



A 2024 Girl Scout Gold Award project: meet-the-greens.org

MINDFULNESS PACKET

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MEET THE GREENS: Mindfulness!

EMERGENT READERS ~ 3 Students

Parts:

MAMA GREEN

KID 1

KID 2

Reading the Play:

KID 1: Hello!

KID 2: Hi! *(sitting down at desk)* I am SO hungry!

KID 1: *(sitting down at desk)* Why?

KID 2: I did not eat breakfast!

KID 1: Why not?

KID 2: I was late for the bus. Did you eat breakfast?

KID 1: Yes! I ate eggs.

KID 2: *(rubbing tummy)* I am SO hungry!

MAMA GREEN: Hello! Are you ready for the test today?

KID 1: Hey! You are a Green!

MAMA GREEN: Yes! I am Mama Green.

KID 2: We have a test? Oh, no!

MAMA GREEN: Yes, there is a test today.

KID 1: I am ready for the test!

KID 2: I am NOT ready for the test!

MAMA GREEN: Why not?

KID 2: *(rubbing tummy)* I am SO hungry!

KID 1: I have an apple. Do you want it?

KID 2: YES! *(takes apple and eats it)* Thank you!

KID 1: You are welcome.

MAMA GREEN: Thank you for sharing! It is good to eat breakfast before a test.

KID 2: Today I was late. I did not eat.

MAMA GREEN: It is good to be mindful. Even when you are late!

KID 1: What is “mindful?”

MAMA GREEN: Mindfulness is paying attention – to YOURSELF, and to what is around you.

KID 2: That sounds like a lot of work!

MAMA GREEN: It is not hard work. And you can practice being mindful!

KID 1: How do we practice being “mindful?”

MAMA GREEN: One way to practice being mindful is to think about your body. How does your body feel now?

KID 2: I feel good! I ate the apple!

KID 1: I feel good! I am happy to be here.

MAMA GREEN: Another way to practice is: Think about what is going on now.

KID 2: We are at school!

KID 1: We have a test today!

MAMA GREEN: And last, be mindful of others. Think about how others are feeling.

KID 2: My friend cares about me, and gave me an apple!

KID 1: My friend was hungry, and I helped!

MAMA GREEN: If you are mindful, your body will feel happier. Even if you are late, be mindful. You will notice that your body is hungry. You can grab a snack!

KID 2: Yes! I wish I had been mindful this morning.

MAMA GREEN: If you are mindful, you will know what is going on around you. Today, you have a test!

KID 1: Yes! I was mindful. Our teacher said we had a test today.

MAMA GREEN: And last, if you are mindful, you can help others, too!

KID 2: My friend gave me an apple, because I was hungry!

KID 1: I am glad I was mindful!

MAMA GREEN: Mindfulness helps everyone!

KID 2: Thank you, Mama Green! I will be mindful today!

KID 1: Me too!

MAMA GREEN: Everyone will have a better day when we are all mindful!

MEET THE GREENS: Mindfulness!

EMERGENT READERS ~ 5 Students

Parts:

MAMA GREEN

KID 1

KID 2

KID 3

KID 4

Reading the Play:

KID 1: Hello!

KID 2: Hi! *(sitting down at desk)* I am SO hungry!

KID 3: *(sitting down at desk)* Why?

KID 2: I did not eat breakfast!

KID 4: Why not?

KID 2: I was late for the bus. Did you eat breakfast?

KID 1: Yes! I ate eggs.

KID 2: *(rubbing tummy)* I am SO hungry!

MAMA GREEN: Hello! Are you ready for the test today?

KID 3: Hey! You are a Green!

MAMA GREEN: Yes! I am Mama Green.

KID 2: We have a test? Oh, no!

MAMA GREEN: Yes, there is a test today.

KID 4: I am ready for the test!

KID 2: I am NOT ready for the test!

MAMA GREEN: Why not?

KID 2: *(rubbing tummy)* I am SO hungry!

KID 1: I have an apple. Do you want it?

KID 2: YES! *(takes apple and eats it)* Thank you!

KID 3: I am glad you got something to eat!

MAMA GREEN: Thank you for sharing! It is good to eat breakfast before a test.

KID 2: Today I was late. I did not eat.

MAMA GREEN: It is good to be mindful. Even when you are late!

KID 4: What is “mindful?”

MAMA GREEN: Mindfulness is paying attention – to YOURSELF, and to what is around you.

KID 1: That sounds like a lot of work!

MAMA GREEN: It is not hard work. And you can practice being mindful!

KID 3: How do we practice being “mindful?”

MAMA GREEN: One way to practice being mindful is to think about your body. How does your body feel now?

KID 2: I feel good! I ate the apple!

