



mindup
For Life

MINDFUL ACTIVITY PACK

Contains 52 Cards:

Introduction Cards (2)
Conversation Starters (18)
Brain Facts (17)
MindUP Moments (15)

Print Instructions

1. Download this PDF to a device connected to a printer.
2. Print out pages 2-14 on regular white paper, or heavy white cardstock if available. Make sure it is set to "Actual Size" and not "Fit."
Note: If your printer has the option to print 2-sided, make sure it only prints on one side.
3. (Optional) If you want to print the backs of the cards, go to page 15 of this PDF for instructions.
4. Cut the cards out with scissors
5. Enjoy!

This Mindful Activity Pack contains **conversation starters**, **brain facts** and **MindUP moments** for engagement!

It offers opportunities to learn, reflect, and develop strategies to help manage stress and support mental well-being.



MindUP's Mindful Activity Pack supports the four pillars of our curriculum:

- neuroscience
- mindful awareness
- positive psychology
- social emotional learning (SEL)



Explore, connect and be present!



Conversation Starters

Engage in these simple conversation starters to connect and keep the conversation flowing!

Conversation Starters

What makes someone a good friend?

Conversation Starters

If you could have one superpower, what would it be? Why?

Conversation Starters

What are you thankful for today?

Conversation Starters

What made you laugh today?

Conversation Starters

Who are you grateful to have in your life?

Conversation Starters

What was a highlight of your day? What was something you wish went better? Why?

Conversation Starters

What are you looking forward to for tomorrow?

Conversation Starters

How have you helped someone recently?

Conversation Starters

What do you say to yourself when something is hard?

Conversation Starters

What is something you are proud of?

Conversation Starters

What animal are you most like and why?

Conversation Starters

What is one way you take care of yourself?

Conversation Starters

What do you do to feel calm?

Conversation Starters

What is a sound that calms you?

Conversation Starters

If our pet could talk, what would they say?

Conversation Starters

What is your favorite joke of all time?

Conversation Starters

**What's your favorite song?
Why do you like it?**



Brain Facts

Understanding how the brain works is empowering for children and adults alike!

Enjoy these interesting facts!

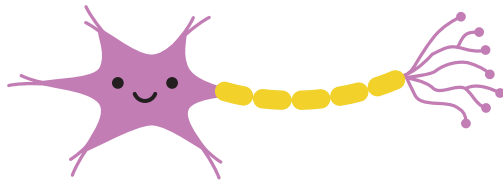
Brain Facts

The word **amygdala** is derived from the Greek word "amygdale" meaning almond, because the structure is almond shaped.



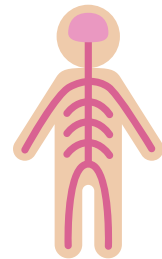
Brain Facts

A **neuron** is the technical word for a **brain cell** – the individual parts of the **nervous system** responsible for receiving and sending information back and forth from the brain and other parts of the body.



Brain Facts

Neural pathways are a series of connected **neurons** or **brain cells** that connect parts of the brain to one another, and connect the brain to other parts of the body. They are like information highways in your body!



Brain Facts

Regularly practicing **mindful listening** changes the brain (**neuroplasticity**), strengthening our abilities for attention, social awareness, relationship building, and our overall ability to learn.



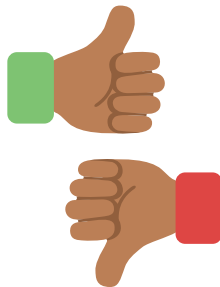
Brain Facts

Understanding the different parts of the **brain** and how it functions helps us learn how to **manage stress** and our **emotions**, which helps us ready our mind for learning and decision-making.



Brain Facts

We are able to change our brain throughout our **lifetime**. Our experiences and even our thoughts, both **positive** and **negative**, change the connections in our brains. This is called **neuroplasticity**.



Brain Facts

An adult human brain weighs approximately **3 pounds** making up about **2%** of the body's total weight.



Brain Facts

About **75%** of the brain is made up of **water**. This means that staying **hydrated** is critical for brain function.



Brain Facts

Exercise releases chemicals in the brain that affect the health of **brain cells (neurons)**, the growth of new blood vessels in the brain, and supports the generation of new **neurons!**



Brain Facts

The black part of the eye is called the **retina**, it converts light into **nerve impulses** that travel to the **brain** via the **optic nerve** in order for us to see.



Brain Facts

People have approximately **10 million** smell receptors in the cavity behind their nose and can differentiate between 4,000-10,000 different smells!



