



**Mindfulness**-Being aware by focusing on the present moment. Notice feelings, thoughts and sensation within the body. Being aware of the body, breath, mind connection is a great tool to cultivate mindfulness. Scientific research has proven that students are more available for learning after practicing mindfulness.

Practice at least 3 minutes per day. It is best to find a routine that works, for example practicing mindfulness right after morning and afternoon bell or parents may work with children upon awakening or as part of the nighttime ritual. Students benefit and are able to focus better when practicing 1-5 times per day.

**Body** *Easy Pose*-Sit with spine straight, shoulders and eyes relaxed, hands resting on thighs. Legs can be crossed (when sitting on floor) or feet flat on floor (when sitting in chair).

**Breath** *Ocean breath*-Breathe in through nose and out through mouth making the sound Haaaaah. Then try Breathing in through nose and out through NOSE, still making the sound Haaaah in throat. Practice the technique that is most comfortable and soothing. Do 3x

*4-4-4*- Breathe in 4 count, hold 4 count, breath out "whoosh" through open mouth for 4 count. Can extend times to 4-7-8 if comfortable and not forcing. Do 3x

*Bee Buzzing Breath*-Breathe in through nose and out through nose humming. Try covering eyes and ears and feel the vibration. This is a great technique to bring awareness inward and soothe the nervous system.

**Mind** After breathing take time to sit quietly and notice what feelings or thoughts arise. If time permits share these feelings. There is not a right or wrong answer. Resist making judgements about what the students share.

*Spidey Meditation*-Use spider senses to hear, feel, taste and smell. Close eyes and notice how the other senses are activated.

*Bell Meditation*-Download an app or play a bell and allow students to listen to the sound and raise their hands when they no longer hear the sound.

*Gratitude Meditation*-Focus on what you are thankful for and the people you are most grateful for. Allow the thoughts to expand. Have a gratitude parade and notice as the thoughts keep coming.

**Challenge**-Practice at least 1 technique daily. Whichever practice resonates most is the right one.

**Energy Challenge**-Energy ball-Rub hands together for a count of 10 and clap for 10 3x. Then close eyes and hold relaxed hands about 3 inches apart. Feel connection between palms. Try to stretch it like taffy and feel energy ball grow.