

My Mindful  
English Book

Name:





Mind Full, or Mindful?

Mindfulness is a moment-by-moment awareness of our thoughts, emotions, sensations and surrounding environment.

This book is a selection of activities designed around the concept of mindfulness and English.

Using aspects of mindfulness within education has been proven to improve concentration and focus, increase the potential for learning and promote a calmer learning environment.



**Growth Mindset**  
**The Force**

Because you are eager to learn you are happy to have a go and...

**Embrace challenges**

**Keep going even when it's hard**

**See effort as the journey to success**

**Learn from criticism**

**Are inspired by the success of others**

**Fixed Mindset**  
**The Dark Side**

Because you are afraid of looking silly and getting things wrong you...

**Avoid challenges**

**Give up easily when it's hard**

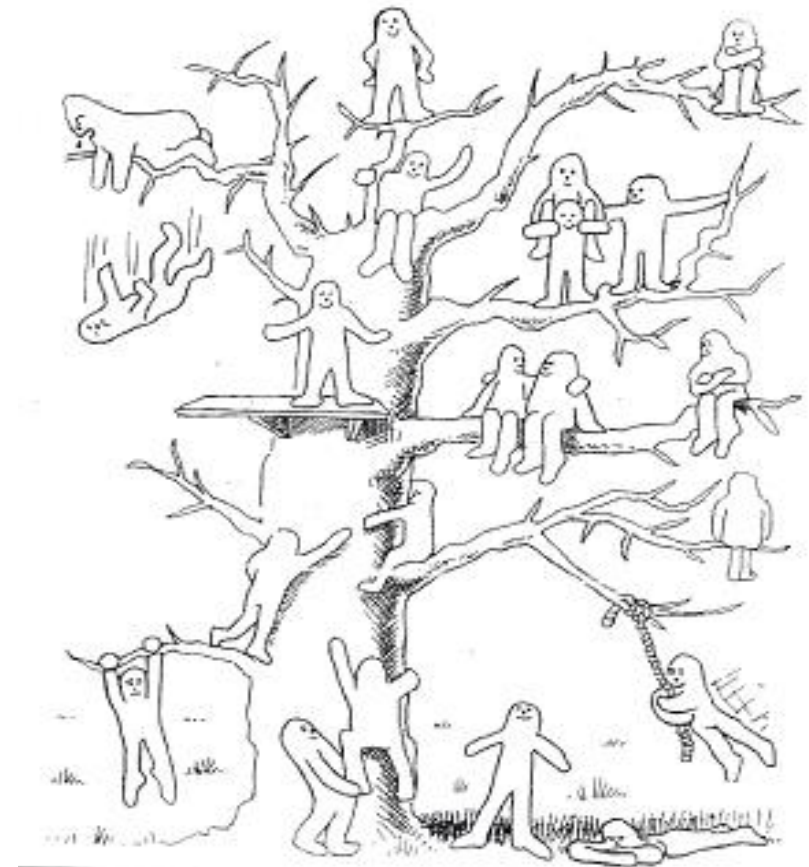
**See effort as a waste of your time**

**Ignore useful feedback**

**Feel threatened by other people's success**

# Who are you today?

*Colour in the character that  
best represents you today*



*Take a moment to think about why you have  
chosen that character...*

## 3 2 1 REFLECTION

*Things I've learnt today:*



*Things I need to work on...*



*Question I have...*



Colour in the things you think you're  
successful with.

The ones left blank are the things you need  
to improve on.

Spelling

Speaking  
&

Listening

Inference

Punctuation

Grammar

Purpose of  
Text

Comparing &  
Contrasting

Presentational Features

Language Features



What are your targets for English this  
week?

Write them down in the clouds

Can you find the following words within  
the word search?

Spelling Compare Grammar  
Punctuation Summarise Structure  
Inference Bias Contrast



E R N K K I V R X B G D N F R  
B W F R C Y U Y S L D H O S Y  
P U N C T U A T I O N S C Z R  
G J R N I Y H T C S V N O I U  
V N R T I N S Y T D W L M L J  
L I I A E A F R P K T L P R O  
F F N L R H U E T X Y R A A S  
V U M T L C M S R L V H R M S  
S A N V T E A Z Q E O L E M T  
U O U U U I P N F R N A I A L  
C P R E B Y U S Q F N C G R E  
S E S I R A M M U S V Q E G J  
S G F H G T I D C I X X O T H  
T A K H K V X F M K W H R T I  
V K R M X W P W K N I X T O E

## Consider your senses

Take a minute to consider each question  
before writing down your answers.

