



Camp Mindful was developed by the Prevention Team at Tri-County Mental Health Services as a way to teach students how to ground their stressed and overwhelmed thoughts. Grounding is a mindfulness practice to create space in the mind by focusing on one thing. When students' thoughts become overwhelming and panic begins to set in, the five steps to grounding will help connect them to the present, as well as create space in the mind to cope in a healthy way.



OVERVIEW

- Targets youth in grades 4-5
- 5 lesson plans that last 10-15 minutes each - 1 lesson per day
- Available for in-person, virtual and hybrid teaching methods

GOALS

- Help students recognize when they are overwhelmed.
- Teach grounding skills to easily connect to the present moment.
- Encourage new mindfulness and healthy coping practices.

MATERIALS

Provided by TCMHS at no cost:

- Implementation Guide
- Student Activity Book
- Camp Mindful Google Package: Videos, Discussion Questions, and Program Evaluations

Note: Extra supplies, such as stress balls, stickers, and bookmarks are not required to implement the program, but can be a fun addition to finishing certain lessons and activities. If your school wants an extra supply but the cost is too high, reach out to the Youth Suicide Prevention Specialist for possible funding.

WANT TO BRING **CAMP MINDFUL** TO YOUR SCHOOL?

Contact the Youth Suicide Prevention Specialist
info@encouragehopeandhelp.com

816-877-0496