

## Mindful Breathing:

<https://youtu.be/CvF9AEe-ozc>

This video guides you through breathing by imagining a sailboat that rises and falls as they breathe; with each inhale and exhale, the boat moves gently on top of the water.

## Body Scan:

Lie down on your back and close your eyes.

Squeeze every muscle in your body as tight as you can.

After 10 seconds, release all your muscles and relax.

Repeat this 5 times.

## Heartbeat Exercise:

Jump up and down in place or do jumping jacks for one minute.

Sit down and put a hand over your heart. Close your eyes and pay attention only to your heartbeat. Stay like this for one minute.

## Create a Mindful Jar:

Get a clear jar (like a Mason jar) and fill it almost all the way with water.

Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.

Your mind works like the glitter. When you're calm for a little while, your thoughts start to settle and you start to see things much clearer.

# MINDFULNESS TIC-TAC-TOE

Create a Tic-Tac-Toe by completing the different activities in each box.

## Spidey-Senses:

Turn-on your "Spidey senses," or the super-focused senses of smell, sight, hearing, taste, and touch that Spiderman uses to keep tabs on the world around him.

Pause and focus your attention on the present, being aware of the information

your senses bring in.

Try this for 5 minutes.

## Mindful Poses:

The Superman: stand with feet just wider than your hips, fists clenched, and arms reached out to the sky, stretching the body out tall.

The Wonder Woman: stand tall with legs wider than hip-width apart and hands or fists placed on hips. Hold each pose for the count of 10 then wiggle it out to do it again, 5 times.

## Thankful List:

Thankful is the feeling we get when something good happens to us. Many of us feel thankful for family, friends, or pets. Feeling thankful could also come from a time when someone helped you.

Create a list of all the people and things you are thankful for! Keep those in mind as you move throughout your day and weeks to come.

## Mindful Eating:

Eating slowly. Take time to chew food properly and put your fork down before each mouthful. Aim to take at least 20 to 30 minutes to finish eating your meal.