

Name: _____



Mindful or Unmindful?

Directions

1. Cut out the examples below.
2. Decide whether the behavior is mindful or unmindful.
3. Tape or glue the example in the correct column on page 2.

Rejecting a new food because it is unfamiliar to you

Intentionally ignoring a classmate who seems eager to join your game or group

Paying such close attention to what someone is saying that you can repeat or explain it to someone else

Deciding not to speak to someone because he or she has not spoken to you

Choosing a style of shirt you don't like just because your friend says you should wear it

Practicing a new skill or a music lesson until you feel your body improving

Trying to do too many things at the same time.

Helping someone in need, someone with physical challenges, or someone whose needs are different from your own

Listening to a friend's favorite new song all the way through without making a judgement about it

Daydreaming or "tuning out" what is happening around you without really noticing and hearing what is going on

Adapted from The MindUP Curriculum - Grades 3 - 5

Name: _____



Directions

1. Place the examples from page 1 in the correct columns below.

Mindful

Unmindful

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