

MINDFULNESS ACTIVITIES AND RESOURCES JUNE

Take a Walk (In Nature if You Can)

Nature is a fantastic way to reset yourself and calm your body. It can also lift your mood and provide motivation. It does not have to take a long time. Even a ten-minute walk can be helpful.

Even if you are not able to walk in nature, there are benefits of taking a walk, no matter where you are. A walk around the block in your neighborhood or around your home can be helpful and give your brain a break.



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Use the Cold to Cool Down

When you are having a hard time, and your emotional brain is in charge, one thing that may help re-set is by using cold. There are several ways to use cold to help cool your emotions down.

1. Put a cold compress on your neck
2. Take a sip of cold water
3. Eat a popsicle
4. Chew on frozen grapes or berries
5. Put a cold washcloth on your forehead or face



Small Body Movements

Small body movements can offer the perfect brain break. You can do these in class, on a long car ride, or just sitting in a chair at home.

Here are some ideas of small body movements:

1. Moving your head in a circle one way then the other.
2. Rolling your shoulders back and then forward
3. Rotating your wrists by moving your hands
4. Rotating your ankles by moving your feet
5. Flexing and pointing your toes
6. Tugging on your earlobes



Take a Dance Break

Movement and Music often go together. Moving to music can be freeing and fun and can change your state of mind. Sometimes when you are in a bad mood, all you need is an impromptu dance party.

You can dance by yourself or find a group.



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Experience Something New

Trying something new can feel scary at first because you are not sure what to expect but it can also be thrilling when you have finished it.

Trying something new with someone else can also strengthen your bond. You can try a new experience together with a friend or a family member.



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Yoga	Kindness/Gratitude	Mindfulness & Meditation	Apps	Zones/Emotions
<p>Kira Willey “Where is Your Breath”</p> <p>https://www.youtube.com/watch?v=MVHHi0vTCS4&list=PLILNYFQjcxDI9229mHQ3Y6EOt4zGnAXdS&index=6</p> <p>“On and Off” Flow Go Noodle</p> <p>https://www.youtube.com/watch?v=fTzXFP6CPI</p> <p>“Victorious” Flow Go Noodle</p> <p>https://www.youtube.com/watch?v=rC0m_-HQcRU</p> <p>Yoga for Kids- Play in the Park from Yoga by Adrienne</p> <p>https://www.youtube.com/watch?v=vMMRb10LtGM</p> <p>Created by:</p> <p>Amanda Morrison & Jennifer Levesque</p>	<p>“Words and Your Heart” Read Aloud</p> <p>https://www.youtube.com/watch?v=dDhllFZ5v1&list=PLmXzTvQZpDftgdzXWyBr_5JRkt0nXE1qz&index=3&t=0s</p> <p>Kira Willey “Send Good Thoughts”</p> <p>https://www.youtube.com/watch?v=IEU1-oHFNTk&list=PLILNYFQjcxDI9229mHQ3Y6EOt4zGnAXdS&index=17</p> <p>Go Noodle “Be Kind To Yourself”</p> <p>https://www.youtube.com/watch?v=CEk9KvPXKEQ</p>	<p>Read Aloud “I am Peace” A Book about Mindfulness</p> <p>https://www.youtube.com/watch?v=w5vy0bpfGQU&list=PLmXzTvQZpDfuWyiWUzLDD3Udm4DxIOvg-&index=3&t=0s</p> <p>Read Aloud “ My Magic Breath: Finding Calm Through Mindful Breathing</p> <p>https://www.youtube.com/watch?v=VGmauNIYPCo&list=PLmXzTvQZpDfuWyiWUzLDD3Udm4DxIOvg-&index=3</p>	<p>Super Stretch</p> <p>An educational yoga tool to use and teach the fun of physical activity and breathing to children. They will use the skills of self-awareness, self-esteem and self-regulation that they learn from this app as a foundation for the rest of their lives.</p> <p>Moshi: Sleep and Mindfulness</p> <p>The Moshi sleep app features audio bedtime stories with dreamy melodies, guided relaxations, sleepy music and soothing sounds – all with a magical Moshi twist designed to help little listeners drift off to sleep each night.</p>	<p>Read Aloud “Visiting Feelings”</p> <p>https://www.youtube.com/watch?v=80cgnAzHOWs&list=PLmXzTvQZpDfuWyiWUzLDD3Udm4DxIOvg-&index=1</p> <p>Read Aloud “A Moody Cow”</p> <p>https://www.youtube.com/watch?v=cTbnN5MTJQI&list=PLmXzTvQZpDfuWyiWUzLDD3Udm4DxIOvg-&index=4</p> <p>Read Aloud “In My Heart: A Book about Feelings”</p> <p>https://www.youtube.com/watch?v=xIfLgHBwYx4</p> <p>Go Noodle “Melting”</p> <p>https://www.youtube.com/watch?v=fTzXFP6CPI</p>