

MINDFULNESS TOOLKIT

APPENDIX



Appendix A: Emotions List

FOR EXERCISE 11: ONE-WORD CHECK-IN/REFLECTION

HAPPY	SAD	ANGRY	OTHER
Calm	Ashamed	Annoyed	Afraid
Cheerful	Awful	Bugged	Anxious
Confident	Disappointed	Destructive	Bored
Content	Discouraged	Disgusted	Confused
Delighted	Gloomy	Frustrated	Curious
Excited	Hurt	Fuming	Embarrassed
Glad	Lonely	Furious	Jealous
Loved	Miserable	Grumpy	Moody
Proud	Sorry	Irritated	Responsible
Relaxed	Unhappy	Mad	Scared
Satisfied	Unloved	Mean	Shy
Silly	Withdrawn	Violent	Uncomfortable
Terrific	Judged	Humiliated	Worried
Thankful	Grieving		Overwhelmed
Joyous	Guilty		Empathetic
Belonging	Regretful		Surprised

Appendix B: Worksheet

FOR EXERCISE 18: THE FIVE SENSES

ACTIVITY	BASKETBALL		
SEE	Blue sky Black pavement Trees Orange ball My friends Water bottles		
HEAR	Players shouting Music playing Wind Ball hitting the ground		
TOUCH	Bumpy skin of basketball Shoelaces Sweat My shirt		
SMELL	The basketball skin B.O. Grass The pavement		
TASTE	Bubblemint of my gum Orange Gatorade Salty sweat		

Appendix C: Images

FOR EXERCISE 19: WHAT'S THAT SMELL?!?! ---

Sight station answers:

