

Now on GOOGLE SLIDES™ with Pre-Recorded Narration & Music

choose
with or
without
Interactive
Feelings
Check-In

WAVE BREATHING

Covering your ears with your hands, take long and slow in-breaths and out-breaths as you imagine waves rolling back and forth towards the shore. Listen to the sound your slow breathing makes.

Circle how you feel before and after doing this exercise.

Before doing Wave Breathing, I feel

After doing Wave Breathing, I feel

WHOLEhearted
HEALTHY CONNECTION

Mindfulness Brain Breaks=

AWESOME
CLASSROOM
MANAGEMENT
TOOL!

COLOR SEARCH

Thinking about your favorite color, quietly look around this space and see if you can find that color. In silence, search for it near you.

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DANDELION BREATH

With your hand in front of you, imagine holding a delicate, fluffy dandelion. Breathing in, fill your belly with air. Breathing out, pretend you are slowly blowing the dandelion as the seeds fall, floating away to the sky.

HEART THOUGHT

Closing your eyes in silence, send a kind thought to yourself. Notice how your heart feels when you talk to yourself with compassion. Now send a kind thought to someone else and pay attention to how your heart feels doing this, too.

BALLOON RIDE

Imagine you are traveling in a hot air balloon, slowly floating over your favorite place outdoors. Maybe over the mountains, lake, beach, or park. What do you see down below?

SILENCE

For the next minute or two, sit in silence, without doing anything, without saying anything, without any purpose except to just be here right now in this moment. Notice any...

BUTTERFLY HUG

Crossing your arms in front of you, hold the left shoulder with your right hand and your right shoulder with your left hand. Breathe in and out for 5 slow breaths. Now pretend that your hands are butterfly wings, and gently flap them against your shoulders for a minute or so, noticing how you feel.

NOW WITH CIRCLE FRAMES TO MOUNT ON CRAFT STICKS, too!

Rocks & Socks:

Making a fist, direct all your energy into freezing your hand with your breath. Breathe in as if your strapping your fist in a rock. Breathe out as if your fist is a rock.



Rocks and Socks



Wave



Av



Fire Hands



Like the Mountain



Balloon Ride



Wave Breathing

Wave Breathing
Covering your eyes with your hands, take slow in-breaths and out-breaths as you imagine waves rolling back and forth towards the shore. Listen to the sound your slow breathing makes.





Mindfulness Brain Breaks

Includes 3 different printable formats, Tips on Ways to Use & Why Practice Mindfulness Guide



STRENGTH THOUGHTS

For the next few moments, think to yourself and/or write down, at least three of your strengths. What do you enjoy doing? When do you feel most proud of yourself? What about what you have been brave? Just notice how you feel and think positively about yourself.



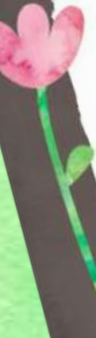
Why Teach & Practice Mindfulness...

Mindfulness is the practice of paying attention to the here and now without judgement. It can be practiced wherever we find ourselves, in whatever we are doing. The first step into the present moment is breathing with awareness. By simply zooming our focus on breathing-in and breathing-out, we can quiet our minds, reduce felt sensations of stress, and cultivate compassion for self and others.

As educators (and parents), we often expect, tell, even demand that our students (and children) will to model, guide, and teach them more effectively. Yet many of us are not fully integrating more mindful, powerful, and effective practices into our lives, and our students' lives.

FLOWER BREATHING

With eyes closed, imagine smelling a beautiful flower. Breathing in slowly, fill your body with freshness. Breathing out slowly, notice how your body feels.



Ways to Use...

- Begin each school day or counseling session with a mindfulness activity for Brain Breaks.
- Place cards into a basket or bucket and randomly choose one or two for Brain Breaks.
- Invite students who are feeling distracted or stressed to experiment with one of the activities.
- Help students to re-center themselves using one or two activities during transition times.
- Experiment with different activities when you and/or your students are feeling stressed or overwhelmed. Experiment when you and/or your students are feeling relaxed and calm too. The more we practice when we are in a relaxed state, the easier it will be to remember to use these mindfulness tools when we really need them!

Assembly Guide

- Choose your preferred template before printing: squares with colored frames, ink-friendly square frames, or circle frames. Just print the set you'd like to use. (Trees will thank you.)
- For durability, print on card stock. Laminate. Then cut out each card.
- The circle frames look great individually mounted to wood craft sticks. To do such, print the cards. Cut along the borders. Pair up the front and back sides. (Front side-image and name. Back side-directions.) Use a hot glue gun to attach each pair of circle cards to a wood craft stick, sandwiching the cards around the stick.
- Choose a label (if you'd like) and attach it your storage basket or bucket. In the top corner and attach to a large key ring.
- Another great way to organize & keep track of the cards is to hole punch in the top corner and attach to a large key ring.

