

Mindfully Doing Schoolwork and Tests

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



If your child gets tense or stress during schoolwork or tests, this exercise can help them get centered before beginning these activities. Practice this exercise with your child.

- Sit in a comfortable position with your hands on your desk or in your lap.
- Notice the sounds that you hear and anchor yourself to the present moment.
- Focus on your breathing, feel your chest rise as you inhale and fall as you exhale.
- Breathe naturally and concentrate on the next five breaths, noticing how your body feels.
- If you feel stressed or anxious take a deep breath in and as you breathe out imagine you are releasing the stress and anxiety with the breath.
- As you take your next breath in picture yourself doing all of your homework or taking your test with ease.

This exercise can be repeated during homework or tests if you child gets stuck on a problem and feels anxious.

How will you take what you learned from this forward into your life?