



# *gratitude*

JOURNAL 

**FLY FiVE®**

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Fly Five's The Mindful Student is a school-based mindfulness program that provides students with research-based tools, exercises, and strategies to build self-awareness and self-regulation skills so they can remain in control of their emotions, behavior, and actions.








The benefits of mindfulness also extend to the teachers who implement The Mindful Student in their classrooms. Research indicates that mindfulness training for educators and consistent practice can:

- lessen anxiety and reduce stress and emotional exhaustion
- improve self-regulation and self-compassion
- improve communication with students
- foster a positive classroom community
- reduce the psychological effects of burnout

(Flook et al., 2013) (Jennings, 2015)

Teachers can utilize the seven Fly Five mindfulness principles as a foundation and a guide for beginning or deepening their mindfulness practice. The mindfulness principles highlight achievable practices that students and teachers can incorporate into their daily routines. These principles remind us to stay present, aware, and in control of our emotions in order to help us maintain perspective and balance in any situation.



Mindfulness Principle	Leaning Towards Gratitude
 <p><b>Put It In Neutral</b> To find stillness and observe yourself and where you are in the world</p>	<p>Take a moment to consider how your judgments impact your experiences and interactions. Be aware of your own judgments, both positive and negative, and how they can inspire or hinder gratitude.</p>
 <p><b>Take It Slow</b> To allow situations to unfold in their own time</p>	<p>Though household chores like cooking and cleaning can be tedious at times, let them serve as gratitude reminders. Through these simple tasks, you gain a healthy meal, a clean home, etc.</p>
 <p><b>Reset Experiences</b> To see things as if for the first time and adopt a learning perspective</p>	<p>As you embark on a new experience, let go of what you think you know and any past challenging experiences. This will help you to be more open to new possibilities and perspectives.</p>
 <p><b>Have Faith</b> To trust in yourself and in the capabilities of your body and mind</p>	<p>Think about the innumerable ways that your body and mind support you in doing the things you love. Take a moment to appreciate a specific hobby or passion and how your physical and mental capabilities support you in this endeavor.</p>
 <p><b>In the Moment</b> To hold a moment in awareness and acknowledge it as it comes, whether it is positive or negative</p>	<p>For a moment, ignore end goals and deadlines. Instead, focus on acknowledging your experience without judgment.</p>
 <p><b>Reality Check</b> To check in and measure your expectations versus what is really happening</p>	<p>Check in with yourself about what you recognize and accept in your life. Choose to embrace your reality and acknowledge what is desirable or undesirable about it.</p>
 <p><b>Suspend Judgment</b> To release expectations of attachment or rejection when they no longer serve you</p>	<p>Bring awareness to a past experience that you feel strongly about. Notice your reaction to this experience and release any thoughts and feelings of judgment that come up.</p>



Practicing gratitude is a free and easy way to improve how you feel about yourself, your relationships, and many other aspects of your life. Use this mini-journal as a starting point to begin your gratitude practice. The prompts in this mini-journal will help you to explore what you feel gratitude for. As you look for ways to nurture more gratitude in your life, seek out exercises or journal prompts that are specifically focused on nurturing gratitude.

# *The benefits of gratitude*

1. Gratitude opens the door to more relationships

2. Gratitude improves physical health

3. Gratitude improves psychological health

4. Gratitude enhances empathy and reduces aggression

5. Grateful people sleep better

6. Gratitude improves self-esteem

7. Gratitude increases mental strength



Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_



Today I feel...

Joy

Anticipation

Amazement

Anger

Admiration

Surprise

Annoyance

Sadness

The best things in life are free, including...

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YOU are your best thing.  
- Toni Morrison





Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_



Today I feel...

- |                                     |                                       |                                    |                                  |
|-------------------------------------|---------------------------------------|------------------------------------|----------------------------------|
| <input type="checkbox"/> Joy        | <input type="checkbox"/> Anticipation | <input type="checkbox"/> Amazement | <input type="checkbox"/> Anger   |
| <input type="checkbox"/> Admiration | <input type="checkbox"/> Surprise     | <input type="checkbox"/> Annoyance | <input type="checkbox"/> Sadness |

What do you value most about the area where you live?  
What do you enjoy most about the community, the climate,  
the culture, and overall environment?

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The journey of a thousand miles **BEGINS WITH ONE STEP.**  
- Lao Tzu



# *Let the mind unwind...*

Take a few deep breaths and color the mindfulness activity pages. Try listening to a guided mindfulness meditation as you complete the coloring. Use the QR code to choose one from our free Mindful Monday library.