What 3 things can you hear?

List them:

- 1.
- 2.
- 3.



What 3 things can you see?

List them:

- 1.
- 2.
- 3.



What 3 things can you feel?

List them:

- 1.
- 2.
- 3.





Following on from the senses activity,  
describe in detail the things you listed...

Describe the things you said you could  
*hear*. What did they sound like?



.....

.....

.....

.....

.....

Describe the things you said you could *see*.  
What did they look like?

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.....

Describe the things you said you could *feel*.  
What did they feel like?

.....

.....

.....

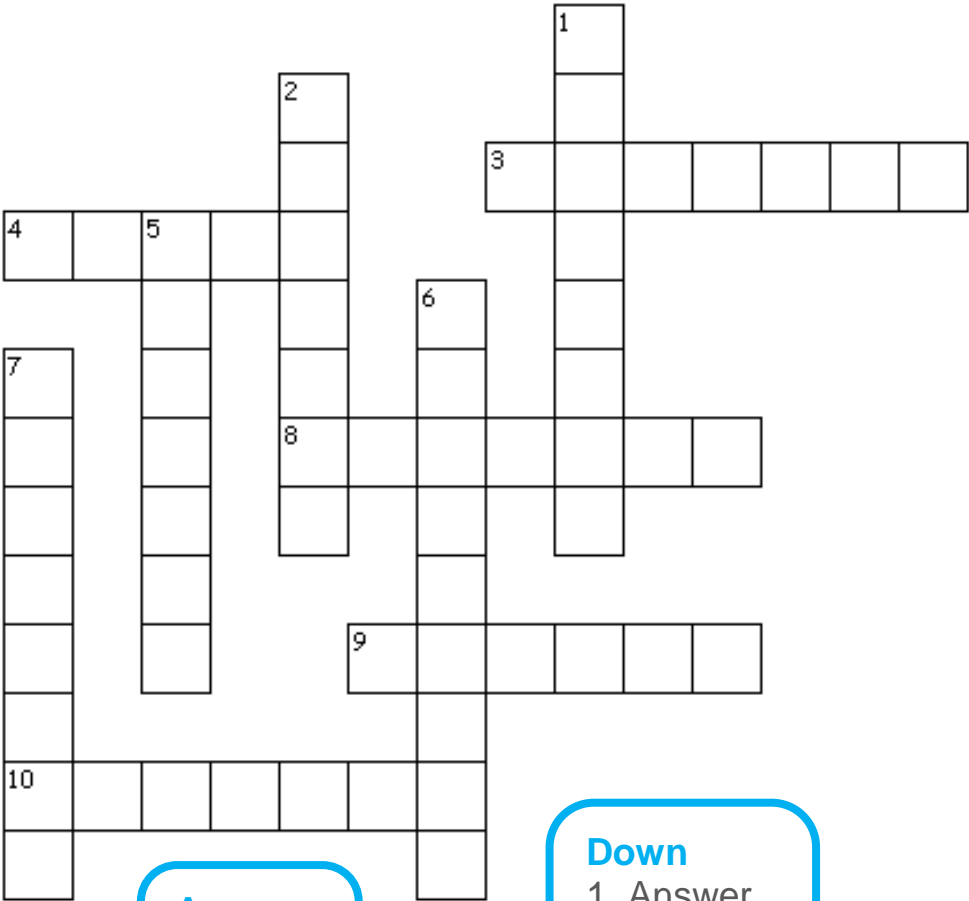
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*Be descriptive!*

