

Clay Puppy Models



Our mind, like puppies, can be distracted in so many ways! Puppies are distracted by food, sounds, people, and smells. Just like a puppy gets trained not to get distracted, we can train our minds with mindfulness not to wander.

How to train your puppy mind:

Notice when you begin to think a thought. As you notice your thoughts, gently come back to the feeling of your feet on the ground. You can see your thoughts like clouds moving across the sky. You can notice those clouds of thoughts, but you don't have to grab them. Our minds wander and that is okay. The practice of mindfulness helps us notice when our thoughts have wandered and come back to the present so we can experience what's happening here and now. This is how we can learn to pay attention. Paying attention is a really important skill for school and life.

To remind yourself that you have the power to train your minds when it wanders (just like a puppy), you will now create a clay puppy model!

Directions:

1. Shape your clay into something that represents training the “puppy mind.” For example, you could create a clay puppy with a leash listening to its trainer.
2. Write your name on the bottom of your clay figure.
3. Place your clay puppy in a place at home or school where you need to focus and concentrate as a reminder of how important it is to pay attention.