

THANK YOU!

Thank you for visiting my account and for your recent purchase.

I hope these mindfulness activities meet your expectations and
needs.

It saves you time and is super helpful and fun for your students.

If you have any questions, suggestions, or notice an error, please
message me at anna@learngrowaspire.com.

Thank you so much for your support.

Anna

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If you have questions regarding the terms of use, please get in touch with me
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- Share on public websites.



Learn Grow Aspire was created to support parents, caregivers, and elementary classroom teachers with teaching resources and inspirations they can implement in their homeschool or classrooms.

MEET THE FACE BEHIND LEARN GROW ASPIRE

Hey, I'm Anna. Author and creator of Learn Grow Aspire resources. I love creating activities and printables that inspire a love for learning and make life easier for busy parents and teachers.

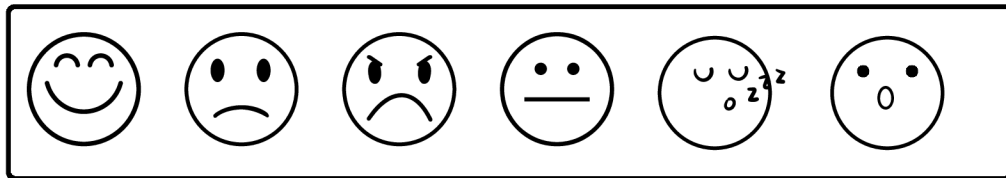


xoxo Anna

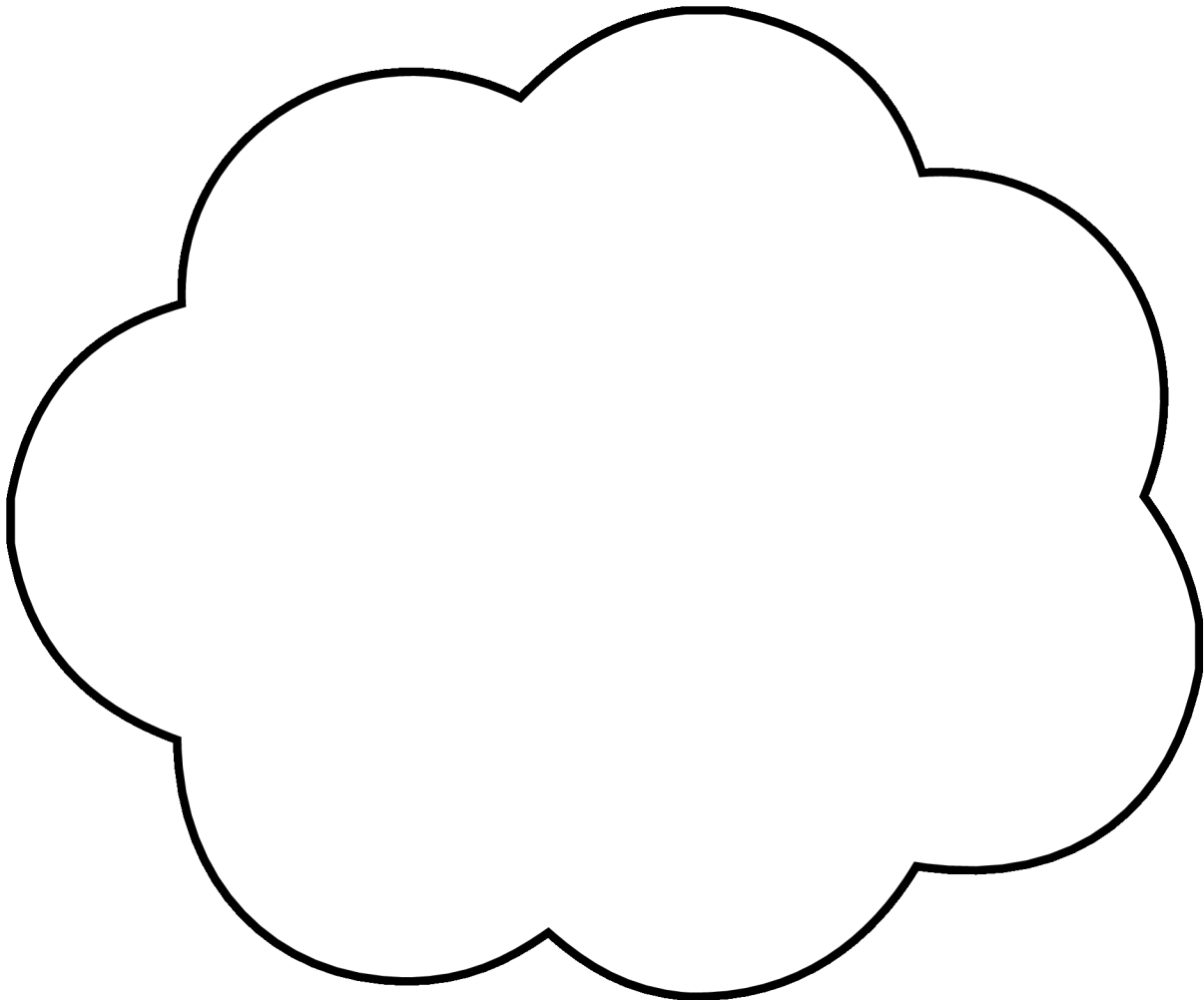
Name: _____ Date: _____

CHECK-IN WITH SELF

How am I feeling doing?



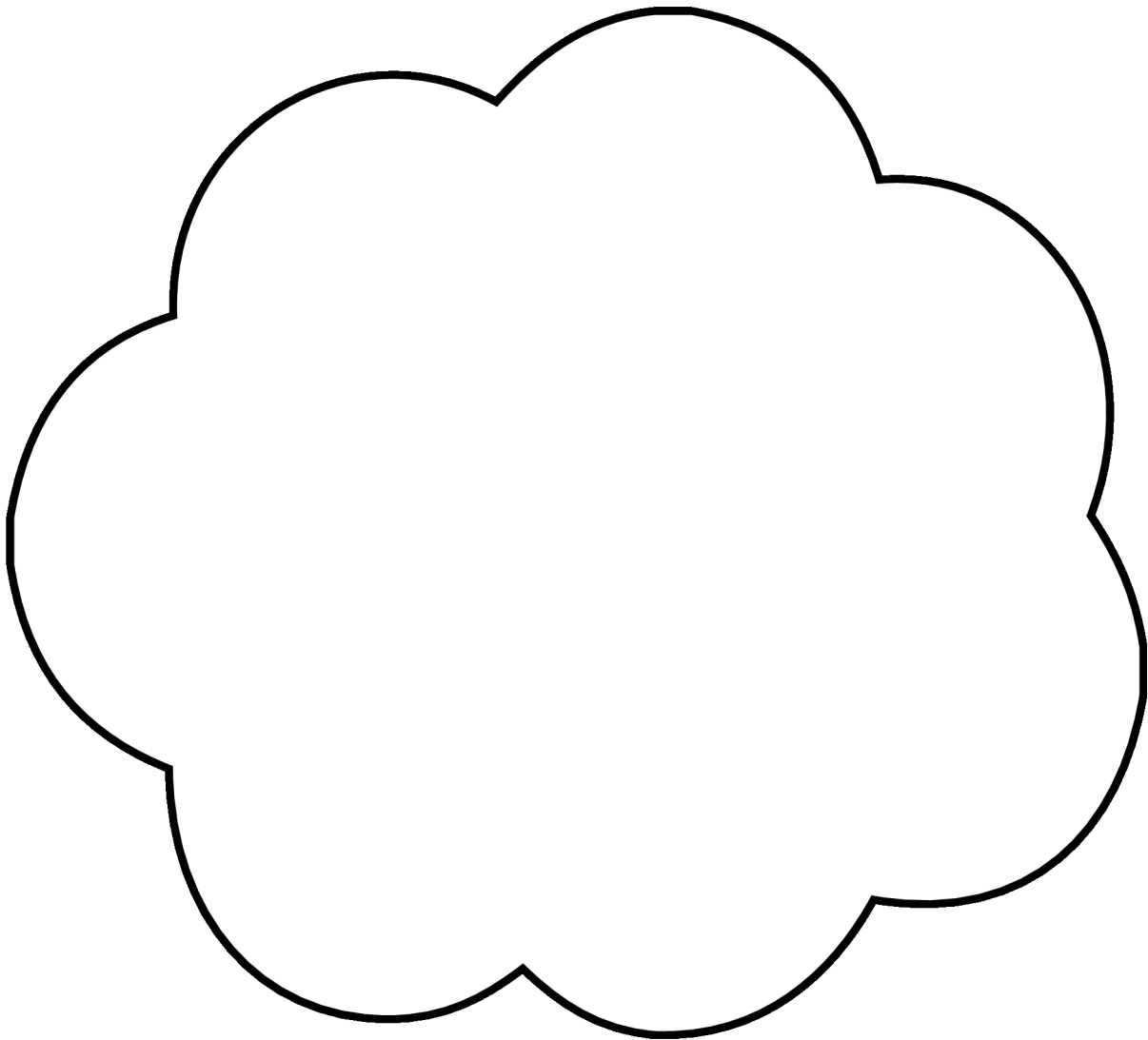
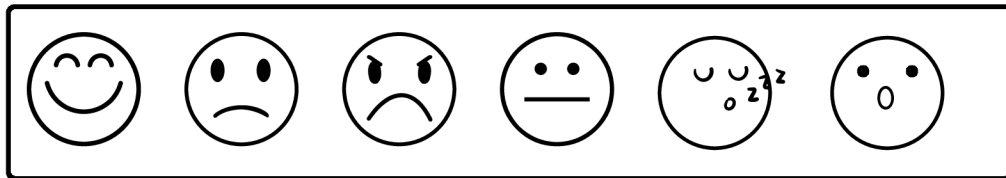
Why am I feeling this way?