**Antonyms** are words that have  
**opposite meanings.**

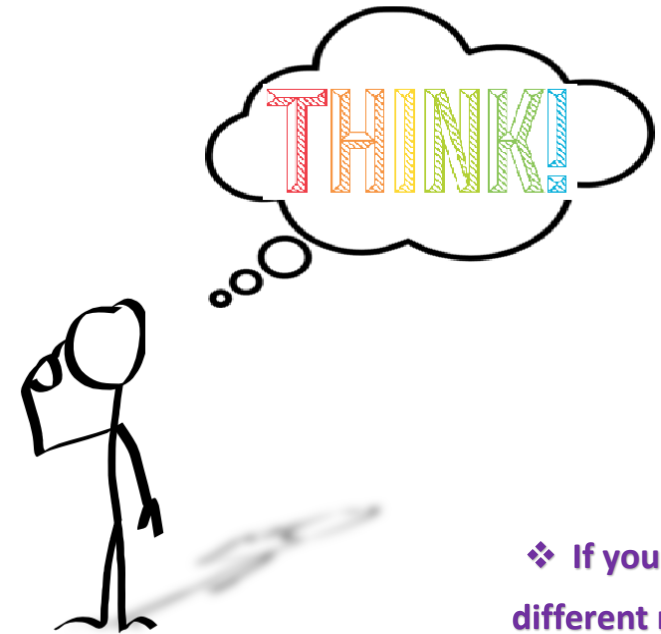
Complete the crossword by working out the  
antonyms for the words in the boxes below.



- Across**
- 3. Sick
  - 4. War
  - 8. Calm
  - 9. Safe
  - 10. Free

- Down**
- 1. Answer
  - 2. Allow
  - 5. Stay
  - 6. Related
  - 7. Add

- ❖ What's the difference between telling a lie and keeping a secret?



- ❖ If you had a different name, would you be a different person?

- ❖ Would you still be you if everyone in the world thought you were someone else?

