

Mindfulness



6 MINDFUL COLORING PAGES

6 Pages of mindful coloring as an activity to reduce stress.



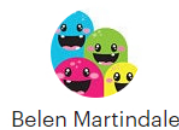


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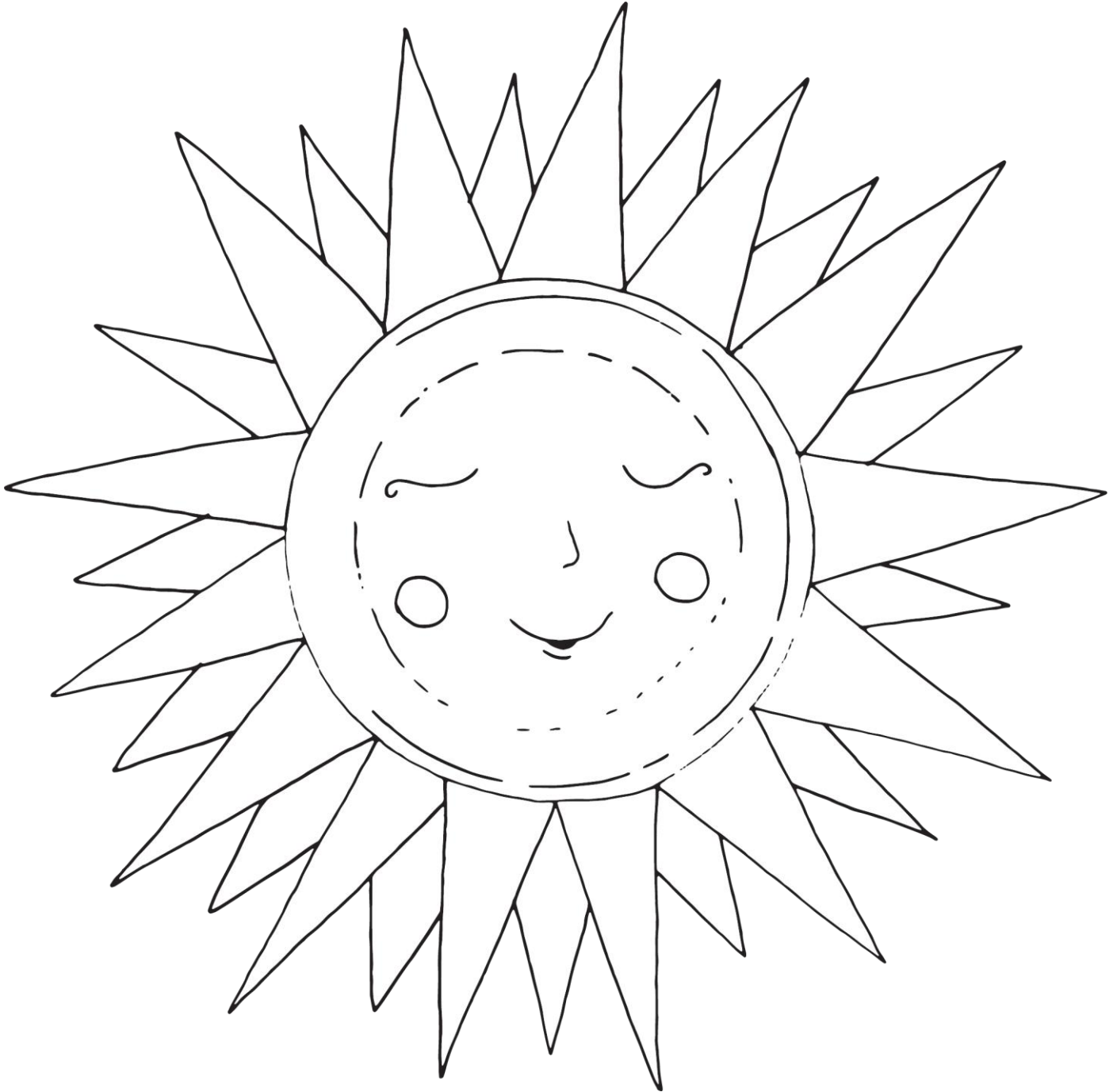
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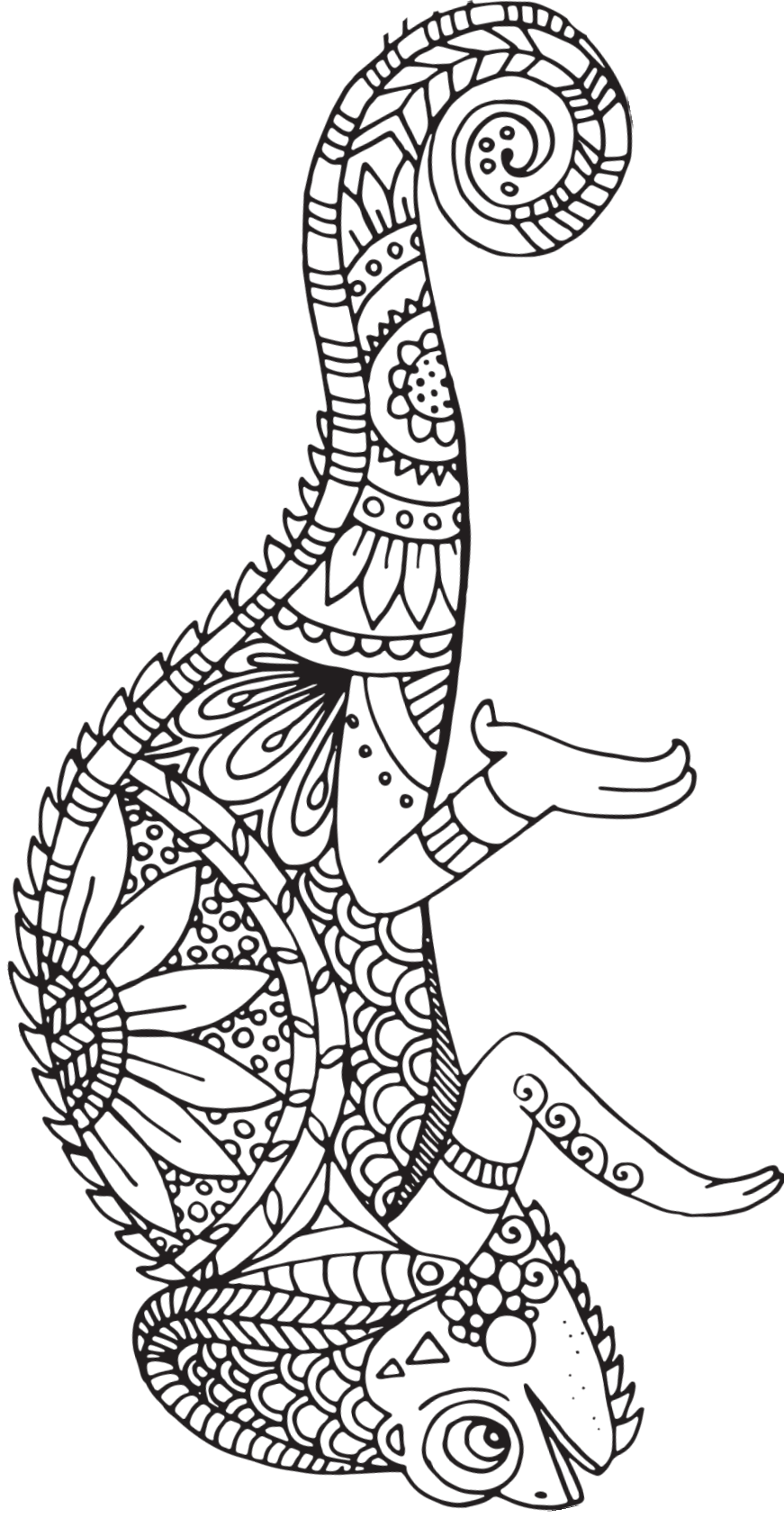


