



# 30 ANIMATED VIDEOS for Distance & In-Person Learning

## INCLUDES BREATHING EXERCISES

### HOT COCOA

Pretend you are holding a mug of hot cocoa, with the mug cradled in front of you, between both of your hands.


Bringing the mug near your face, take a slow breath in, and imagine that you are smelling the yummy, comforting chocolate aroma.

Now slowly, with gentleness, breathe out, as you pretend to blow the steaming hot cocoa to cool it down.

Breathe in, as you smell the hot cocoa aroma.

And breathe out, as you cool it down.

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### SUNRISE SUNSET

Sitting or standing tall, place your hands together, with your fingers parallel with the floor.

As you take a deep breath in, lift your hand up like a sunrise, until your hand is above your shoulders.

Then breathing out, slowly lower your hand down like a sunset, until your hand is below your shoulders.

Breathing in, raise your hands up like a sunrise.

Breathing out, lower your hands down like a sunset.

Now switch hands, and repeat Sunrise Sunset a few more times.

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### THE HUMMINGBIRD

Clasp your hands together, interlace your fingers just below your chin.

Breathing in through your nose, lift your elbows up and out to the sides.


Breathing out through your nose, lower your elbows back down.

Breathing in, lift your elbows up and out to the sides.

Breathing out, lower your elbows back down.

As you continue this "hummingbird" breathing exercise, pay attention not only to your breath, but also to the sensations in your arms and chest.

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### UP & DOWN ELEVATOR

Sitting with a tall, straight back, touch the palms of your hands together in front of your chest.

Breathe in, as you slowly lift your left arm straight up, while you keep your right arm straight down.

Then breathe out, as you slowly lower your left arm down, joining the palms of your hands together.

Now switch sides.

This time breathe in as you slowly lift your right arm straight up, while you keep your left arm straight down.

And breathe out as you slowly lower your right arm down, joining your palms together.

Continue to switch arms, going up, breathe in, and going down, breathing out, a few more times.

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### SHOOTING STARS

Sitting comfortably in your chair, place your feet anchored to the floor, rest your hands in your lap, and take 3 focused breaths.

Then breathing in through your nose, lift your arms straight up towards the ceiling, with outstretched fingers, like shooting stars.

While breathing out, make strong fists and pull your arms down in front of you, like shooting stars.

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### BUNNY SNIFF

Sitting up tall and still like a bunny, breathe in through your nose, taking three quick, short sniffs in.

Hold your breath for a moment, then slowly breathe out through your nose.

Do the Bunny Sniff several times, paying attention to the energy in your body as you breathe this way.

You can try making bunny ears with your hands, if you'd like!

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# Pre-Recorded Narration with & without MUSIC

## GET MOVING & CROSSING THE MIDLINE WITH:



### PRETZEL MARCH



Standing or sitting steady breathe in and out

Then slowly raise your right leg and stand on it

Slowly lower your leg and stand on your left leg

Now switch sides and slowly touch your left leg to your right leg

Lower your leg and stand on your right leg

Continue to alternate opposite knees to touch for a few minutes

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### PENGUIN DANCE



Stand up tall and take 3 steady breaths in-breaths and out-breaths

Now slowly bend and lift your right leg and touch your right foot with your right hand

Then lower your leg and touch your right foot with your left hand

This time, slowly bend and lift your left leg and touch your left foot with your left hand

Try alternating this movement for a few minutes

Now that you got the hang of it, let's make it a challenge!

Slowly bend and lift your right leg and touch your right foot with your right hand

Then lower your leg and switch sides. Touch your left leg behind you and touch your right leg behind you

Practice alternating behind you for a few minutes

Okay! Are you ready for a challenge? Mix it up! Try alternating the Penguin Dance both in front of you and in back of you now!

