

BHS

Curriculum Focus: Personal, Mental and Emotional Health.

Health and Wellness Enrichment Activities

Mindfulness: Mindfulness means paying full attention to something. It means taking your time to really notice what you're doing. Click "Listen" to learn some ways to practice Mindfulness.

Note: If you have trouble with the "play/Listen" button, you can have the entire article read to you by pressing the mp3 button, just to the right of the "stop" button.

<https://kidshealth.org/en/teens/mindfulness.html?WT.ac=ctg#catemotions>

Mindfulness Exercises: Being mindful helps people do better in just about every part of life, like focusing on homework or feeling less stressed out. Practicing Mindfulness a little bit every day helps you to build this valuable skill. Click "Listen" to learn how to practice Mindfulness in five different ways. Try doing all of them.

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<https://kidshealth.org/en/teens/mindful-exercises.html?WT.ac=ctg#catemotions>

Study Break Yoga (Video): Have you ever noticed that if you're stuck on something and you take a little break from it, you're often able to solve the problem when you go back to it? That kind of refocusing is what study breaks are for! Yoga makes a great study break because it helps both the body and mind. Follow this routine to stretch out, refresh, and re-energize.

<https://kidshealth.org/en/teens/yoga-break.html?WT.ac=t-ra#catemotions>

Welcome Home Yoga: If you need to feel peaceful and refreshed. Make this yoga routine part of your daily routine. These 5 poses will help you feel balanced, powerful, and ready to face whatever comes your way.

<https://kidshealth.org/en/teens/yoga-home.html?WT.ac=t-ra#catemotions>