



Mindful Zone: Tuning Into Yourself

The mindful zone is a place to get in touch with how you are feeling inside and come back to your breath.

Which downstairs friend is visiting right now? (circle one)



Angry Rex



Sad Selena



Nervous Nasir



Bored Brandon

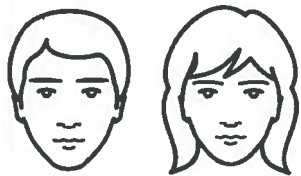


Excited Esperanza



Scared Sharice

Where in your body do you feel your emotions? (circle one)



Face



Fists/Hands



Stomach/Belly



Chest/Heart

Which upstairs friend can help you? (circle one)



Grateful Graciela



Body Scanning Sammy



Breathing Bruno



Let It Go Letty



Cheering Calvin



Listening Leslie



Heartful Jaime



Focus Freddy



Moving Mauricio

Draw yourself using the mindful skill:

