

Being Mindful



Be in the Present

# Mindfulness

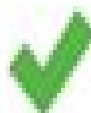
Being Mindful



Be in the Present

**Learning Objective:** To explore the practice of mindfulness.

I can understand  
how the teenage  
brain develops.



I can explore ways to  
manage my  
emotions.



I can practice  
mindfulness as an  
example of a healthy  
coping strategy.



# Mindfulness And Learning Mindfulness And Learning

**R Sandford**



## **Mindfulness And Learning Mindfulness And Learning:**

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