Mindfulness Techniques Worksheet

Name: _____ Date: _____

What Is Mindfulness?

Mindfulness is the practice of intentionally paying attention to the present moment without judgment. It helps students regulate stress, improve focus, and increase overall well-being.

Why Is It Important?

- Improves concentration during studying
- Reduces stress before exams and presentations
- Supports emotional regulation
- Increases academic performance and well-being

Technique 1: Box Breathing

A structured breathing method where you inhale, hold, exhale, and hold again for equal counts.

- Inhale for 4 seconds
- Hold for 4 seconds
- Exhale for 4 seconds
- Hold for 4 seconds (Repeat 4 times)

Reflection: How do you feel after trying this?

_____

Technique 2: 5-4-3-2-1 Grounding

A sensory awareness exercise to bring your attention back to the present moment.

- 5 things I see: _____
- 4 things I feel: _____
- 3 things I hear: _____
- 2 things I smell: _____
- 1 thing I am grateful for: _____

Technique 3: Mindful Studying

Studying with full attention on one task at a time (no multitasking).

Today I will study: _____

For _____ minutes. My phone will be: _____

After my session, I will take a break by: _____

Final Reflection

Which technique felt most helpful to you and why?

_____

_____

One commitment I am making to myself this week:

_____

_____