

Summer Wellness Challenge



Training the Monkey Mind

Directions & Script for Elementary School Students

Throughout the day our thoughts jump around quite a bit, like a monkey. Spending time focusing on our current thoughts can help us identify patterns and flexes our mindful muscles. Take a moment this week to practice mindfulness and help train your monkey mind.

STEP 1

Watch Video

Watch "Training the Monkey Mind" video (1:07 minutes)

Video link: <https://www.youtube.com/watch?v=qxyVCjp48S4>

STEP 2

Video Discussion

- What are some ways the video suggested to train the monkey mind?
- What are things that usually distract you when you are trying have your mind be still (meditate)?
- What are good times to practice training your monkey mind – during homework, classroom setting, getting directions, etc.?

STEP 3

Reflect & Journal

Take five minutes to reflect and complete the journaling activity on the next page.

For more information, visit www.bchd.org/summerchallenge.

Share your family completing the challenges on social media using #BeachCitiesSummerChallenge.

Summer Wellness Challenge



Training the Monkey Mind



Our thoughts jump around quite a bit. When we practice mindfulness meditation, we begin to notice our minds tendencies. Where are your thoughts today? Do you spend more time thinking about the past or the future?



Journal

Why is it helpful to focus on what is happening right now?

How did it feel to practice mindfulness meditation today?

