

Name: \_\_\_\_\_

Date: \_\_\_\_\_

### **My Mantra**

A mantra is an inspirational saying that you repeat to yourself in times when you need support. We are developing a four finger mantra (four words that correspond to fingers on your hand). You will write it in class today and we will hang it up on our mantra board where it will support you and all of the students in this class. Mantras are frequently used in yoga and meditation classes to inspire and empower people.

1) First, I invite you to think about one word that is vital to your well being. This cannot be something tangible... i.e., "money." It needs to be more of a feeling or ideology that makes you feel good... i.e., "joy" or "faith."

Use the word bank below to help you:

Vision Courage Faith Bravery Love Heal Motivation Focus Positive Empowering

Energy Grow Commitment Control Honesty Believe Grace Fearless Driven Peace

2) Then, you take time to think about this word, while tapping on your fingers. Find a rhythm with this word and write your own original sentence.

3) After this, use the sentence stems below to support you to create a mantra that is four words long that you can tap on your fingers for support.

I can \_\_\_\_\_.

I will \_\_\_\_\_.

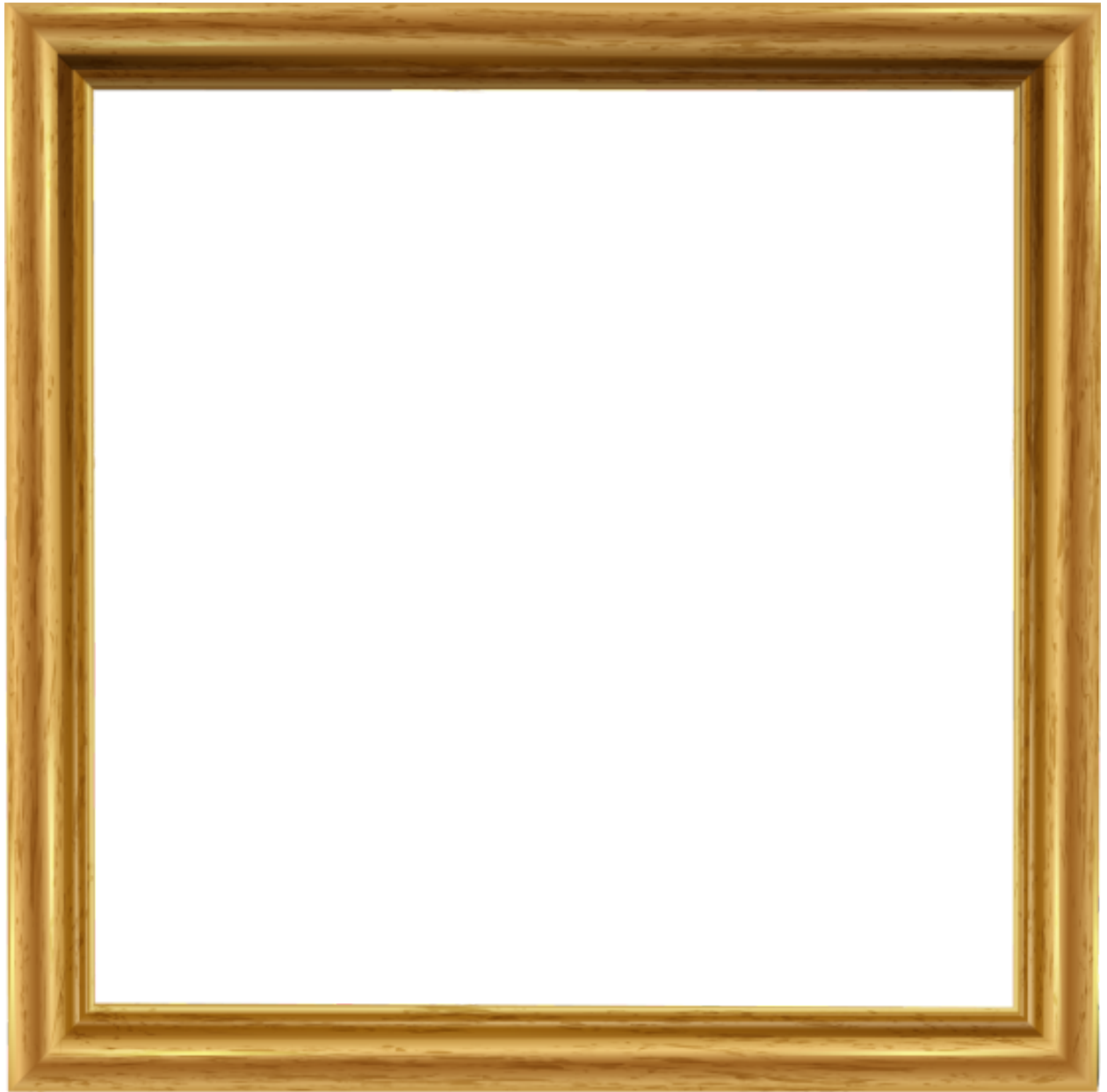
I am \_\_\_\_\_.

I believe \_\_\_\_\_.

I dream \_\_\_\_\_.

You will be using this mantra the whole semester.

Now, write your mantra in the box below. IT MUST BE FOUR WORDS. If you prefer to write in another language, you are more than welcome to do so. Please also include illustrations that match your mantra in the frame. Please be neat (no stick figures). Your mantra will be hung up in the classroom and I will make a copy of it for you to put in your binder as well.



From Sarah Said, via Edutopia.