

Name: _____



Mindful or Unmindful?

Directions

1. Cut out the examples below.
2. Decide whether the behavior is mindful or unmindful.
3. Tape or glue the example in the correct column on page 2.

Listening to someone read a story
and being able to retell it

Keeping your voice quiet when
other people are reading

Tasting a new food even if it looks
different from anything you've eaten

Trying to do too many things
at the same time

Ignoring a classmate who wants to
join your game or group

Helping someone in need

Crossing the street without
looking both ways

Leaving your shoes in the
middle of the living room

Adapted from The MindUP Curriculum - Grades Pre-K - 2.

Name: _____



Directions

1. Place the examples from page 1 in the correct columns below.

Mindful

Unmindful

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