



PROJECT IDEA

Mindful Thinking Cards *By Linda Rosen and Sophia Burnston*

These Mindful Thinking Cards are a wonderful tool to help generate mindful thinking. Prompts can be selected from anywhere, but we have included lists with prompts that you may find helpful. Feel free to look through these sources or any other sources to find prompts that you feel would work best with your students. Students can either all contribute to a group deck or they can each make their own deck. This project can be used along with the Mindful Journaling project.

HOW TO

1. Gather or purchase a basic deck of cards or a stack of small pieces of paper.
2. Look through the mindful thinking prompts in the Resource Library or find prompts via other sources and choose ones that you feel would best motivate mindful thinking for your students. Here are some helpful links:
 - <https://kindnessmatters365.org/2020/10/28/journal-prompts/> (for teens and young adults)
 - <https://www.journalbuddies.com/journaling-resources/mindfulness-journaling/> (for children and teens)
3. Optional: If you want a solid background, paint your cards to create your desired background and let them dry.
4. Write a prompt on each of the cards, making sure that the prompt is easily legible.
5. To use, pick a card, present the prompt to students and ask for responses to generate mindful thinking. They can be used in the Mindful Journaling project.



ITEMS NEEDED

1. Deck of cards or pieces of paper
2. Mindful thinking prompts
3. Acrylic paint (optional)
4. Sharpies, markers, or other writing utensils