

Halloween-Themed Moment #3

- Close your eyes. Take a few slow, deep breaths (pause 10-15 seconds). Allow your thoughts to leave your mind (pause 10-15 seconds).
- Listen to my voice and what I am saying. Imagine you are going trick-or-treating. Who are you going with?

Halloween-Themed Moment #1

- Close your eyes. Take a few slow, deep breaths (pause 10-15 seconds). Allow your thoughts to leave your mind (pause 10-15 seconds).
- Listen to my voice and what I am saying. Imagine you are getting ready to carve a pumpkin for a contest. The contest is taking place outside at a park. Maybe you are with family or friends. After you carve your pumpkin, you can paint or decorate it however you want. What do you think you will carve?

Practice mindfulness but change it up with a Halloween theme!

- Bring your attention back to my voice. Notice your toes and ankles (pause 10 seconds). Next, your lower legs and knees (pause 10 seconds). Now your upper legs and hips (pause 10 seconds). Next, your stomach and shoulders (pause 10 seconds). Now your arms, hands, and fingers (pause 10 seconds). Finally, your face and forehead leading up to the top of your head.

ment #2

se 10-15 seconds).
econds).

Using your finger, trace the Halloween labyrinth, pausing and taking a few deep breaths when you get to the center. Then, trace in the opposite direction to exit. When you have finished, color or decorate and trace again.



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- Listen to my voice and what I am saying. Imagine you are getting ready to carve a pumpkin for a contest. The contest is taking place outside at a park. Maybe you are with family or friends. After you carve your pumpkin, you can paint or decorate it however you want. What do you want your pumpkin to look like? What are you using to decorate it with?

Halloween-Themed Moment #2

- Close your eyes. Take a few slow, deep breaths (pause 10-15 seconds).

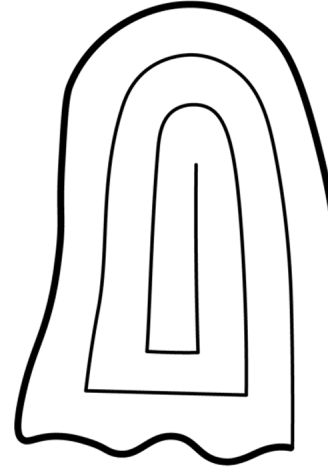
Halloween-Themed Moment #1

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- Listen to my voice and what I am saying. Imagine you are getting ready to carve a pumpkin for a contest. The contest is taking place outside at a park. Maybe you are with family or friends. After you carve your pumpkin, you can paint or decorate it however you want. What do you want your pumpkin to look like? What are you using to decorate it with?

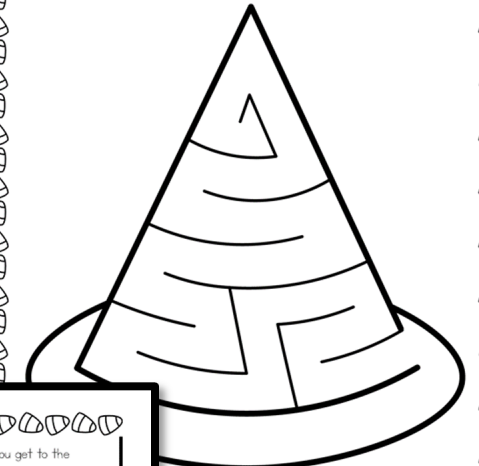
Mindfulness through
visualization
(pumpkin-carving, Halloween
party, trick-or-treating)

Halloween Labyrinths

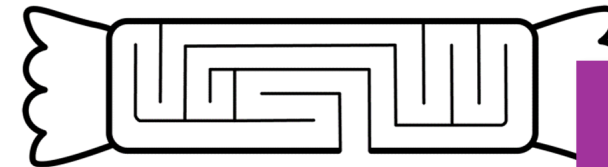
A labyrinth is a maze or a single path that can be followed or traced. It can help you achieve mindfulness and can be used as a coping strategy. Below, the entrance and exit are the same. Using your finger, trace the Halloween labyrinth, pausing and taking a few deep breaths when you get to the center. Then, trace in the opposite direction to exit. When you have finished, color or decorate and trace again.



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Mindfulness
through
tracing



Assess & Apply

- Assess student understanding then encourage future application with a tool worksheet

The image shows two overlapping worksheets. The background worksheet is titled 'Halloween Mindfulness' and features a header with three bats and a crescent moon. It includes a 'Name' field, directions for reflection on Halloween moments and day-to-day activities, and two numbered lists for recording responses. The foreground worksheet is an 'Exit Ticket' with two questions: 'What is mindfulness?' and 'When are 2 times mindfulness could be helpful for you?', each followed by two lines for an answer.

Name _____

Halloween Mindfulness

Directions: Reflect on the Halloween moment(s) that were read to you. What are your favorite moments or activities around Halloween? Fill them in below, then think of other day-to-day moments or activities you enjoy. Reflect back on these moments when stressed, upset, etc.

Halloween Moments/Activities

1. _____
2. _____
3. _____
4. _____
5. _____

Day-to-Day Moments/Activities (ex. taking a shower, eating on comfy clothes, etc.)

1. _____
2. _____
3. _____
4. _____
5. _____

Exit Ticket

What is mindfulness?

When are 2 times mindfulness could be helpful for you?

1. _____
2. _____

What's Included:

- 3 Halloween moment scripts
- 3 Halloween labyrinths
- Mindful tool worksheet
- Exit ticket
- Short lesson plan