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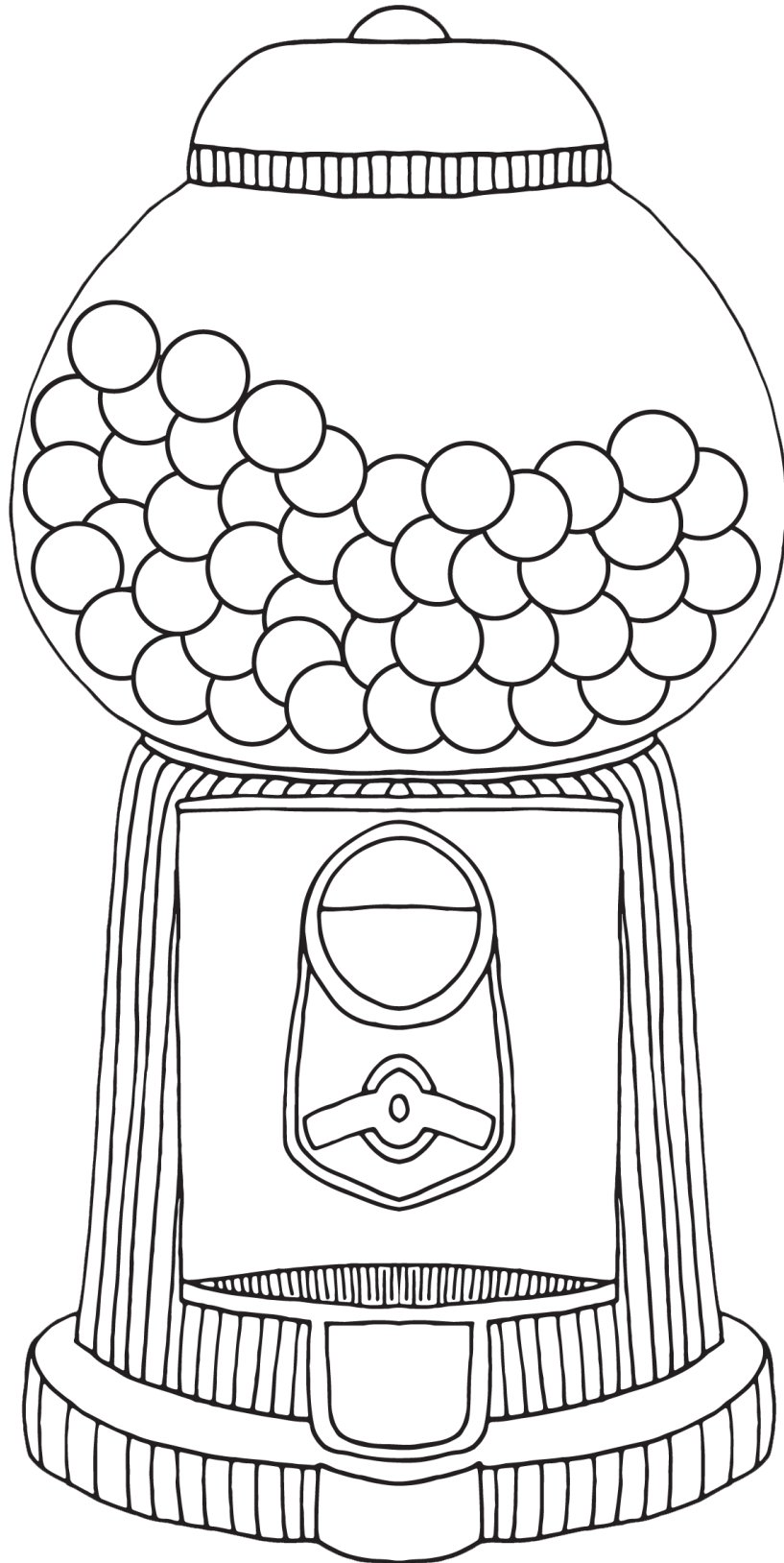
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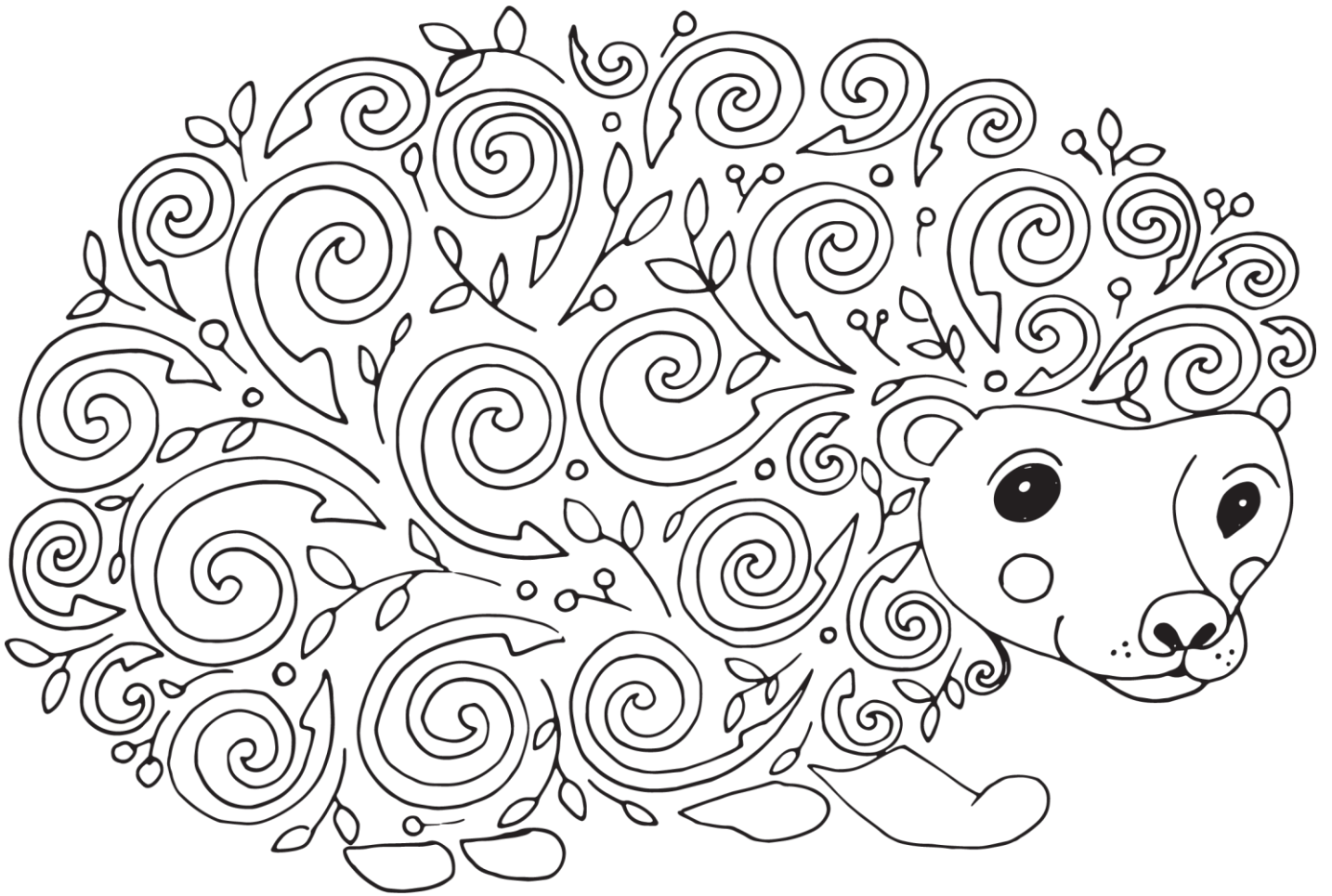
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ABOUT POSITIVELY MOXIE

