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What is Present Moment

Embrace the Now: Discover the Power of the Present Moment

DEFINITION

The present moment is the current time we are experiencing. 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

Awareness involves noticing your thoughts, feelings, and surroundings in the present.

Breathing Techniques

Breathing techniques help calm the mind and bring focus back to the present.

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

- Taking a deep breath and noticing the air around you.
- Listening carefully to the sounds in your environment right now.
- Feeling the texture of an object in your hand.

MEMORY TIPS

- ★ Use the acronym NOW: Notice, Observe, Welcome.
- ★ Visualize a clock with only the current hour highlighted.
- ★ Repeat the phrase 'This moment is all I have' when distracted.

COMMON MISTAKES

- ✗ Focusing too much on past mistakes.
- ✗ Worrying excessively about future events.
- ✗ Not practicing mindfulness regularly.

QUICK RECAP

The present moment is about being fully aware of now. Mindfulness helps us focus on our thoughts and feelings without distraction. Remember to practice breathing techniques and gratitude to enhance your experience.