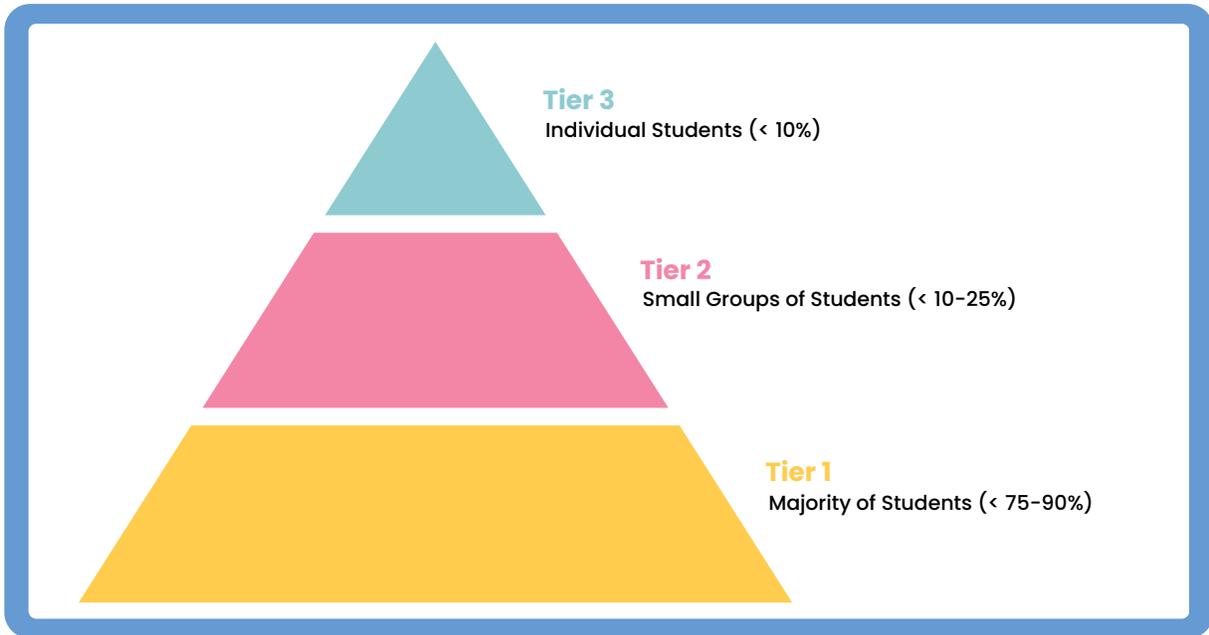


The Mindful Student: Mindfulness Activities for Every Student

The Mindful Student includes 20 grade-specific mindfulness activity cards per deck, each supporting a C.A.R.E.S. competency and grade-level skill. Designed to meet students developmentally, activities range from hands-on exercises to quiet reflection, providing meaningful SEL support across all skill levels.



Tier 1	Tier 2	Tier 3
<p>Incorporate The Mindful Student as a whole-group proactive strategy to empower students to stay present, and in control of their emotions—fostering self-awareness, social awareness, and resilience in any situation. Activities are tailored to each developmental stage, ranging from hands-on engagement to quiet reflection.</p>	<p>The Mindful Student lessons provide students with effective strategies for recognizing and managing intense emotions and the impact they have on self and others, offering support in small group settings.</p>	<p>Provide strategic mindfulness practices through one-on-one sessions, tailored to the student's readiness and engagement. Share effective mindfulness strategies with the student's family to encourage continued practice at home.</p>