

My
Mindfulness
and
Breathing
Exercises



THE CALM CLASSROOM

Bunny Breathing

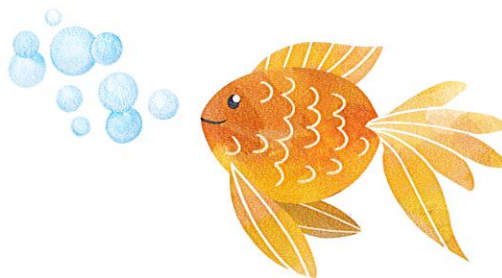


1. Sit up tall with your back straight and head tilted up toward the sky.
2. Take three short inhale breaths like a bunny sniffing a flower.
3. Hold your breath for a moment, then exhale through your mouth.
4. Repeat until calm and grounded.



THE CALM CLASSROOM

Bubble Breathing



1. Imagine you are holding a bubble wand.
2. Close your eyes and take a deep breath in.
3. Hold your breath for a moment, then breathe out slowly as if you are blowing a bubble.
4. Visualize the shimmery, floating bubbles carrying your worries away.
5. Repeat until calm and grounded.



THE CALM CLASSROOM

Ocean Breathing



1. Close your eyes and cup your ears with your hands.
2. Inhale and exhale as slowly as possible.
3. Focus your attention on the sound that your breathing makes.
4. Visualize peaceful ocean waves rolling slowly back and forth towards the shore as you breathe.
5. Repeat as many times as needed.



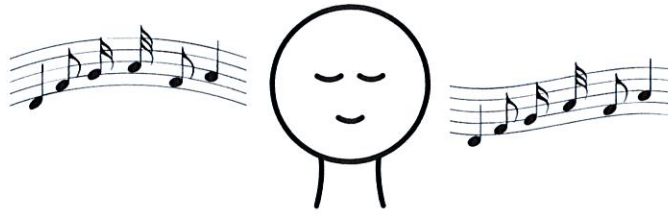
THE CALM CLASSROOM

Rainbow Breathing



1. Place your finger at the bottom of the rainbow.
2. Breathe in through your nose and trace the red arc until you reach the top.
3. When you reach the top, begin to exhale through your mouth and continue tracing.
4. Repeat with each color or until you feel calm and grounded.

Musical Mindfulness



1. Select a piece of instrumental music that you have never heard before.
2. Close your eyes and start playing the song.
3. Without making any judgements, listen to the song, paying attention to the sounds of each instrument, the pace of the song, shifts in volume, etc.
4. Reflect — how did you feel before the song versus now? Did any thoughts come up while listening?



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Color Mindfulness

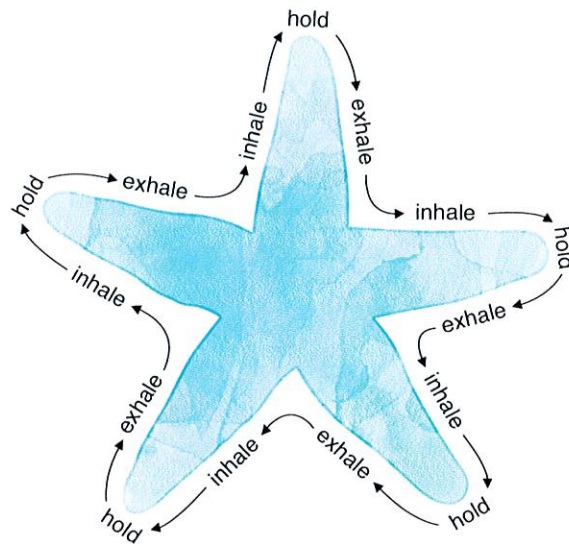


1. Pick any color of the rainbow.
2. Set a timer for 3 minutes (or 5 minutes longer if you need a longer break).
3. Try to think of as many items as possible that are the color you chose — use the environment around you as inspiration!
4. When time is up, reflect — why did you pick this color? Did any thoughts come up during the activity?



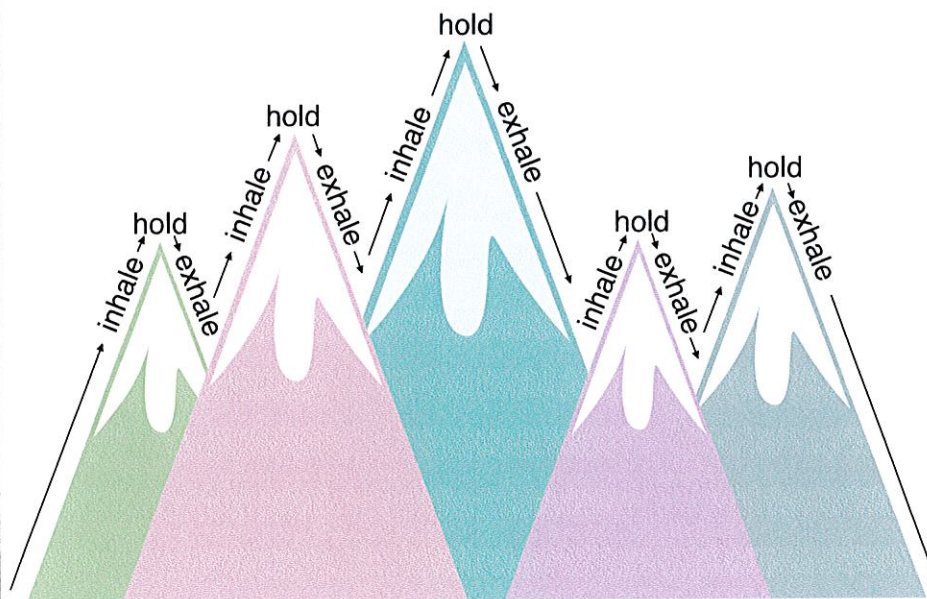
THE CALM CLASSROOM

Starfish Breathing



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Mountain Breathing



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How do you feel today?



Angry



Bored



Brave



Calm



Confused



Curious



Disappointed



Distracted



Embarrassed



Excited



Focused



Grumpy



Guilty



Happy



Indifferent



Irritated



Lonely



Overwhelmed



Proud



Sad



Scared



Shy



Sick



Silly



Stressed



Surprised



Tired



Virtuous



Volatile



Worried



Name: _____

Date: _____

Class: _____

EMOTIONS TRACKER

Week of: _____

EMOTION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ANGRY					
BORED					
BRAVE					
CALM					
CONFUSED					
CURIOUS					
DISAPPOINTED					
DISTRACTED					
EMBARRASSED					
EXCITED					
FOCUSED					
GRUMPY					
GUILTY					
HAPPY					
INDIFFERENT					
IRRITATED					
LONELY					
OVERWHELMED					
PROUD					
SAD					
SCARED					
SHY					
SICK					
SILLY					
STRESSED					
SURPRISED					
TIRED					
VIRTUOUS					
VOLATILE					
WORRIED					

I feel this
way because:

I feel this
way because:

I feel this
way because:

I feel this
way because:

I feel this
way because:



