

Teacher: _____

Week of: _____

Pre-Mindfulness Checklist

Please choose a different colour for each day and keep a tally.

Legend:

☐ Monday

☐ Tuesday

☐ Wednesday

☐ Thursday

☐ Friday

	Physical Behaviour	Lack of Engagement (shutting down/ checked out)	Arguing or talking back to teacher/ defiance	Not Following Rules
Mindfulness Time #1 (After morning recess or lunch)				

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<div>Mindfulness #2</div> <div>(After lunch or after afternoon recess)</div>				
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Mindfulness #2 (After lunch or after afternoon recess)				