KID 4: I feel good! I am happy to be here.

MAMA GREEN: Another way to practice is: Think about what is going on now.

KID 1: We are at school!

KID 3: We have a test today!

MAMA GREEN: And last, be mindful of others. Think about how others are feeling.

KID 2: My friend cares about me, and gave me an apple!

KID 1: My friend was hungry, and I helped!

MAMA GREEN: If you are mindful, your body will feel happier. Even if you are late, be mindful. You will notice that your body is hungry. You can grab a snack!

KID 2: Yes! I wish I had been mindful this morning.

MAMA GREEN: If you are mindful, you will know what is going on around you. Today, you have a test!

KID 3: Yes! I was mindful. Our teacher said we had a test today.

MAMA GREEN: And last, if you are mindful, you can help others, too!

KID 2: My friend gave me an apple, because I was hungry!

KID 4: It really is good to be mindful!

MAMA GREEN: Mindfulness helps everyone!

KID 1: Thank you, Mama Green! I will be mindful today!

ALL THE KIDS: Me too!

MAMA GREEN: Everyone will have a better day when we are all mindful!

MEET THE GREENS: Mindfulness!

EMERGENT READERS ~ 6 Students

Parts:

MAMA GREEN

KID 1

KID 2

KID 3

KID 4

KID 5

Reading the Play:

KID 1: Hello!

KID 2: Hi! *(sitting down at desk)* I am SO hungry!

KID 3: *(sitting down at desk)* Why?

KID 2: I did not eat breakfast!

KID 4: Why not?

KID 5: I never skip breakfast!

KID 2: I was late for the bus. Did you eat breakfast?

KID 1: Yes! I ate eggs.

KID 2: *(rubbing tummy)* I am SO hungry!

MAMA GREEN: Hello! Are you ready for the test today?

KID 3: Hey! You are a Green!

MAMA GREEN: Yes! I am Mama Green.

KID 2: We have a test? Oh, no!

MAMA GREEN: Yes, there is a test today.

KID 4: I am ready for the test!

KID 5: I am ready for the test!

KID 2: I am NOT ready for the test!

MAMA GREEN: Why not?

KID 2: *(rubbing tummy)* I am SO hungry!

KID 1: I have an apple. Do you want it?

KID 2: YES! *(takes apple and eats it)* Thank you!

KID 3: That was nice!

KID 4: I am glad you got something to eat!

MAMA GREEN: Thank you for sharing! It is good to eat breakfast before a test.

KID 2: Today I was late. I did not eat.

MAMA GREEN: It is good to be mindful. Even when you are late!

KID 5: What is “mindful?”

MAMA GREEN: Mindfulness is paying attention – to YOURSELF, and to what is around you.

KID 1: That sounds like a lot of work!

MAMA GREEN: It is not hard work. And you can practice being mindful!

KID 3: How do we practice being “mindful?”

MAMA GREEN: One way to practice being mindful is to think about your body. How does your body feel now?

KID 2: I feel good! I ate the apple!

KID 4: I feel good! I am happy to be here.

KID 5: Me too!

MAMA GREEN: Another way to practice is: Think about what is going on now.

KID 3: We are at school! We have a test today!

MAMA GREEN: And last, be mindful of others. Think about how others are feeling.

KID 2: My friend cares about me, and gave me an apple!

KID 1: My friend was hungry, and I helped!

MAMA GREEN: If you are mindful, your body will feel happier. Even if you are late, be mindful. You will notice that your body is hungry. You can grab a snack!

KID 2: Yes! I wish I had been mindful this morning.

MAMA GREEN: If you are mindful, you know what's going on. Today, you have a test!

KID 4: Yes! I was mindful. Our teacher said we had a test today.

MAMA GREEN: And last, if you are mindful, you can help others, too!

KID 2: My friend gave me an apple, because I was hungry!

KID 5: It really is good to be mindful!

MAMA GREEN: Mindfulness helps everyone!

ALL THE KIDS: Thank you, Mama Green! We will be mindful today!

MAMA GREEN: Everyone will have a better day when we are all mindful!

MEET THE GREENS: Mindfulness!**ADVANCED READERS ~ 3 Students**

Parts:**MAMA GREEN****KID 1****KID 2****Reading the Play:****KID 1:** Good morning!**KID 2:** Hi! *(sitting down at desk)* I am SO hungry!**KID 1:** *(sitting down at desk)* Why are you so hungry?**KID 2:** I did not eat breakfast!**KID 1:** Why not?**KID 2:** I was late for the bus. Did you eat breakfast?**KID 1:** Yes! I ate eggs. And toast. And I drank orange juice!**KID 2:** *(rubbing tummy)* I am SO hungry!**MAMA GREEN:** Hello! Are you ready for the test today?**KID 1:** Hey! You are a Green!**MAMA GREEN:** Yes! I am Mama Green.**KID 2:** We have a test? Oh, no!

