

Appendix 1. Weekly tasks summary

(For copying and distributing to students)

Weekly task after Module 1

Direction in Life

Choose something that is important to you and that you'd like to spend more time on. Write it down or choose a background image for your phone that reminds you of it. Try to do one action related to that at least once a week.

Weekly task after Module 2

Me and My Mind

Write down a thought on your phone that is critical of yourself or others. Whenever you notice a critical thought, notice that you can choose how you will respond to it and whether you will act on it. You can also say silently to yourself, "I have a thought that..." Remember that thoughts are just words, and we should not always believe in them or act on them.

Weekly task after Module 3

Me Now

Every time someone speaks to you (e.g., a friend, parent, teacher), focus and be present in the moment. Listen carefully to what the other person is saying. Give your full attention to the speaker. Notice how mindful presence affects you and others.

Weekly task after Module 4

Myself

Try speaking to yourself like you would to a good friend. Praise yourself for successes or comfort yourself when things are tough (e.g., "You did great!" "This feels difficult now, but it will pass." "You're a good person!")

Weekly task after Module 5

Me and Others

What positive thing could you say to a friend (or teacher or loved one) during the coming week? Say it out loud or send it as a message.