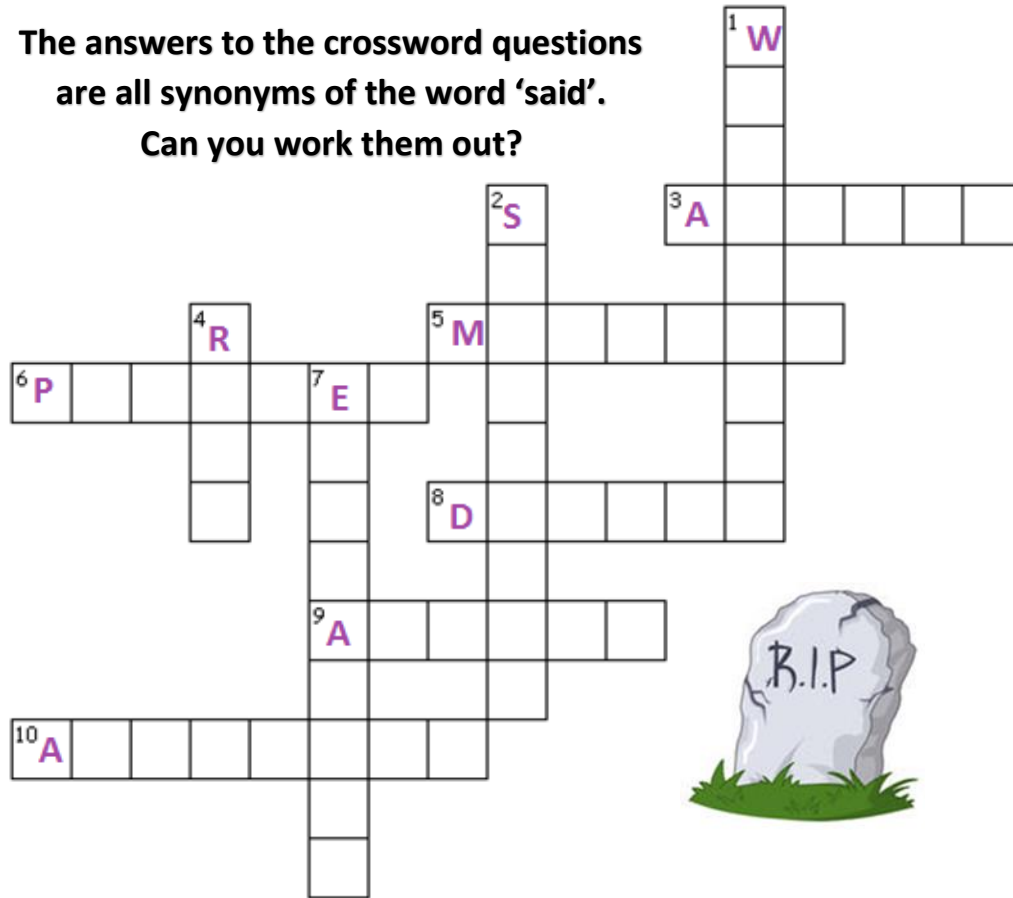
# Strengths & Struggles

	Strength?	Struggle?	Things I can do to improve:
Spelling	<input type="checkbox"/>	<input type="checkbox"/>	
Grammar	<input type="checkbox"/>	<input type="checkbox"/>	
Punctuation	<input type="checkbox"/>	<input type="checkbox"/>	
Presentational Features	<input type="checkbox"/>	<input type="checkbox"/>	
Language Features	<input type="checkbox"/>	<input type="checkbox"/>	
Speaking + Listening	<input type="checkbox"/>	<input type="checkbox"/>	
Compare + Contrast	<input type="checkbox"/>	<input type="checkbox"/>	
Purpose of text	<input type="checkbox"/>	<input type="checkbox"/>	

# Said is dead!

The answers to the crossword questions are all synonyms of the word 'said'.

Can you work them out?



## Across

- 3. To state something firmly
- 5. Barely audible
- 6. Seriously and sincerely beg
- 8. To refuse to admit the truth
- 9. A response of the same opinion
- 10. To declare publicly

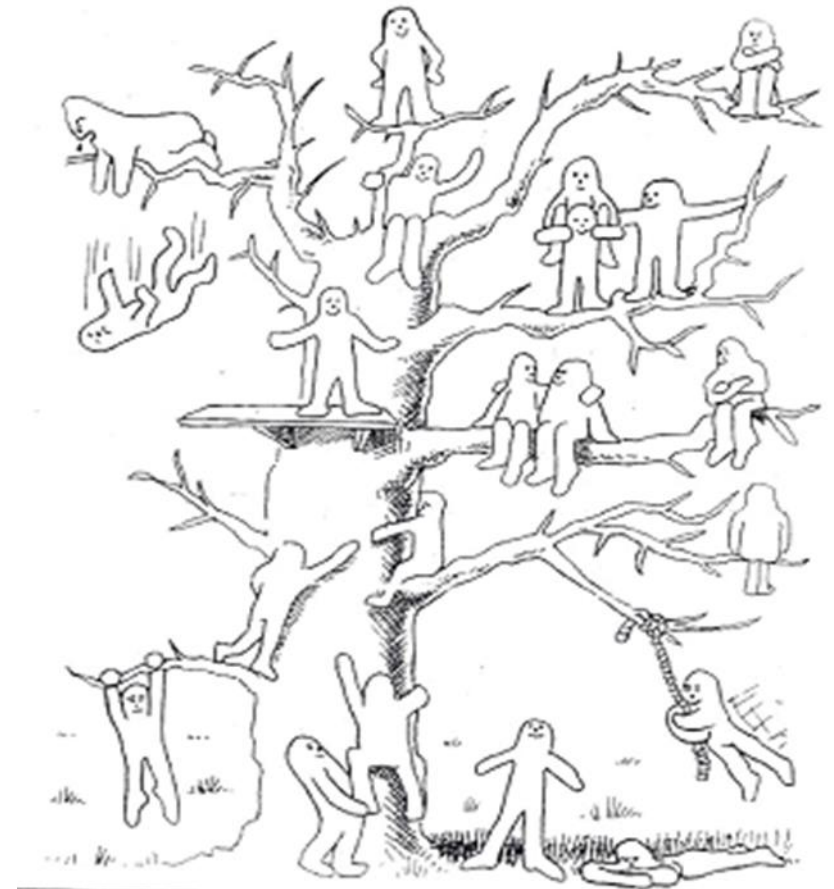
## Down

- 1. Said quietly on purpose
- 2. To state something with difficulty, often repeating parts
- 4. Shout angrily
- 7. To describe, give reason or justify something further

# Evaluation Tree

*Consider what you've learnt today and colour in the character that best represents your current understanding.*

*Today's topic was .....*





# get your goals

WHAT AM I AIMING FOR?