Name: _____ Date: _____

CHECK-IN WITH SELF

My mood today...



Name: _____ Date: _____

CHECK-IN WITH SELF

Video
games



T.V



Pet



Family



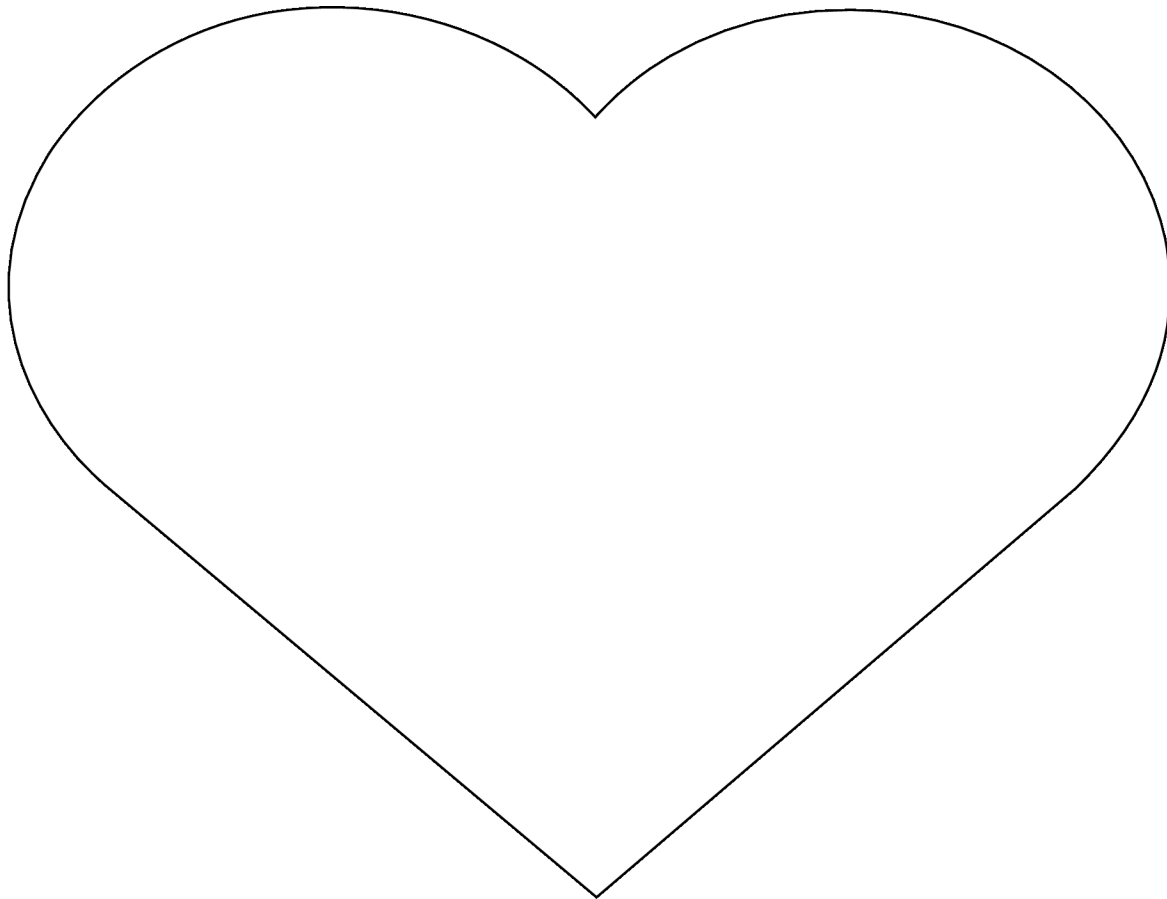
Friends



Food



The little things that will make my day
amazing today...



