

BHS Enrichment (Grades 9-12)

Curriculum Focus: Mindfulness and Your Body

Week of 5-25-20 through 5-29-20

Mindful Breathing Break

Breathing exercises can be a great way to help relieve stress and anxiety. This video focuses on two relaxing breathing techniques: Square breathing and Pursed breathing. The instructor starts off with Square breathing. These breathing techniques are good at helping to relieve stress and anxiety.

<https://youtu.be/odADwWzHR24>

Say "Thank you" - A Motivational Video On The Importance Of Gratitude. Enjoy the inspiration of this mindfulness practice.

<https://youtu.be/7uzynHWxn5Q>

Pump It Up – Fresh Start Fitness

Pump up your body... and your jam with this intense and awesome workout. This video comes from GoNoodle's Fresh Start Fitness channel. Fresh Start Fitness helps you get fit with an awesome (and intense) fitness routine in less than 5 minutes! Enjoy this fitness break!

<https://youtu.be/etYhiq9hM8A>