Image A: close-up of gray and orange stones

Image B: drone view of dark blue water and shoreline

Image C: tree branch

Image D: close-up of log

Image E: microscope photography of red and black microorganism

Image F: lichen

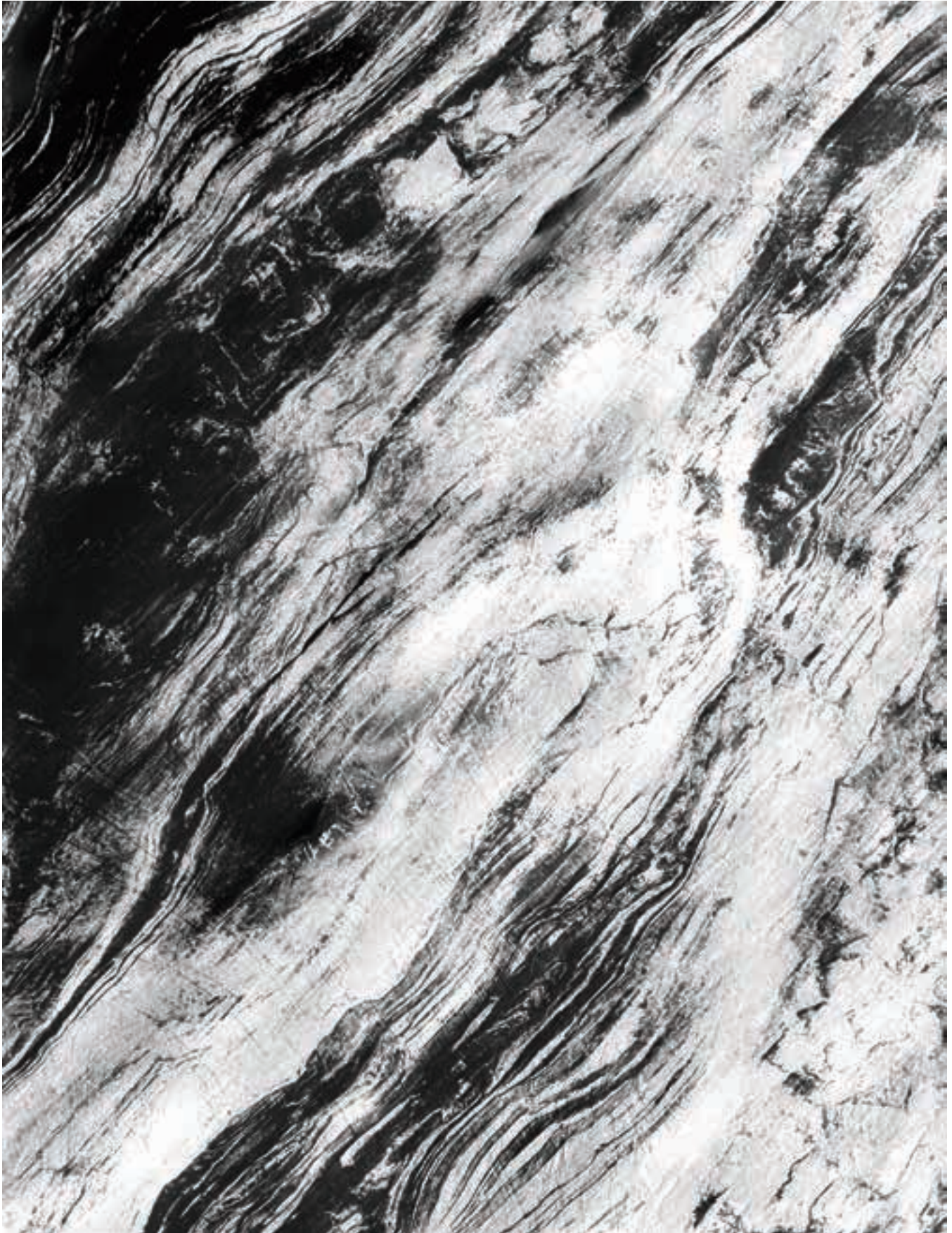
A



B



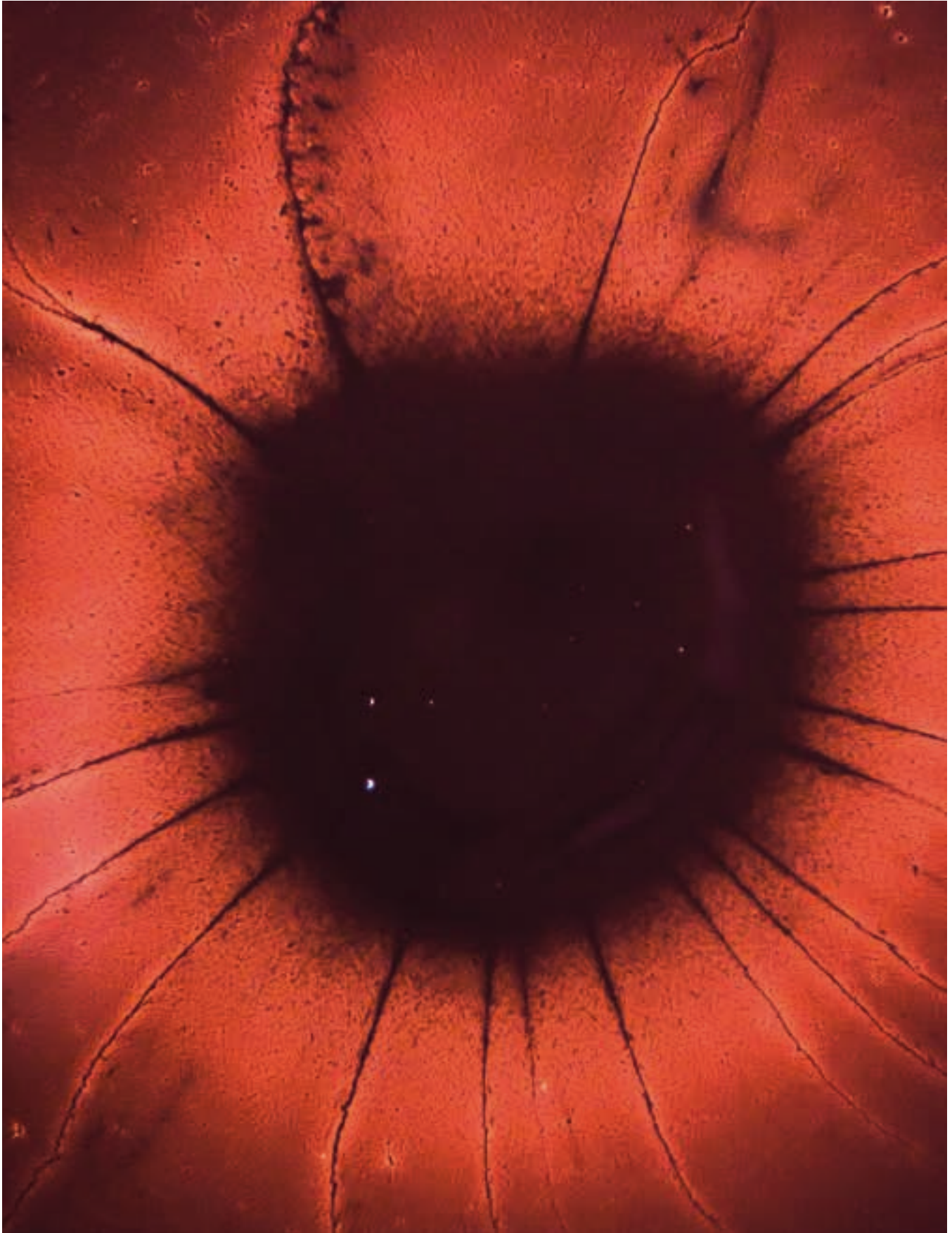
C



D



E



F



Appendix D: Images

FOR EXERCISE 19: WHAT'S THAT SMELL?!?! ---





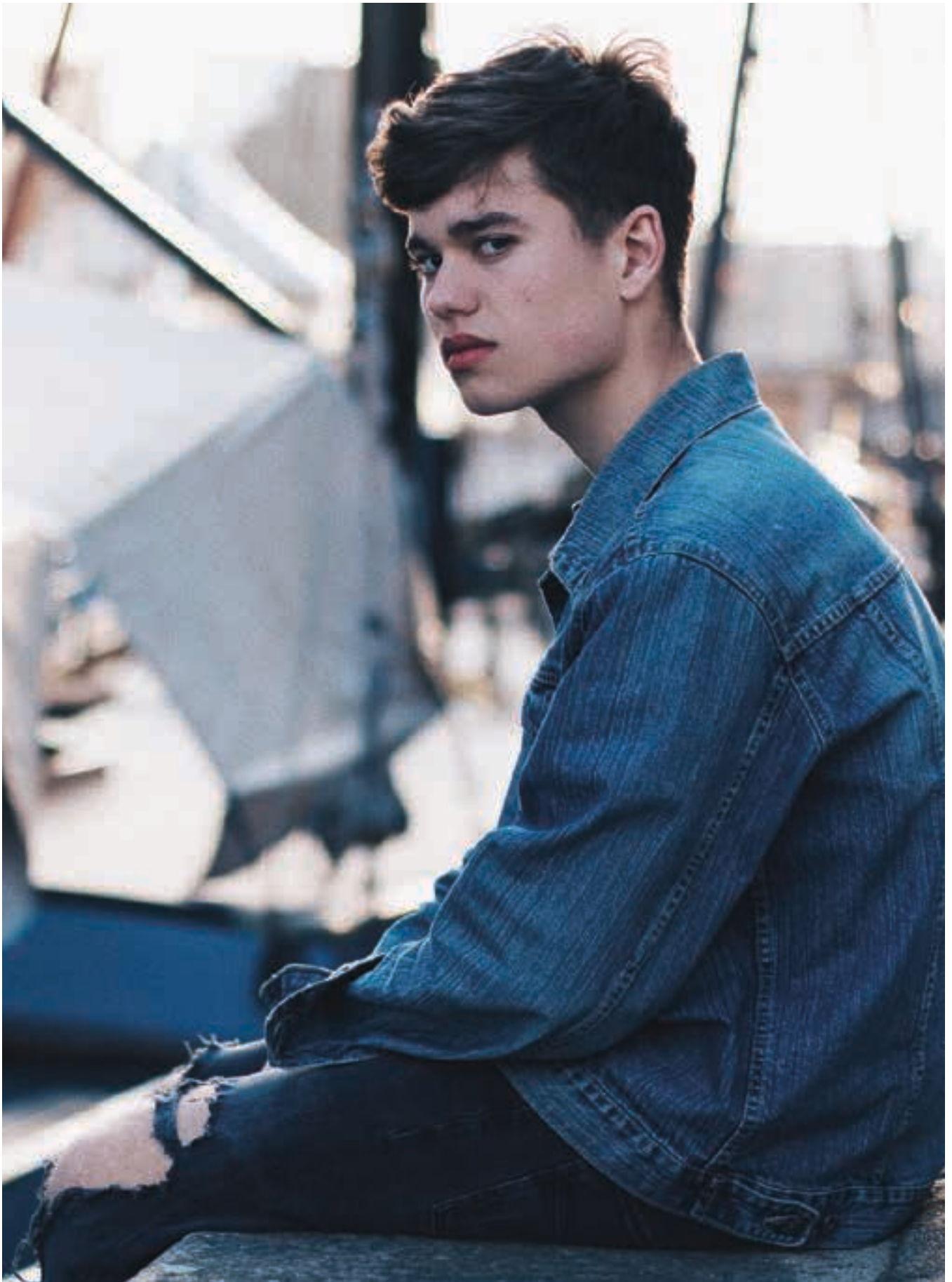




















Appendix E: Sounds

FOR EXERCISE 19: WHAT'S THAT SMELL?!?! ---

Water running: [youtube.com/watch?v=lqKb0sMti7s&t=9s](https://www.youtube.com/watch?v=lqKb0sMti7s&t=9s)

Hyena: [youtube.com/watch?v=FQaSRKP8Dho](https://www.youtube.com/watch?v=FQaSRKP8Dho)

Birds: [youtube.com/watch?v=bKRscZYzAdc](https://www.youtube.com/watch?v=bKRscZYzAdc)

Crash: [youtube.com/watch?v=3zKI3PR9W-k](https://www.youtube.com/watch?v=3zKI3PR9W-k)

Eating: [youtube.com/watch?v=V65PJnRnr4o](https://www.youtube.com/watch?v=V65PJnRnr4o)

Womb sounds: [youtube.com/watch?v=Xrnw9gNWjHU](https://www.youtube.com/watch?v=Xrnw9gNWjHU)

Appendix F: Word List

FOR EXERCISE 21: MINDFUL WORD LIST



Non-judgment	Acceptance	Patience
Openness	Letting Go	Gentleness
Beginner's Mind	Empathy	Authenticity
Heartfulness	Loving-kindness	Respect
Compassion	Curiosity	Being vs Doing
Self-care	Non-striving	Offering Kindness
Trust	Generosity	Gratitude
Forgiveness	Presence	Self-belief

