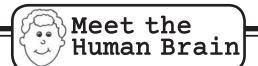


Taking a Mindful Moment to Self-Regulate

I chose to take a Mindful Moment because... During my Mindful Moment I...

After my Mindful Moment I chose to...



Taking a Mindful Moment

At the beginning I felt...

(label: emotion or energy level)

During my Mindful Moment I noticed...

(circle the checkmarks that match your experience)

Feeling (emotional or energy level)

- √ A change in the feeling
- √ No change in the feeling

Thoughts

- √ Many thoughts
- √ Few thoughts

After my Mindful Moment I felt...

(label: emotion or energy level)