



Meet the Human Brain

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...





Meet the Human Brain

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)

