

Encouraging Mindfulness in all you do

Builders Club members can learn to be mindful of everything happening around them. Sharing the handout 'What Builders Club members do' will help remind them of how they can be present and pay attention through the sense experience. When fully present Builders Club members will live more joyful moments during the day and will be attentive to situations needing extra care. Ask club members to make a note about what they see in the school and community. Encourage them to share their observations with the club so that club members can discuss and plan community service projects to help.