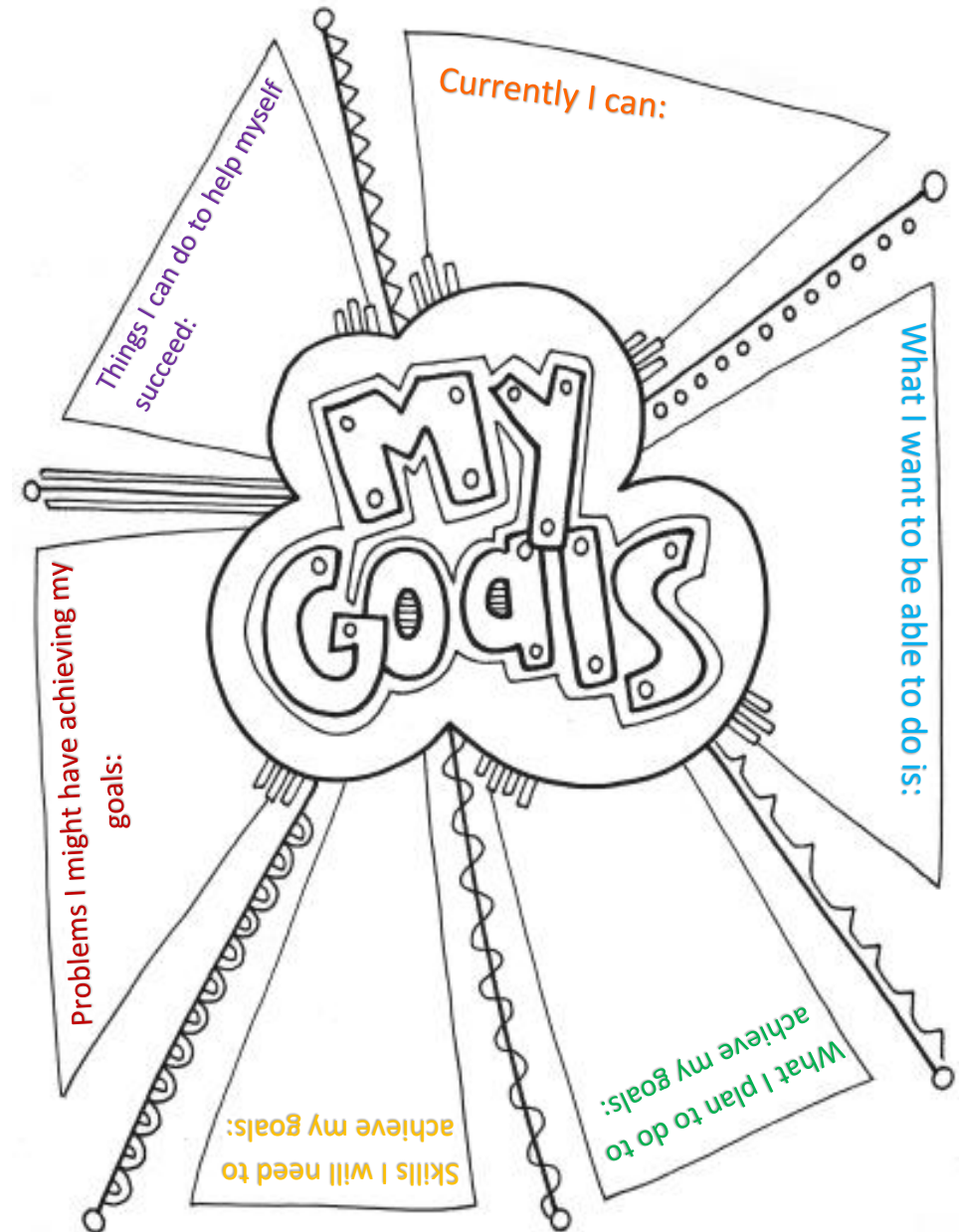
List 3 things you can do successfully in English:

List 3 things you struggle with in English:

Write down one thing you can do today to work on the things you're struggling with...

