

One-Minute Mindfulness Meditation

Clear your mind and learn how to relax with these one-minute mindfulness meditation techniques!

Preparation

- ☀ Go to a quiet space.
- ☀ Set your timer for 1 minute and 20 seconds. (You may need the extra 20 seconds to get ready)
- ☀ Sit in a comfortable position.
- ☀ Close your eyes - or open them, focused on one spot.

Gratitude Meditation

- ☀ Inhale through your nose and exhale through your mouth.
- ☀ Count 1-2-3 as you breathe in and 1-2-3 as you breathe out.
- ☀ Feel yourself relax as you continue breathing.
- ☀ Think of the things that you are most grateful for. Chase away the negative thoughts.
- ☀ Anchor on your breathing as you continue to build a positive energy.

Mindful Breathing

- ☀ Inhale through your nose and exhale through your mouth.
- ☀ Count 1-2-3 as you breathe in and 1-2-3 as you breathe out.
- ☀ Feel how the breathing pattern affects your body and your thoughts.
- ☀ Chase away the distractions that crowd in (ex, wind blowing on your face, phone ringing, dogs barking)
- ☀ Focus on your breathing. Thoughts naturally appear but don't drift away. Anchor your attention on your breathing pattern.



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Mindfulness Meditation 2026 Guide

David Kirk



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web objectives describe that the flower produces pollen nectar and seeds describe how the flower attracts insects and other pollinators for reproduction all key terms have been

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web the pollen reaches the ovules and begins the process of turning them to seed describe an example of animal behavior that helps it increase its odds of reproducing give your

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web in this laboratory activity students dissect a lilly flower and identify the male and female parts students identify specialized plant structures that affect the probability of

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web flower dissection classification plant lab dissecting flowers and seeds in this lab students will observe the external and internal features of various flower specimen as

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web you can use the post lab on the third page as a formative assessment where students label a diagram and match the parts with their roles this lab is aligned with florida s

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web activity begin the activity by reviewing the male and female parts of a flower it s helpful to have a diagram on the board you will want to review the following points to reinforce

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web directions for dissection on the back side of this sheet fill in a box with the name how many and function of each part color code the box to match the flower part 1 find and

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web 1 introduction before beginning the lab show students the flower dissection video and discuss the safety procedures that should be followed when using a scalpel proper lab behavior and go over the norms of working in a group place students in groups of 3 4 and pass out the student worksheets go over the flower lab

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web section 1 flowers many plants use flowers as seed factories each flower has male and female parts the female part in the middle the pistil grows and shelters the ovule or

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web activity sheet group name date october 1 2014 flower dissection lab activity background information every flower consists of a set of adaptations that help

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