday:

“Life is 10% what happens, and 90% how we react to it.”

Thursday:

“Strong people don't put others down. They lift them up.”

Friday:

“Fall down 7 times. Get up 8.”