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### MEERKAT MARCH



Stand up tall with your arms to your side and take 3 steady and focused breaths

Now lift your right knee straight up, in marching position, as if you are stepping on the floor. Have your left arm pointing straight out to the side and your right arm bent at the elbow

Then lower your right leg and touch your right foot with your right hand

And switch sides, lifting your left knee straight up, as if you are stepping on the floor. Have your right arm pointing straight out to the side and your left arm bent at the elbow

Try repeating at least 10 times

Meerkat March

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### HAWK



Cross your arms over your chest

Hold your left hand on your right shoulder with your fingers pointing up

Then breathe in and out

Now pretend that your hands are holding a hawk, alternating each hand, gently squeezing the hawk's shoulders for a few minutes

Breathe in and out

If you feel comfortable, try to hold the hawk tight for a few minutes

Now give your hands a gentle squeeze

Hold tight for a few minutes

Give yourself a gentle squeeze

Squeeze tight for a few minutes

And breathe in and out

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## FOR PROPRIOCEPTIVE INPUT, TRY:

### MESSAGE IT OUT



Zoom your focus to your hands and notice any tension or tightness

Now firmly squeeze your hands together for 5 seconds

Then slowly, moving your hands apart, release your hands

After you massage your hands and squeeze your hands together, notice how your hands feel

Switch sides and repeat this sequence

Keeping your shoulders level, drop your ear towards your neck. Return to neutral

Then gently tilt your head to your right shoulder

Repeat this neck massage

Lastly, take 3 slow and steady breaths, paying attention to how your hands feel

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### PALM PRESS



Bring the palms of your hands together, with your forearms parallel to the floor

Now push your palms against each other as hard as you can

Then breathe in, as you look over your right shoulder

Breathe out, as you rotate your head to your right shoulder

And breathe in, as you rotate your head back to center

Repeat this sequence, but this time, breathe in and looking over your left shoulder

Now release your hands and relax your muscles.

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### ROCKS & SOCKS



Take in a deep, strong breath through your nose as you make fists with your hands

Holding your breath, squeeze your fists with so much force, it is as if you are trying to transform your fists into indestructible rocks

When you can't stand it any longer, breathe out and release your hands

Shake it out. Let go of all the tension and relax as if your hands and feet are into dangling socks

If you'd like, try turning your hands and feet into rocks and socks

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### PIANO FIN



Using both of your hands at the same time, touch each key on the piano keyboard, starting with your pointer finger, then middle finger, ring finger, and thumb

When you press your fingers with your thumb, say a 4 word or 4 syllable power phrase, either silently or quietly out loud. Some power phrases are:

- 'I am so loved'
- 'I can handle this'
- 'I will focus'
- 'I am safe now'
- 'I will be strong'
- or: 'Take a deep breath'

For example, if your power phrase is 'I can handle this', you can say 'I' with your thumb, 'can' with your middle finger, 'handle' with your ring finger, and 'this' with your thumb.

# Includes Printable Posters / Wall Charts for Additional Visual Supports, too!

To Help Me Feel More Mindful, Calm, and Focused I Will Try These Brain & Body Breaks

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## BREATHING & MOVEMENT EXERCISE REFERENCE GUIDE

- Breathing Focused Exercise
- Crossing the Midline Exercise
- Fine Motor
- Full Body / Higher Energy Exercise
- Proprioceptive Input (deep pressure)
- Bilateral Coordination

BALLOON BELLY	MASSAGE IT OUT	SEED TO FLOWER
BUBBLE BREATH	MEERKAT MARCH	SEE HEAR TOUCH GROUNDING
BUNNY SNIFF	OCEAN WAVES	SHAKE IT OUT
BUZZING BEE	PALM PRESSES	SHOOTING STARS
ELEPHANT EARS	PENGUIN DANCE	STRETCH IT OUT
FINGER PULLS	PIANO FINGERS	SUNRISE & SUNSET
FIRE HANDS	PRETZEL MARCH	THE BOAT
HAND OVER HEART	RAIN TAPPING	THE HUMMINGBIRD
HAWK HUG	ROCKS & SOCKS	TRACE EIGHT
HOT COCOA	ROLLER COASTER	UP + DOWN ELEVATOR