



What does it mean to be mindful?

Narrator: Today we are going to talk about what it means to be mindful.

Narrator: Being mindful means thinking about how our actions affect others.

Narrator: So, mindfulness refers to our thinking. It's what we notice.

Narrator: Let's start with how we think about things.

Narrator: This picture was taken in my neighborhood.



Narrator: What are you thinking when you see this?

Narrator: What is the problem?

Narrator: How does this problem affect the neighborhood or the community?

Narrator: Name 3 things you can do to help with this problem.



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Answer These Questions:

1. What are you thinking when you see this?
2. What is the problem?
3. How does this problem affect the neighborhood or the community?
4. Name 3 things you can do to help with this problem.