



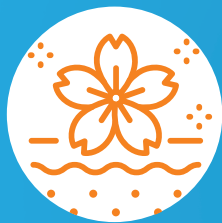
MINDFULNESS MOMENTS



#AllinforKids



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FIVE SENSES

- Spend a few moments breathing deeply.
- As you feel focused, use each of your senses to notice 5 things that are going on around or inside you.
- What is something you can see? Notice its features and describe it to yourself.
- What can you smell? What does that scent remind you of? Does it bring up any thoughts?
- What can you feel? Notice your muscles, the way your clothes feel on your skin, or even the chair beneath you.
- What can you hear? Focus on the noise and try to identify the sounds.
- Can you taste anything? If you have a snack with you, take a bite and hold it in your mouth – really notice and appreciate the flavors as you chew.
- Continue breathing deeply and using your senses to notice your internal and external world as you give yourself a moment to adjust.



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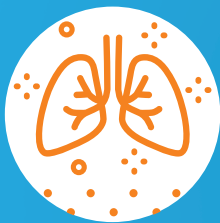


THOUGHTS AS CLOUDS

- Take a few deep breaths.
- As you breathe, turn your attention to your thoughts.
- Take a moment to notice your thoughts. Act as an unbiased observer, allowing any thoughts to come and pass at will.
- As you notice your thoughts, imagine them as clouds floating in the sky. Notice the way that they move as they pass by. Some clouds might pass quickly, some might pass slowly, and some may float by multiple times. Allow the clouds to pass as they are ready; try to resist forcing them across the sky.
- Continue breathing deeply and observing your thoughts. When you are ready, raise your gaze and give yourself a few moments to adjust.



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JUST BREATHE

- Focus on your breath. Practice deep breathing skills – breathe slowly through the nose, hold for a moment, and exhale slowly through your mouth.
- Place your hands on your stomach. A good, deep breath causes the belly – not the chest – to rise. Focus on breathing deeply to raise your hands on your belly.
- As you breathe, it may be helpful to count or to repeat a word on each in- and out-breath. Consider slowly counting to 4 with each inhalation and exhalation to slow your breathing. Or, repeat a word that means something to you, such as “calm” or “relax” as you exhale.
- Repeat this exercise as needed. Note that it can be done anywhere and for any length of time!



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STOP

- **S**tand up and breathe. Feel your connection to the earth.
- **T**une in to your body. Lower your gaze. Scan your body and notice physical sensations or emotions. Discharge any unpleasant sensations, emotions or feelings on the out breath. Notice any pleasant ones and let them fill you up on the in breath.
- **O**bserve. Lift your eyes and take in your surroundings. Observe something in your environment that is pleasant and be grateful for it and its beauty.
- **P**ossibility. Ask yourself what is possible or what is new or what is a forward step.



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MINDFUL OBSERVATION

- Take a few deep breaths. As you breathe, choose an object from your immediate environment and focus on it for the next minute.
- Don't do anything except notice the item you are looking at. Simply relax into watching for as long as your concentration allows. Look at the object as if you are seeing it for the first time.
- Visually explore every detail of the object and allow yourself to be consumed by its presence.
- After 1-minute passes, return your attention to your breathing. When you are ready, give yourself a few moments to adjust or select another object to mindfully observe.



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BODY SCAN

- Take a deep breath. As you breathe out, scan your upper body from the top of your head to your hips. Notice any sensations – areas of tension, discomfort, relaxation, or other physical sensation.
- As you complete your scan, continue your breathing and focus in on any particularly strong sensations. Imagine yourself breathing into that area.
- As you breathe in, imagine all your air being directed to that location. As you breathe out, imagine the tension flowing out of your body with your breath. Continue to breathe into the area until it relaxes.
- Continue this practice with your lower body. Scan your hips, thighs, calves, and feet, noticing any other strong sensations. Breathe into those sensations and notice your body slowly relax into your chair.
- Continue this practice for as long as you need. Spend a few moments focusing on your breathing and give yourself a few moments to adjust.



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GRATITUDE

- Take a long slow, deep breath in and slowly exhale. Feel any tension melting away as you gradually relax deeper with each breath.
- Take another long slow, deep breath in and exhale. Feel yourself drifting into a state of deep relaxation.
- In this safe, relaxed state reflect on all the things you're grateful for: loved ones, breath in your lungs, sunshine, fresh air, a tasty meal, a nice comment from a peer – whatever comes to mind. As each gratitude appears, visualize yourself saying the words *thank you* to each.
- Allow the feeling of deep gratitude to come into your body. Notice where in your body the feeling is. Take a few deep breaths and allow this feeling to expand.
- Enjoy the pleasant feeling gratitude gives you, and feel it washing away your tension and negativity.
- When you're ready, wiggle your toes and fingers, open your eyes and give yourself a few moments to adjust.



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