

My Mindfulness Check-In



Pause • Notice • Check in • Be kind to yourself

NAME

DATE

How am I feeling right now?

Circle one or more.



Calm



Happy



Worried



Tired



Excited



Unsure

What do I notice in my body?

Check anything you notice.

☐

Relaxed

☐

Tense

☐

Restless

☐

Warm

☐

Cool

☐

Sleepy

☐

Full of energy

☐

Unsure

What do I notice around me?

I can see...

I can hear...

I can feel...

I can smell...

What do I need right now?

Maybe I need...

One mindful breath: Inhale slowly • Pause • Exhale gently





FIVE SENSES



A mindful noticing adventure

Today I will slow down and notice. Name: _____

Take one slow breath.

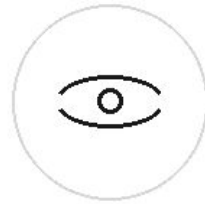
Then explore each sense and write what you notice.

1

LOOK

What do I notice with my eyes?

I notice...



2

LISTEN

What sounds do I notice?

I notice...



3

FEEL

What can I feel or touch?

I notice...

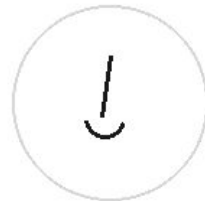


4

SMELL

What scents do I notice?

I notice...



5

TASTE

What flavors do I notice?

I notice...



My favorite sense today was:





MINDFUL BREATHING



Slow down • Breathe • Notice • Repeat

NAME _____

DATE _____

Use this page to slow your breathing and notice how you feel.

Breathe comfortably — there is no need to force a deep breath.

BEFORE I BEGIN

How do I feel right now?

1

Very calm

2

Calm

3

Okay

4

Busy

5

Overwhelmed

MY BREATHING TRACKER

Complete one circle for each comfortable breath.

1

Breath

Inhale _____ Exhale _____

6

Breath

Inhale _____ Exhale _____

2

Breath

Inhale _____ Exhale _____

7

Breath

Inhale _____ Exhale _____

3

Breath

Inhale _____ Exhale _____

8

Breath

Inhale _____ Exhale _____

4

Breath

Inhale _____ Exhale _____

9

Breath

Inhale _____ Exhale _____

5

Breath

Inhale _____ Exhale _____

10

Breath

Inhale _____ Exhale _____

Breathe in

Pause

Breathe out

AFTER I BREATHE

How do I feel now?

I notice...

I need...



7-DAY MINDFULNESS CHALLENGE



A small mindful moment each day.

NAME _____

START DATE _____

Spend 5–10 minutes each day noticing, breathing, and slowing down.

Check the box when you finish, then write one thing you noticed.

1

DAY

Pause & Breathe

Take five slow, comfortable breaths.

I noticed... _____

☐

Done

2

DAY

Look Around

Notice three things you can see, hear, or feel.

I noticed... _____

☐

Done

3

DAY

Mindful Walk

Walk for a few minutes and notice each step.

I noticed... _____

☐

Done

4

DAY

Mindful Bite

Eat one bite slowly and notice its taste and texture.

I noticed... _____

☐

Done

5

DAY

Body Check-In

Notice one place that feels relaxed and one that feels tense.

I noticed... _____

☐

Done

6

DAY

Small Gratitude

Write down three simple things you appreciate today.

I noticed... _____

☐

Done

7

DAY

Choose Your Moment

Repeat your favorite mindfulness activity from this week.

I noticed... _____

☐

Done

After 7 days...

The activity I enjoyed most was: _____