

# C&C Mentor Webinar Series: Session Five

June 24, 2020

9:00am – 12:00pm



# Mindfulness Moment

**Mindfulness 5-4-3-2-1:** Use can use this technique to ground yourself. This is a great activity to help manage anxiety or anger.

- 5 – Look around your current surroundings and find five things you can see,
- 4 – Find four things you can touch,
- 3 – Find three things you can hear,
- 2 – Find two things you can smell, and
- 1 – Find one thing you can taste.

By the time you get through listing all of those, you will be more present and calm.



# Mindfulness Moment

## Free Downloadable Resources

**I am grateful for:**

Positive Things About My Life:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

3 Strengths/Qualities

3 Things I'm Good At Doing

Positive Things About My Health & Body

Relations I Am Grateful For:

- 1.
- 2.
- 3.
- 4.
- 5.

Activities I Enjoy

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Grateful For A Dream I'm Moving To—

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

People Who Have Taught & Supported Me

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

GratitudeHabitat.com

<https://twibies.com/>

**Mindfulness BINGO**

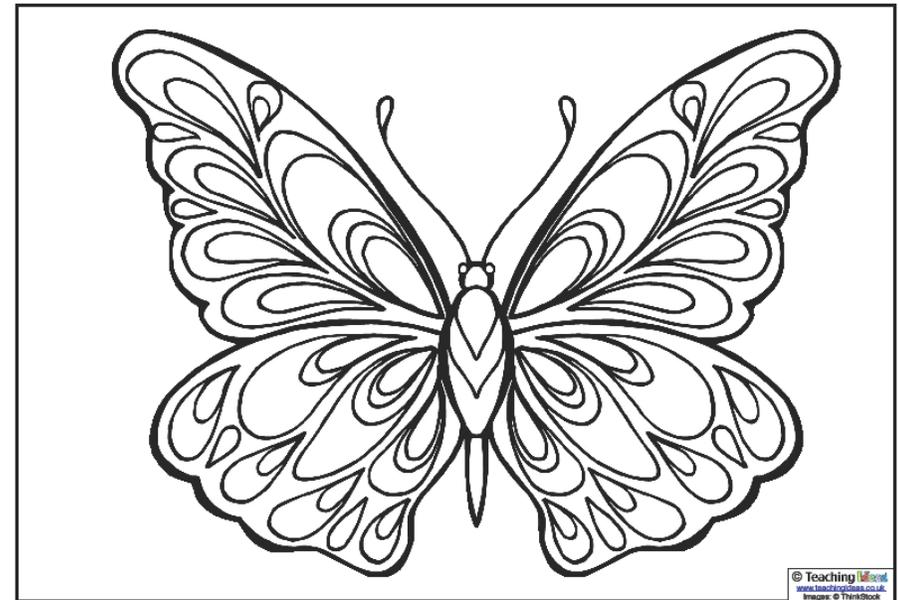
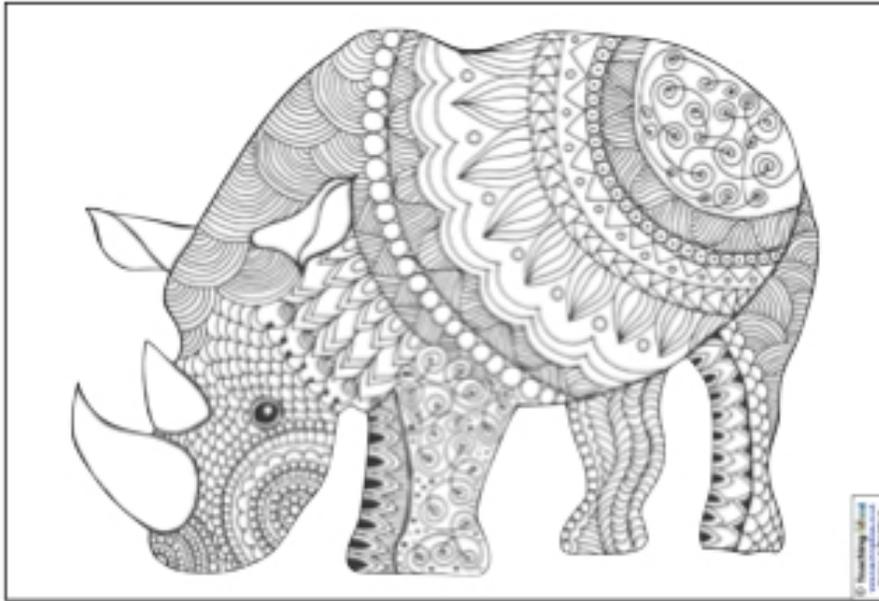
|                          |                        |                      |                            |                                 |
|--------------------------|------------------------|----------------------|----------------------------|---------------------------------|
| Mindful journaling       | Nostril swap breathing | Gratitude list       | Mindful pinwheel breathing | Mindful melt                    |
| Mindful Play-Doh squeeze | Mindful shoulder roll  | Mindful breathing    | Mindful gardening          | Mindful bottle                  |
| Practice patience        | Mindful car ride       | Free Space           | Mindful sound observation  | Mindful sand flow               |
| Mindful nature walk      | Squeeze and go         | Mindful house walk   | Mindful yoga               | Body scan                       |
| Mindful eating           | Mindful music          | Mindful object focus | Mindful teeth brushing     | Acknowledge and accept feelings |

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<https://www.pinterest.com/pin/89860955043743236/>

# Mindfulness Moment

Free Downloadable Resources



<https://www.teachingideas.co.uk/2d-art/mindfulness-colouring-images-animals>

# Session Five Post Training Survey Link:

<https://forms.gle/7TQ2GUc8tFqRAbk77>

## Summer C&C Webinars:

- July 15, 2020 – 9:00am to 11:00am:
  - Protective Factors (postponed from June) – Tanya Albornoz, Prevention Specialist, USBE
- August 12, 2020 – 9:00am to 11:00pm
  - Agenda TBA

