



**EASTCONN**

Where Learning Comes to Life

Psychological & Behavioral Consultation Services

# The Classroom Mindfulness Game

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## Visual Tools

# Our Classroom is



# Mindful

These cards may be used for a **prompting purposes** such as (a) posting on student desks, (b) placing tiles on them, (c) non-verbal redirection, and (d) displaying during a game.

<p>I am a</p>  <p><b>Mindful</b> student.</p>	<p>I am a</p>  <p><b>Mindful</b> student.</p>	<p>I am a</p>  <p><b>Mindful</b> student.</p>	<p>I am a</p>  <p><b>Mindful</b> student.</p>	<p>I am a</p>  <p><b>Mindful</b> student.</p>
<p>I am a</p>  <p><b>Mindful</b> student.</p>	<p>I am a</p>  <p><b>Mindful</b> student.</p>	<p>We are a</p>  <p><b>Mindful</b> classroom.</p>	<p>We are a</p>  <p><b>Mindful</b> classroom.</p>	<p>We are a</p>  <p><b>Mindful</b> classroom.</p>

These cards may be used for **reward purposes**. Students may be allowed to claim a badge if they win the mindfulness game for their classroom!

I won the



**Mindful**  
game.

I won the



**Mindful**  
game.

I won the



**Mindful**  
game.

I won the



**Mindful**  
game.

I won the



**Mindful**  
game.

I won the



**Mindful**  
game.

I won the



**Mindful**  
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I won the



**Mindful**  
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I won the



**Mindful**  
game.

I won the



**Mindful**  
game.

The following may be pasted onto envelopes for storing mystery goals, rewards, students, etc.

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# Mystery Goals

Draw randomly **after playing** a mindfulness game.

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# Mystery Rewards

Only a winning student **may draw after winning**.

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# Students

Draw randomly **before playing** a mindfulness game

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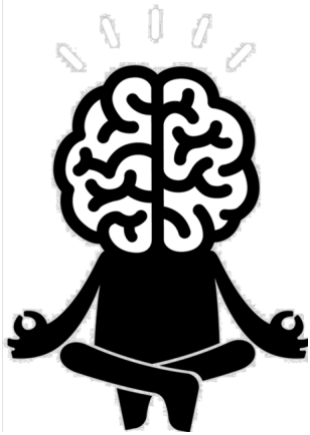
# Mindfulness Record

**Our top score is**

**%**

**this week.**

# Mindfulness Levels



Total Game Minutes	Bell Range
90	7 – 11 min.
80	6 – 10 min.
70	5 – 9 min.
60	4 – 8 min.
50	3 – 7 min.
40	2 – 6 min.
30	2 – 4 min.

# Mindfulness Reward Menu

After a student wins the Mindfulness Game for his or her class, staff may allow them to choose a reward:



Your Choices	
minutes of	
minutes of	
minutes of	
minutes of	
minutes of	