Molly (a junior high school counselor and former elementary school teacher) and Jill (a school-based occupational therapist) have teamed up to empower teachers, counselors, therapists, and parents who want to teach young people the skills needed to better coach their brains for greater flourishing.

We are influenced by the science of positive psychology, counseling techniques, self-regulation, cognitive behavioral therapy, sensory processing, executive functioning, and brain science! We understand our students and youth need as many “tools” in their toolbox as we can give them.

Molly and Jill are passionate about creating relevant, high quality, and actionable resources to address well-being and resilience skills for students!



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Resource Includes

- 5 Teacher lessons
- Fortune teller
- Family connection letter
- Vocabulary word wall
- Acts of kindness heart
- Teacher toolbox
- And more!

OUR CLASSROOM KINDNESS PLEDGE

Positively MOXIE

BUNDLE EMOTIONAL REGULATION

Teaching EMOTIONAL REGULATION

- IDENTIFYING EMOTIONS
- EMOTIONS AND THE BRAIN
- USING POSITIVE EMOTIONS
- MY EMOTIONAL THERMOMETER

GOOGLE SLIDES™ Format Included!

Positively MOXIE

LOW PREP! WORKSHEETS, TOOLS & POSTERS

SELF-REGULATION TOOLKIT #1

36 FEELING CARDS (color, black/white & emoji versions)

TOOLS POSTER

9 COLORED POSTERS

13 WORKSHEETS

2 QUIZZES and MORE!

BLUE ZONE

MY FEELINGS FACE GIRL

GOOGLE SLIDES™ Format Included!

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