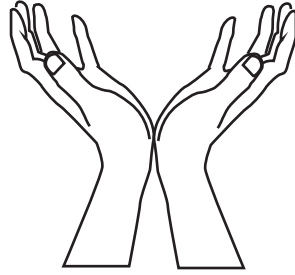
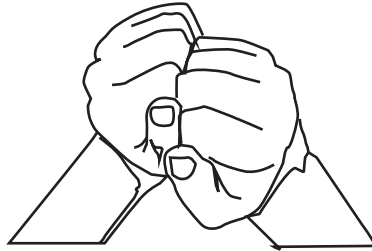


Mindful Focus

Pebble Meditation



For the first pebble, the image is a flower and the quality is **freshness**.

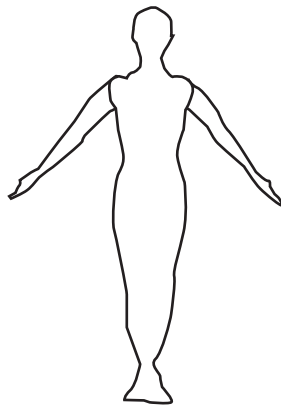


For the second pebble, the image is a mountain and the quality we are exploring is **solidity**.
The mountain knows it's solid no matter what is going on around it.



For the third pebble, the image we are working with is still water in a lake,

and the quality we are focusing on is **clarity**.
When we are calm, we can make better decisions.



The image for the fourth pebble is the spacious blue sky, and the quality is **freedom**,
feeling free from worry or anxiety.

The purpose of this lesson is to teach students practical strategies to help them cultivate peacefulness within so they can be peaceful in the world

*This Makesmart.weebly.com sheet was adapted from
<http://www.mindfulteachers.org/2015/11/how-teachers-can-share-mindfulness.html>
Thich Nhat Hanh*