Name: _____ Date: _____

MINDFUL WRITING

Today, I would like to learn...

Name: _____ Date: _____

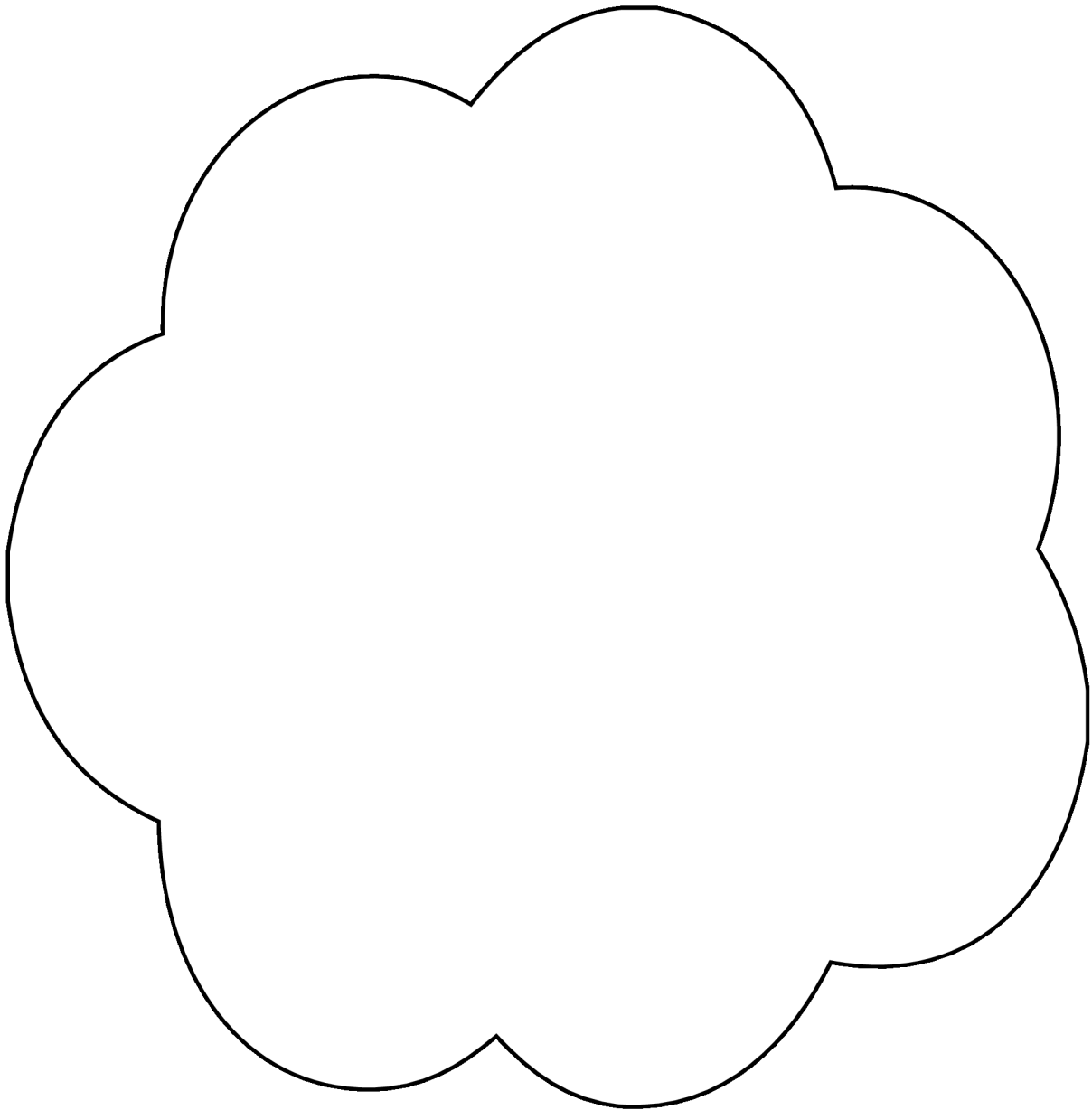
MINDFUL WRITING

How can I learn something new today?

