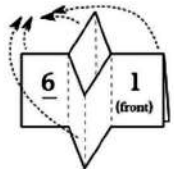
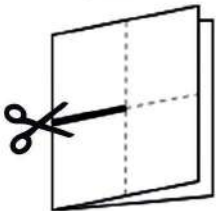
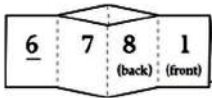
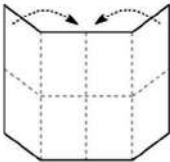
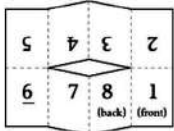
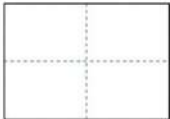
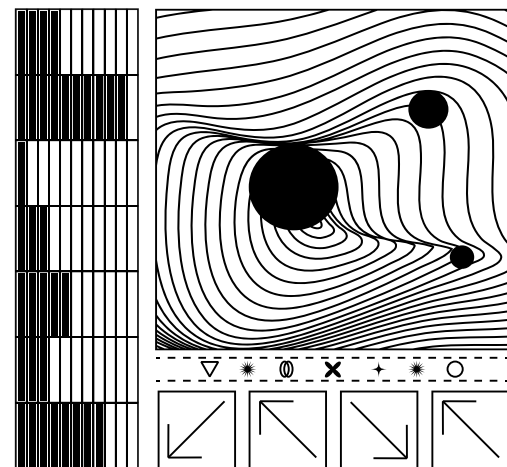


5	4	3	2
6	7	8	1
		(back)	(front)



Without judgement

Mindfulness is paying attention to what is happening right now inside you and pure you

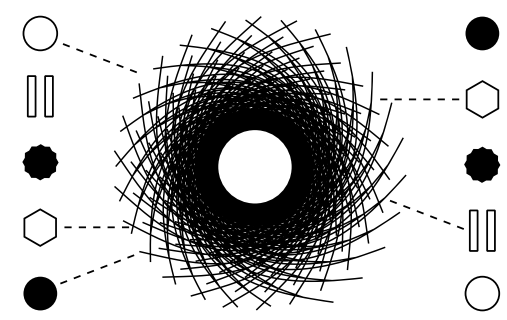


WHAT IS MINDFULNESS?

Explore the wellness space with NCHPAD

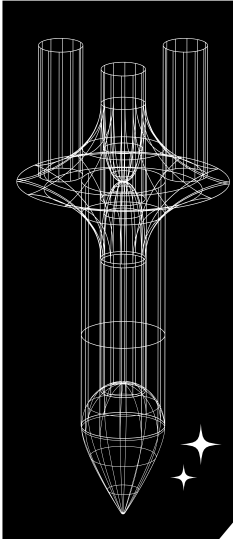


MINDFUL MISSION



A space cadet's pocket guide to mindfulness

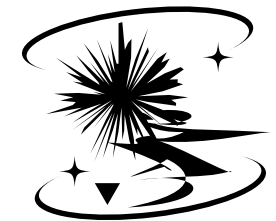
- 1 thing you can taste
 - 2 things you can smell
 - 3 things you can hear
 - 4 things you can feel
 - 5 things you can see
- Say, journal or think:
- BEFORE YOUR NEXT LAUNCH**



With regular practice, mindfulness helps you take control of your thoughts & feelings, like steering your own spaceship through space.

REMEMBER

Mindfulness means paying attention to what's happening right now without getting stuck in your thoughts or feelings. When you do that, you're in charge, like the pilot of your own **SPACESHIP**.



Ready for more mindfulness tools?
Visit NCHPAD.org and explore!
(Ask a parent or guardian if you need help getting there.)

Draw the thought that won't leave your mind.

Where do you feel calm in your body?

Where do you feel tension in your body?

HUNGER LEVEL

ENERGY LEVEL

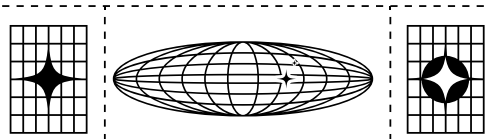
STATUS REPORT

Space Cadet

Use the next page to create a star map filled with gratitude. Each star = one thing you're grateful for. Cluster related stars into constellations and name them!

What helps you slow down and reset?

What helps you slow down and reset?



GRATITUDE GALAXY

Gratitude is about paying attention to what's going right. Mindfulness helps you notice those moments, & gratitude helps you hold onto them.

Use the next page to create a star map filled with gratitude. Each star = one thing you're grateful for. Cluster related stars into constellations and name them!

