

WEEKLY MINDFULNESS OPTIONS

[Good Morning, Yoga](#)

Listen to Good Morning, Yoga by Mariam Gates and follow along with Mrs. Jones. This can be used in the morning or again in the afternoon to restart!

[Finding Silver Linings](#)

Mindfulness involves as much reflection as it does observation. This activity teaches students to identify an uncomfortable experience/feeling and figure out what helped them through it.

[Heartbeat Exercise](#)

Stand up, sit down and follow along. Feel the beating of your heart!

[Shape Breathing](#)

Make a shape with your arms (circle, bubble, square). Practice filling up your shape as you breathe in, and deflating it as you breathe out. You can also draw the shape and [breathe while you trace the shape!](#)

[Watch Brainpop's Annie and Moby understand mindfulness.](#)

Listen to music and see how many different instruments you can each hear.