# 30 ANIMATED VIDEOS for Distance & In-Person Learning

# INCLUDES BREATHING EXERCISES



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.

Sitting or standing tall, place together, with your parallel with the

As you take a deep breath hand up like a sunris your shoulders

Then breathing out, slowly down like a sunset, until you and you have run

Breathing in, raise your ha

Breathing out, lower your ha

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

### THE **HUMMING**

interlace your fingers iu below your chin. Breathing in through your

Clasp your hands together

up and out to the side Breathing out through your nose.

lift your elbows

elbows back down.

Breathing in, lift your elbe Breathing out, lower your e

As you continue this "hummingb pay attention not only to your br also to the sensations in your arm chest.

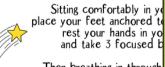
Sitting with a tall, straight ba touch the palms of your hands together

> Breathe in, as you slowly your left arm straight up while you keep your right arm

Then breathe out, as you slowly lower you join the palms of your hands toge

Now switch sides. This time breathe in as you slowly lift y And breathe out as you slowly lower down, joining your palms toge

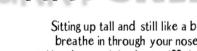
Continue to switch arms, going up, breath down, breathing out, a few more



Then breathing in through with outstretched fingers, like lift your arms straight up tov

> While breathing out fo make strong fists and pull and elbows down in fron





taking three quick, short sniffs in Hold your breath for a moment.

slowly breathe out through your

Do the Bunny Sniff several ti paying attention to the energy in ye

as you breathe this way.

You can try making bunny ear bunny paws with your hands. if you'd like!







## Pre-Recorded Narration with & without MUSIC

### GET MOVING & CROSSING THE MIDLINE WITH:



that it touches Slowly lo and stand

Now su and slowly touch

> your Lower stand or

Continue to a opposite knees to few

Then gently tilt your head to

Lastly, take 3 slow and stea

attention to how your hands.

your shoulde

up tall and take 3 ste in-breaths and out

Now slowly bend and lift your righ and touch your right foot w Then lower your leg and This time, slowly bend and lift your as you touch your left foot Try alternating this movement for

Now that you got the hang of it. let's Slowly bend and lift your right touch your right foot with

Then lower your leg and switch sides. your left leg behind you and touch you Practice alternating behind you

Okayl Are you ready for a challenge? Mx it up! Try alternating he Penguin Dance both in front of you and in back of you now

Now lift your right knee straig belly, in marching position, as arms to the left, keeping them floor. Have your left arm po and your right arm bent

Then lower your right leg and straight out in front

And switch sides, lifting you you swing both a out to the right

> Try repeating at least 10 Meerkat Marc



your right han

Now pretend that your h alternating each hand, ge shoulders for a few mo breathe in a

If you feel comfortable

Now give you Hold tight for Gve yourself Squeeze ti

### FOR PROPRIOCEPTIVE INPUT, TRY:



And breathe in as you

and looking over your

Repeat this sequence, but this tim

WHOLE Hearted

head back to cer

Now release your hands

relax your muscles

relax, as if your hands and into dangling so

If you'd like, try tu parts of your body. like yo and feet, into rocks ar



starting with your pointer finger, then middle finger, ring

When you press your fingers with say a 4 word or 4 syllable power phra silently or quietly out loud. Some power

"I am so loved: "I can handle this: "I will focus" "Lam safe now:

"I will be strong" or. 'Take a deep breath

For example, if your power phrase is "I can handle thi thumb together saying "I." your middle finger and thumb finger and thumb together saying "handle," and your pi

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

