

MINDFULNESS ACTIVITIES APRIL

Just One Breath

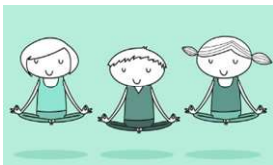
Find a relaxing place, sit comfortably and set a timer for one minute.

Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.

Take another slow deep breath.

Imagine the air moving down into the lungs and back up.

Take one more deep breath and hold it for a moment, then release it.



Create a Glitter Jar

Find a jar or plastic bottle and decorate it however you like.

Fill the bottle up $\frac{3}{4}$ of the way with water.

Next add clear glue, food coloring and glitter.

Seal the lid and you are ready to go.

Like the glitter jar, your thoughts can settle after practicing mindfulness.

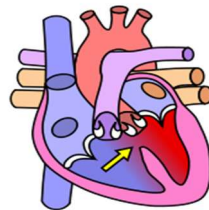


[This Photo](#) by Unknown

Heartbeat Exercise

Stand up and either jump up and down or do jumping jacks for one minute.

At the end of that minute, place your hand on your heart and pay attention to how your heartbeat and your breathing feels.



[This Photo](#) by Unknown

Go on a Safari

Go outside on an exciting adventure. Try picking up a small rock or touching part of a flower.

Notice the bugs or the birds. Take a moment to kneel down and touch the earth.

Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice these little details.



[This Photo](#) by Unknown

Tense and Release Muscle Relaxation

Starting at the feet, gently squeeze the muscles in the feet by tightening them then slowly releasing.

Next, squeeze the large muscles in the calves for 5 seconds, then gently release. Working your way up the body, squeeze the thigh muscles for 5 seconds then gently release.

Continue moving up the body for more relaxation.



YOGA TIME

Try Cosmic Kids Yoga

Look Up "Dance for the Sun" by Kira Willey and complete the instructions.

Create your own yoga pose.

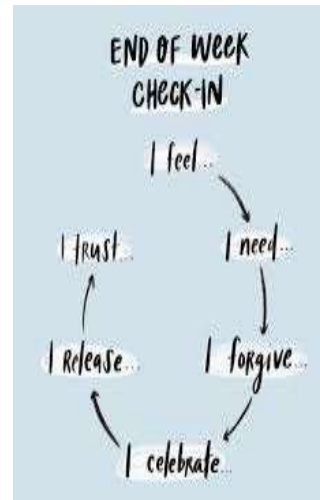
Become a Yoga Penpal with Mrs. Morrison

(Take a picture doing a yoga pose and send it to me /challenge me to the same one!)

Play "Yogi Says" with others in the house.



Check In

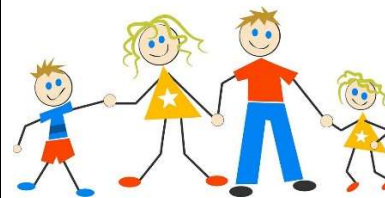


Do Something KIND

Make something for someone you love

OR

Do something special for someone in your family. Watch how they react.



Spidey Senses

Turn on your "Spidey Senses" which are your focused senses of smell, sight, hearing, taste and touch.

Like Spiderman, use your "Spidey Senses" and focus on the things going on around you.

What are some of the things you are sensing?



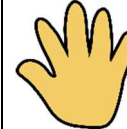
Grounding Exercise

Find a comfortable spot. Sitting quietly notice the following:

5 things you can see



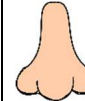
4 things you can feel



3 things you can hear

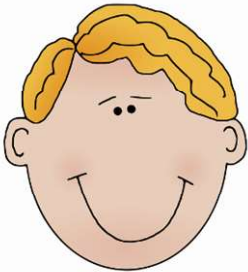


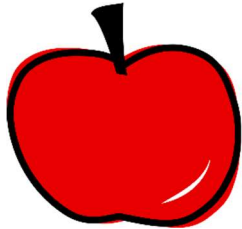



2 things you can smell



1 thing you can taste



Happiest Day of Your Life	What Zone are you In?	Hot Chocolate	Mindful Eating	5 Finger Breathing
<p>Close your eyes and spend one minute thinking about the happiest day of your life.</p> <p>Try to remember as much detail about that day as you can.</p>	<p>Close your eyes and think about how you are feeling. Happy? Sad? Mad? Scared? Excited? Something else?</p> <p>Think about how you know you are feeling this way.</p> <p>Identify what zone you are in.</p>	<p>Imagine you are holding a cup of hot chocolate in your hands. It is much too hot to take a sip so you need to blow on it to cool it off.</p> <p>Bring your cup up close to you. Take a long breath in, and slowly blow the air out to cool off your hot chocolate.</p> <p>Take another long breath in and slowly blow the air out.</p> <p>Now take a tiny sip of your hot chocolate and say "mmmmmmmmmmmm"</p> <p>Make the "mmmmmmmm" sound last as long as you can.</p> <p>Put your hot chocolate down, take a long breath in, and let the air all the way out.</p>	<p>While enjoying a healthy snack, pay attention to your senses while eating.</p> <p>Look - what colors and shapes do you see?</p> <p>Listen - does your food make a sound?</p> <p>Touch - is it smooth, bumpy or rough?</p> <p>Smell - what does your food smell like?</p> <p>Taste - before chewing, notice how your food feels in your mouth. Do you taste anything? Does the flavor change when you chew?</p>	<p>Stretch one hand out so that you have space between your fingers.</p> <p>Hold up your pointer finger from the other hand.</p> <p>Start at the bottom of your thumb and using your pointer finger, trace up your thumb as you slowly breath in through your mouth.</p> <p>When you get to the top of your thumb, slowly breath out your nose as you trace down the other side.</p> <p>Repeat for all fingers.</p>
				

Emotional Charades



Print the scenarios
Cut them into strips.
Choose one strip of paper to act out.
Discuss how you would feel in that situation.

Losing a Baseball Game
Eating Cold Broccoli
Squishing a Spider
Your phone is missing
Watching a scary movie
Riding a Rollercoaster
Dropping your ice cream
Playing with your pet

I Can Cool Off By



Be creative and make a foldable booklet with examples of how you can cool off when you are experiencing big emotions.

1. Listen to my favorite song
2. Go for a walk
3. Call a friend
4. Read a book
5. Deep Breathing
6. Getting a drink of water
7. Walk away
8. Do some exercises

"When This is Over" Jar

Whenever you say something you would like to do "when this is all over" or someone in your family, write it down and add it to the jar.

When everything returns to normal, you will have a full jar of activities for someday soon



The S.T.O.P Exercise

S- STOP
Stop whatever you are doing. It is like hitting pause on the TV remote.

T- TAKE
Take a few deep breaths to help center yourself. Focus on how your breath feels coming in and out.

O-OBSERVE
Observe what is going on around you and inside you.
What emotions are present?
How are those emotions presenting themselves in your body?
Can you name the emotions?

P- PROCEED
Proceed or carry on with what you were doing before, change course, or use a coping strategy.

Gratitude Paper Chain



Cut out strips of paper.

Write one thing you are grateful for that day.

Link your strips of paper together to create a gratitude paper chain in your house.

Watch to see how it grows and that there are still things to be grateful for during difficult times.