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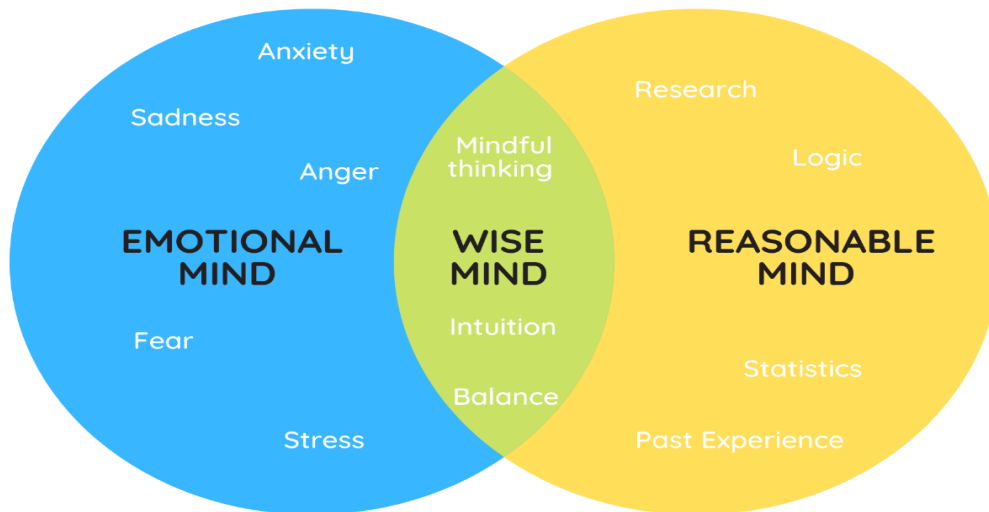


Wise Wednesday

Welcome to Wise Wednesday! Today's Challenge is simply to learn about Wise Mind. The chart below illustrates the wise mind state which is the synthesis of emotional mind and reasonable mind. Finding "Wise Mind" is a mindfulness skill. Watch the videos and learn!



The 3 States of Minds



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Wise Mind Videos:

Grades K to 6

<https://www.youtube.com/watch?v=dOn4TRkCaEs>

Middle Years/High School

<https://www.youtube.com/watch?v=dOn4TRkCaEs&t=2s>

CFS Staff have created the videos below for grades 4 to 12

Automatic Negative Thoughts ANTS: <https://youtu.be/ZZgLE1C82yE> (3:44)

Brain Hand Model: <https://youtu.be/CFXEP6wmaEo> (6:04)

**Remember to take a photo of your class learning and upload to google form for your chance to win a pizza party for your class!

<https://forms.gle/n4bhBQiCCcfrqSLw7>



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