What can you do to work on the things you're struggling with in the longer term?

*The funny thing about motivation is that we are often mislead to believe that it comes before action. When in fact it's completely the other way around. Daily consistent, ACTION fuels motivation.*



are **PROOF** that you  
are **Winners**

## 3-2-1 REFLECTION

Things I've learnt today:



Things I need to work on...



Question I have...

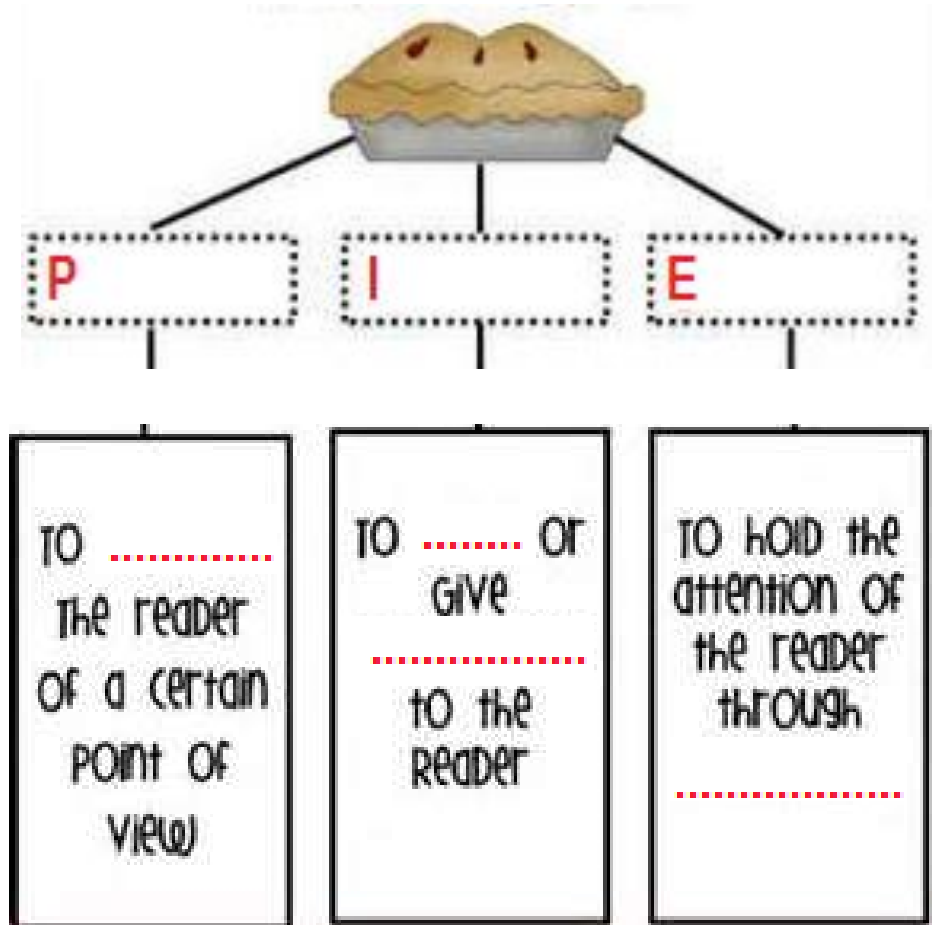


How many language features can  
you find within the word search?



T R  
 N S  
 V S T X  
 T F S R  
 H T B F Q V  
 K B J Y R T  
 K E V A O S I A E L O B R E P Y H K G Q  
 F N O I T A C I F I N O S R E P V J C X  
 R O H P A T E M O P A Y L R J Z P C  
 B D E L I M I S L H W G V M M P  
 V I G M A E L C L Y K L J U  
 X K F W I J G P T Z T Q  
 F U B Z T U N H D J A K R N  
 G D W E T Q W X M M Y C O Q  
 Y P X R N M R Y P T N U O X H H  
 H O A W D V X G K F H H A E  
 X L T N A R R X E R U Z C Q  
 R I K C L D O V X P  
 C O S H D N Y A  
 N S S D

## Author's purpose pie





Some **synonyms**  
for my word are:



My word is:

Some  
**antonyms** for  
my word are:

