

Making Learning Real and Unforgettable.

Head Space.



Adult Zone!

15 Things Mindful People Do Differently

1

They don't believe their thoughts - and they don't take them all that seriously

They don't try to avoid or deny emotions **2**

They understand that all things come and go **3**

They do one thing at a time **4**

They turn everyday tasks into mindful moments **5**

They practice being curious **6**

They get outdoors and embrace the beauty of nature **7**

They enjoy every bite when they eat **8**

9 They slow down when reading and truly take the information in

10 They are fully present when listening without trying to control or judge

11 They take mini-breaks every hour or so when working or studying.

12 They laugh at themselves

13 They focus on what they're doing

14 They challenge existing beliefs

15 They nourish their bodies

20 THINGS TO DO ON A NO-SPEND WEEKEND

1. Do free yoga
2. Watch a movie in the park
3. Attend a museum
4. Have a picnic
5. Go for a jog/walk
6. Ride a bike
7. Attend a street fair
8. Go to the library/bookstore
9. Volunteer
10. Go to a city pool
11. Visit local landmarks
12. Read a book
13. Go hiking
14. Watch DVDs
15. Throw a potluck
16. Play board games/video games
17. Go to the park/ beach
18. Attend a race
19. Have a photo shoot
20. Declutter your house/sell your stuff

Recommended read:

365 days of positive thinking. By Jenny Kellett.

Must Watch!

[Deepak Chopra – Seven Spiritual Laws of Success](#)

Deepak Chopra is a spiritual guru whose work has hit all of the best top seller lists across the globe. In this full audiobook, Deepak explains that the struggle many people encounter when they strive for success, is not necessary, nor is it desirable. He teaches that creation comes forth with ease.

Life is fast.
So live in the moment.

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Kids Zone!

Write down 5 things that made you smile today:

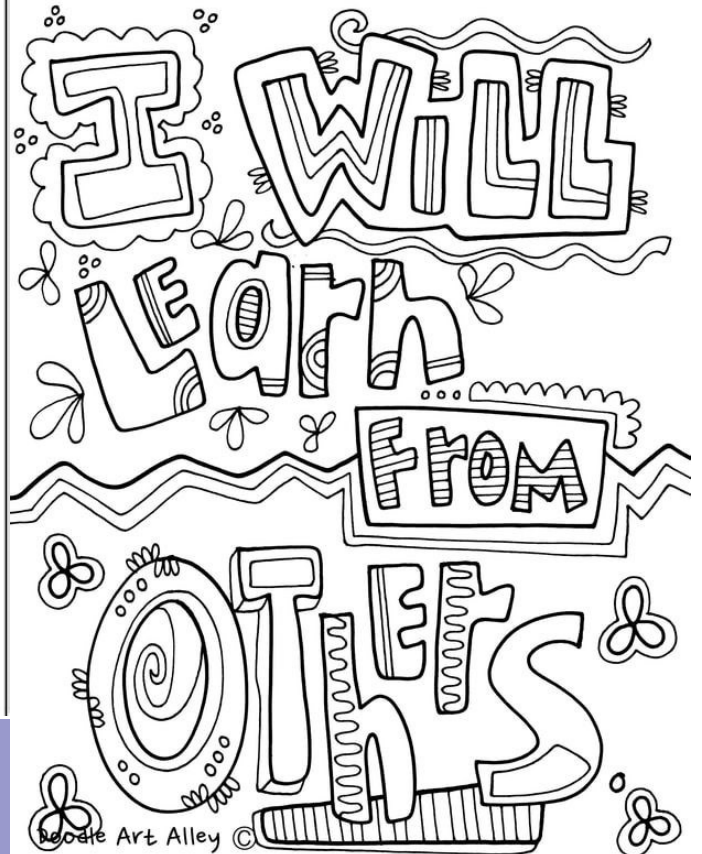
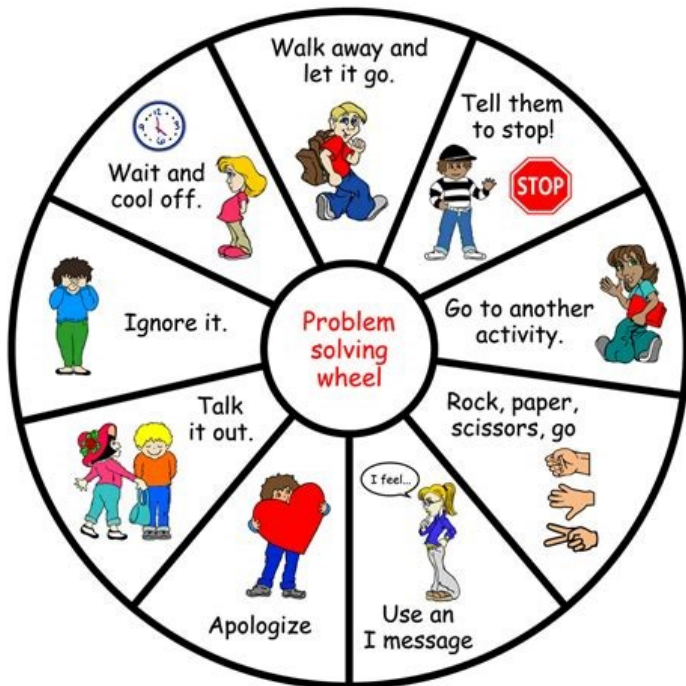
- 1.
- 2.
- 3.

Anger Rules

It's OK to feel angry *BUT*

- Don't hurt others
- Don't hurt yourself
- Don't hurt property
- DO talk about it

What can I do?



Recommended read:
 You fantastic elastic brain!
 By JoAnn Deak.