ONE PAGE SUMMARY

Kids Learning › Mindfulness › Present Moment

What is Present Moment

Embrace the present moment for a happier life!

DEFINITION

> The present moment is the current time and place we are in. It means focusing on what is happening right now instead of worrying about the past or future.

KEY CONCEPTS

Mindfulness

Mindfulness is paying full attention to the present moment without judgment.

Awareness

Being aware means noticing your thoughts, feelings, and surroundings right now.

Breathing

Focusing on your breath helps anchor you in the present moment.

Letting Go

Letting go means releasing worries about the past or future to enjoy now.

Gratitude

Practicing gratitude helps you appreciate the present moment and what you have.

EXAMPLES

→ Noticing the taste of your food while eating.

→ Listening carefully to a friend without distractions.

→ Feeling the warmth of the sun on your skin.

MEMORY TIPS

★ Use the acronym 'NOW' to remember: Notice, Observe, Welcome.

★ Visualize a clock to remind you to focus on the current time.

★ Think of a favorite moment and recall it to practice being present.

COMMON MISTAKES

✗ Focusing too much on past mistakes.

✗ Worrying about future events instead of enjoying today.

✗ Getting distracted by electronic devices during activities.

QUICK RECAP

The present moment is all about focusing on what is happening right now. Practicing mindfulness, awareness, and gratitude helps us enjoy life more. Remember to let go of past and future worries to truly embrace today.