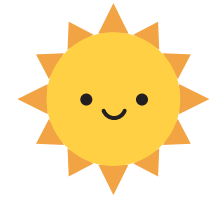
Brain Facts

There are **34,000** known human **emotions**.



Brain Facts

We are able to overcome our negative biases via **neuroplasticity** by training the brain to view the world more positively through mindful practices of **optimism**. Repetition creates new and stronger neural pathways.



Brain Facts

The fastest speed for info to pass between neurons is approximately **250mph**.



Brain Facts

The brain can only feel **pleasure**, it has no pain receptors.



Brain Facts

The prefrontal cortex is the part of the brain that helps us make good choices, pay attention, and learn.



MindUP Moments

Seize the moment.
Participate in these practical strategies
to develop mindful awareness.

MindUP Moments

The Listening Game (2+ people)

Gather several items around you and place them in a box. Taking turns with your partner(s), take out one item at a time, and generate a sound with it. After a few seconds, place it back in the box.

Ask your partner:

1. What do you think the object is?
2. Were you able to maintain your focus on the sound?
3. Did anything take your attention away?

Take turns - now you be the guesser!

MindUP Moments

What's That Smell? (2+ people)

Choose four things that have very distinct and different smells. Blindfold, or have your partner(s) cover their eyes, then ask them to take a deep breath and smell each item, one at a time.

Ask your partner:

- a. Can you identify each item?
- b. Do you prefer some smells over others?
- c. Do any of the smells remind you of something else?

Take turns - now you be the guesser!

MindUP Moments

Smell and Taste (2+ people)

When was the last time you paused to take an intentional whiff of your meal? At mealtime, ask your partner to smell their food before they take each bite.

Ask & Reflect:

- Does mindful smelling change the way foods taste?
- Does mindfully smelling each bite foster gratitude?

MindUP Moments

Can I Eat This? (2+ people)

Smelling food before we eat is an adaptive activity that allows us to make sure the food we are about to eat is safe to consume! Collect three food items and three non-food items. Blindfold, or have your partner cover their eyes and have them smell each item.

Ask & Reflect:

- Which items can you eat? Which items can you not eat?
- What other important reasons might there be to continue your practice of mindful smelling?

MindUP Moments

Look and Taste (2+ people)

Give your partner a raisin or a small piece of chocolate to hold and ask them to wait to taste it. Encourage them to study the item in their hand and look at it as if they've never seen it before. Tell them to close their eyes and smell the item. Then, get them to taste the item, first holding it in their mouth, resting it on their tongue, followed by a few slow, intentional bites.

Ask & Reflect:

- How does it taste/feel?
- Did your mouth start to water when anticipating the first bite?

MindUP Moments

Rainy Day Blues (2+ people)

Pretend that it is raining outside. Take turns pretending to feel sad or happy about the rain. Act out a positive response together, such as jumping up and down in puddles or throwing your head back to feel the rain on your face.

Reflect:

- Which positive strategy do you want to use for the next rainy day?

Brainstorm together any other situations similar to a rainy day that you can prepare for in a similar way!

MindUP Moments

A Symbol of Gratitude (2+ people)

Give your partner a small stone or pebble. Keep one for yourself. Tell them it is their Gratitude Stone. Ask them to carry it in their pocket or schoolbag. Each time they feel it with their fingers they should think of something that they feel grateful for.

Reflect: Remind your child(ren) that no matter what is happening in their lives, that stone will always help them to feel grateful and find comfort.

MindUP Moments

Storytelling (2+ people)

Read a story in which a character feels sad about something or talk about a movie you have seen where something sad happens. Explain that this emotion is normal, and that it is also normal to laugh and feel happy during times of sadness. Remember that in time, feelings soften and change.

Reflect: Reflect on something that made you feel sad for a short or a long time. Discuss how you managed your own feelings of sadness.

MindUP Moments

Drawing from a New Point of View (2+ people)

Sit with your partner and pull out some paper and coloring utensils and find an object in your environment. Place the object on a table and suggest that each of you draw it. Switch to the other side of the table or room and draw the object again.

Ask & Reflect:

1. What are the differences between the two drawings?
2. What is the same - the shape and the color?
3. Does the drawing change when drawn from the other side?

MindUP Moments

Laughter Game (2+ people)

Think of a song that you and your partner(s) like to listen to. Instead of singing the words in the song, use the words "ha" and "ha-ha" in its place. It will sound like you are laughing.

Ask & Reflect:

As you sing your song, with "ha-ha's" instead of the real words:

1. Can you sing the whole song in "ha-ha's"?
2. Do you start to genuinely laugh?

MindUP Moments

Dopamine Dance (2+ people)

Pick a song that always makes you smile. Play the song at the perfect volume for you. When you press play, give in to the music, the instruments and lyrics. Forget about everything else. Feel the rhythm and dance. Do dance moves that feel good to your body, maybe even ones that feel silly to you.