Name: _____ Date: _____

MINDFUL WRITING

What's something I did today that made me feel
good about myself?

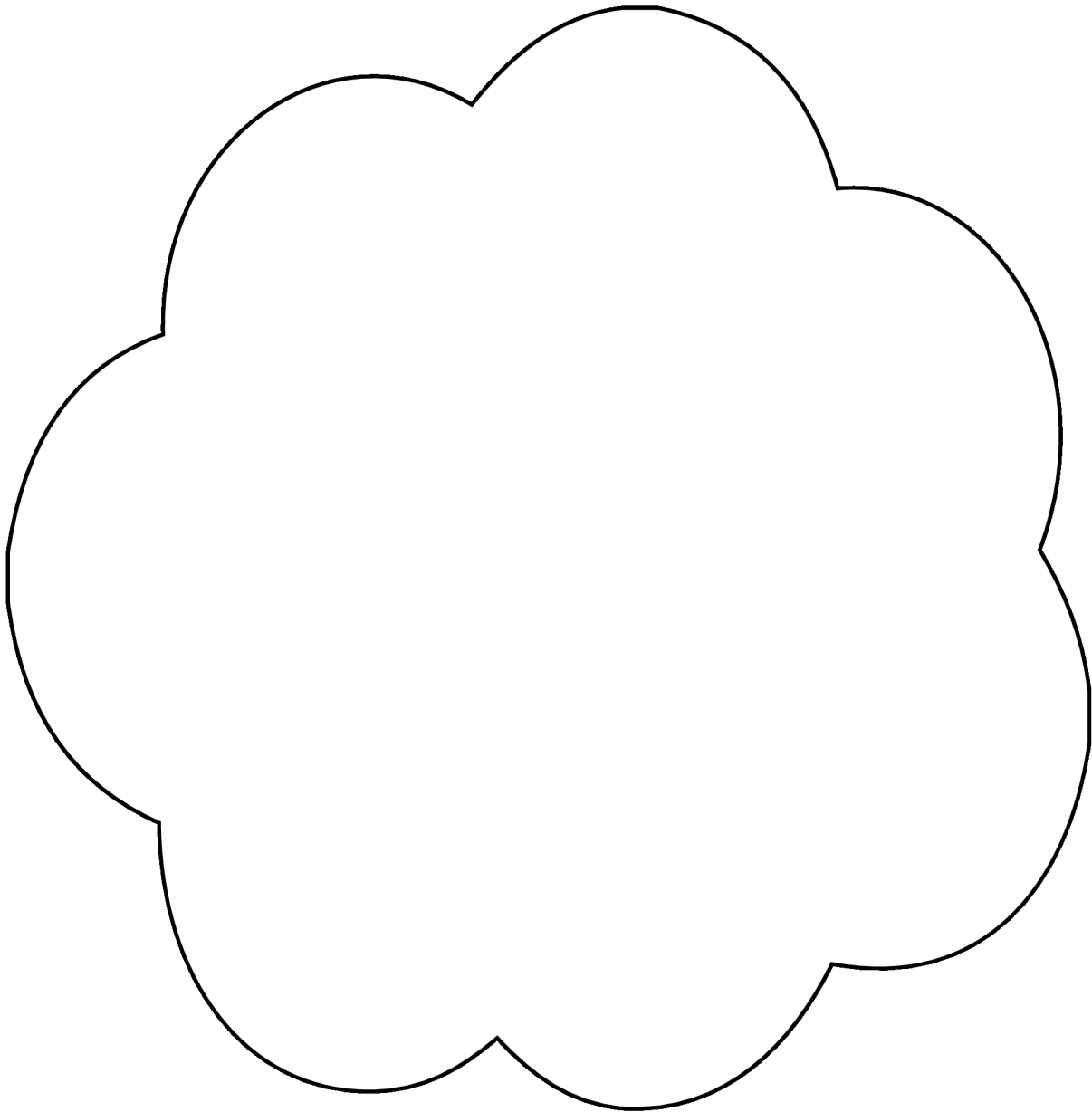


Name: _____ Date: _____

MINDFUL WRITING

Did I need help today and refuse to ask for it?

Why did I refuse to ask for help?



Name: _____ Date: _____

GRATTITUDE JOURNALING

Write three things you're thankful for today.