MAMA GREEN: Yes, there is a test today.

KID 1: I am ready for the test!

KID 2: I am NOT ready for the test!

MAMA GREEN: Why aren't you ready for the test?

KID 2: *(rubbing tummy)* I am SO hungry!

KID 1: I have an apple in my lunch. Do you want to eat it now?

KID 2: YES! *(takes apple and eats it)* Thank you! That was delicious!

KID 1: You are welcome.

MAMA GREEN: Thank you for sharing! It is good to eat breakfast before a test.

KID 2: Today I was late. I did not have time to eat.

MAMA GREEN: It is good to be mindful. Even when you are late!

KID 1: What is “mindful?”

MAMA GREEN: Mindfulness is paying attention – to YOURSELF, and to what is around you.

KID 2: That sounds like a lot of work!

MAMA GREEN: It is not hard work. And you can practice being mindful!

KID 1: How do we practice being “mindful?”

MAMA GREEN: One way to practice being mindful is to think about your body. How does your body feel now?

KID 2: I feel good! I ate the apple!

KID 1: I feel good! I am happy to be here.

MAMA GREEN: Another way to practice is: Think about what is going on now.

KID 2: We are at school!

KID 1: We have a test today!

MAMA GREEN: And last, be mindful of others. Think about how others are feeling.

KID 2: My friend cares about me, and gave me an apple!

KID 1: My friend was hungry, and I helped!

MAMA GREEN: If you are mindful, your body will feel happier. Even if you are late, be mindful. You will notice that your body is hungry. You can grab a snack!

KID 2: Yes! I wish I had been mindful this morning.

MAMA GREEN: If you are mindful, you will know what is going on around you. Today, you have a test!

KID 1: Yes! I was mindful. Our teacher said we had a test today.

MAMA GREEN: And last, if you are mindful, you can help others, too!

KID 2: My friend gave me an apple, because I was hungry!

KID 1: I am glad I was mindful!

MAMA GREEN: Mindfulness helps everyone!

KID 2: Thank you, Mama Green! I will be mindful today!

KID 1: Me too!

MAMA GREEN: Everyone will have a better day when we are all mindful!

MEET THE GREENS: Mindfulness!**ADVANCED READERS ~ 5 Students**

Parts:**MAMA GREEN****KID 1****KID 2****KID 3****KID 4****Reading the Play:****KID 1:** Good morning!**KID 2:** Hi! *(sitting down at desk)* I am SO hungry!**KID 3:** *(sitting down at desk)* Why are you so hungry?**KID 2:** I did not eat breakfast!**KID 4:** Why not?**KID 2:** I was late for the bus. Did you eat breakfast?**KID 1:** Yes! I ate eggs. And toast. And I drank orange juice!**KID 2:** *(rubbing tummy)* I am SO hungry!**MAMA GREEN:** Hello! Are you ready for the test today?**KID 3:** Hey! You are a Green!**MAMA GREEN:** Yes! I am Mama Green.**KID 2:** We have a test? Oh, no!**MAMA GREEN:** Yes, there is a test today.

KID 4: I am ready for the test!

KID 2: I am NOT ready for the test!

MAMA GREEN: Why aren't you ready for the test?

KID 2: *(rubbing tummy)* I am SO hungry!

KID 1: I have an apple in my lunch. Do you want to eat it now?

KID 2: YES! *(takes apple and eats it)* Thank you! That was delicious!

KID 3: I am glad you got something to eat!

MAMA GREEN: Thank you for sharing! It is good to eat breakfast before a test.

KID 2: Today I was late. I did not have time to eat.

MAMA GREEN: It is good to be mindful. Even when you are late!

KID 4: What is “mindful?”

MAMA GREEN: Mindfulness is paying attention – to YOURSELF, and to what is around you.

KID 1: That sounds like a lot of work!

MAMA GREEN: It is not hard work. And you can practice being mindful!

KID 3: How do we practice being “mindful?”

MAMA GREEN: One way to practice being mindful is to think about your body. How does your body feel now?

KID 2: I feel good! I ate the apple!

KID 4: I feel good! I am happy to be here.

MAMA GREEN: Another way to practice is: Think about what is going on now.

KID 1: We are at school!

KID 3: We have a test today!

MAMA GREEN: And last, be mindful of others. Think about how others are feeling.

KID 2: My friend cares about me, and gave me an apple!

KID 4: Our friend was hungry, and we could help!

MAMA GREEN: If you are mindful, your body will feel happier. Even if you are late, be mindful. You will notice that your body is hungry. You can grab a snack!