Reflect: Notice how relaxed you feel, once the song is over.

MindUP Moments

Take a Mindful Walk (2+ people)

Plan a nice 10-15 minute walk. As you begin your walk, start at a pace that is most comfortable to you and your partner(s). As you continue, expand your attention to sounds. Pay attention to what you hear. After a while, shift your senses to your sense of smell.

Reflect: What do you notice or discover? As you continue walking, focus on all the colors and objects that you see. What grabs your attention?

Finally, focus on physical sensations like the wind blowing on your face, the crunch of leaves by your feet or the city sidewalk puddle. Enjoy the remainder of your walk, fully aware.

MindUP Moments

The Big Shrug (1+ people)

Sometimes, our bodies are tense, without us ever really noticing or being aware. The big shrug helps us relax.

Sit comfortably and close your eyes. Take a few deep breaths. Focus on the muscles in your shoulders and neck, and notice how they feel. Actively tighten your shoulders, bringing them up high and as close to your ears as possible. Hold this position while counting to five. As you count, notice the feeling in your shoulders. Then, relax and drop your shoulders as low as you can. Think of it as a big shrug. Repeat this practice three times.

Reflect: Focus on how different your shoulders feel now.

MindUP Moments

Finger Prints (1+ people)

No one else in the world has the same fingerprints as you do. Our fingerprints are unique to us.

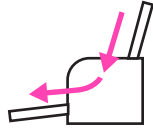
Take a few moments to study your hands. Look at all the lines and the directions they go as you open and shut them. Start by looking at your palms, then make your way to each individual finger. When you get to the tips of your fingers, study them. With a partner, take turns studying each other's finger tips.

Ask & Reflect:

How are your fingerprints different? How are they the same? What makes each of our fingerprints special to us?

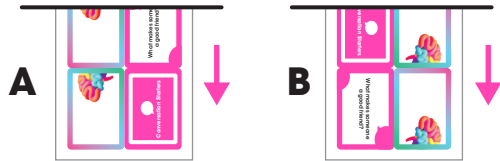
How to Print the Back Cover

First, identify which type of printer you have. Then follow the instructions below.

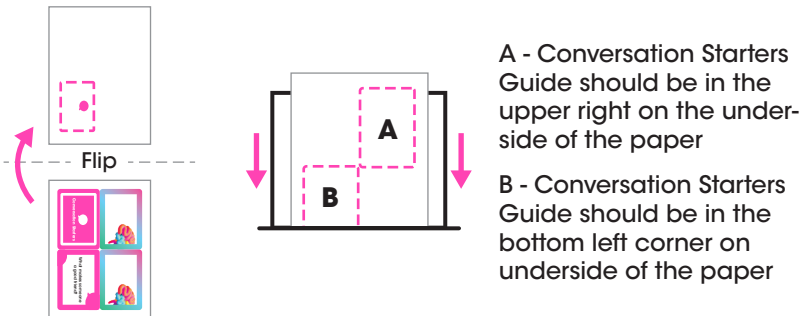


Top Load Printer

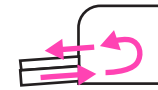
1. Identify what orientation the 2nd page of this PDF prints out. Does it look like A or B?



2. Flip the paper over and put it back into the paper tray, blank side facing up.

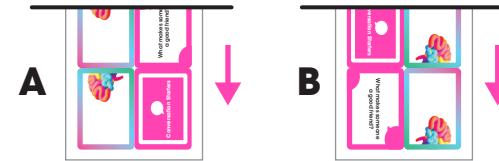


3. Print page 16 of this PDF. If it looks right, repeat steps 1-2 for the rest of the card pages. When they are all in the tray, print page 16 on the rest of the pages.

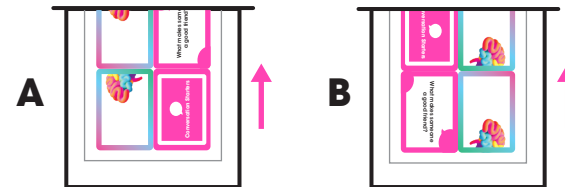


Front Load Printer

1. Identify what orientation the 2nd page of this PDF prints out. Does it look like A or B?



2. Put the printed page face up, back into the paper tray without turning or flipping it.



3. Print page 16 of this PDF. If it looks right, repeat steps 1-2 for the rest of the card pages. When they are all in the tray, print page 16 on the rest of the pages.



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