KID 2: Yes! I wish I had been mindful this morning.

MAMA GREEN: If you are mindful, you will know what is going on around you. Today, you have a test!

KID 1: Yes! I was mindful. Our teacher said we had a test today.

MAMA GREEN: And last, if you are mindful, you can help others, too!

KID 2: My friend gave me an apple, because I was hungry!

KID 3: I am glad we can be mindful, and help our friend!

MAMA GREEN: Mindfulness helps everyone!

KID 4: Thank you, Mama Green! I will be mindful today!

ALL THE KIDS: Me too!

MAMA GREEN: Everyone will have a better day when we are all mindful!

MEET THE GREENS: Mindfulness!**ADVANCED READERS ~ 6 Students**

Parts:**MAMA GREEN****KID 1****KID 2****KID 3****KID 4****KID 5****Reading the Play:****KID 1:** Good morning!**KID 2:** Hi! *(sitting down at desk)* I am SO hungry!**KID 3:** *(sitting down at desk)* Why are you so hungry?**KID 2:** I did not eat breakfast!**KID 4:** Why not?**KID 5:** I never skip breakfast!**KID 2:** I was late for the bus. Did you eat breakfast?**KID 1:** Yes! I ate eggs. And toast. And I drank orange juice!**KID 2:** *(rubbing tummy)* I am SO hungry!**MAMA GREEN:** Hello! Are you ready for the test today?**KID 3:** Hey! You are a Green!**MAMA GREEN:** Yes! I am Mama Green.

KID 2: We have a test? Oh, no!

MAMA GREEN: Yes, there is a test today.

KID 4 & KID 5: We are ready for the test!

KID 2: I am NOT ready for the test!

MAMA GREEN: Why aren't you ready for the test?

KID 2: *(rubbing tummy)* I am SO hungry!

KID 1: I have an apple in my lunch. Do you want to eat it now?

KID 2: YES! *(takes apple and eats it)* Thank you! That was delicious!

KID 3: I am glad you got something to eat!

MAMA GREEN: Thank you for sharing! It is good to eat breakfast before a test.

KID 2: Today I was late. I did not have time to eat.

MAMA GREEN: It is good to be mindful. Even when you are late!

KID 4: What is “mindful?”

KID 5: I do not know what that means!

MAMA GREEN: Mindfulness is paying attention to YOURSELF, and all around you.

KID 1: That sounds like a lot of work!

MAMA GREEN: It is not hard work. And you can practice being mindful!

KID 3: How do we practice being “mindful?”

MAMA GREEN: One way to practice being mindful is to think about your body. How does your body feel now?

KID 2: I feel good! I ate the apple!

KID 4: I feel good! I am happy to be here.

KID 5: I feel good! I like to learn new things.

MAMA GREEN: Another way to practice is: Think about what is going on now.

KID 1: We are at school!

KID 3: We have a test today!

MAMA GREEN: And last, be mindful of others. Think about how others are feeling.

KID 2: My friend cares about me, and gave me an apple!

KID 4: Our friend was hungry, and we could help!

KID 5: Helping others makes me feel good!

MAMA GREEN: If you are mindful, your body will feel happier. Even if you are late, be mindful. You will notice that your body is hungry. You can grab a snack!

KID 2: Yes! I wish I had been mindful this morning.

MAMA GREEN: If you are mindful, you know what's happening. Today, you have a test!

KID 1: Yes! I was mindful. Our teacher said we had a test today.

MAMA GREEN: And last, if you are mindful, you can help others, too!

KID 2: My friend gave me an apple, because I was hungry!

KID 3: I am glad we can be mindful, and help our friend!

MAMA GREEN: Mindfulness helps everyone!

KID 4: Thank you, Mama Green! I will be mindful today!

ALL THE KIDS: Me too!

MAMA GREEN: Everyone will have a better day when we are all mindful!

Meet the Greens: MINDFULNESS



“Mindfulness” just means paying attention. It is always good to be mindful! Practice mindfulness by paying attention to:

Your Body

- Practice mindful breathing. Count 1-2-3 while you breathe in through your nose. Count 1-2-3-4 while you hold that breath in. Count 1-2-3-4-5 while you slowly blow the breath out through your mouth. How does your body feel after mindful breathing?
- Name all the feelings your body is feeling, right now. There are no wrong answers!

What's Going On Around You

- Use your senses to notice what is around you: What can you see, hear, smell, or touch, right now?
- Think about and name some of the good things happening today!

How Others Are Feeling

- Practice smiling and talking to everyone, at school and at home.
- Notice when others need help, and help them!
- Think what YOU can do, that would help someone feel happier.

Here are 2 ways I can practice being mindful: _____

My name is : _____