

MINDFUL MOMENTS

A collection of bite-size activities
to help students remain calm and
focused in the classroom.



CGMHBA

HEALTHY
HEROES

MINDFUL MOMENTS

BALLOON BREATHING

1. Think of your belly as a balloon.
2. Put your hand on your belly to feel it rise and fall.
3. Take a deep breath in through your nose to fill your balloon.
4. Hold your breath for 2 seconds.
5. Breathe out slowly through your mouth to deflate your balloon.
6. Repeat balloon breathing 5 times.

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BUNNY BREATH

1. Just 3 quick sniffs in the nose and one long exhale out the nose.
2. Invite kids to pretend to be bunnies, sniffing the air for other bunnies, or carrots to eat.

It can be a lovely cleansing breath when you use it in this way. Try using the “Bunny Breath” video on GoNoodle as a visual aid for students.

MINDFUL MOMENTS

5 SENSES COUNTDOWN

Sit or stand straight and still. Close your eyes or look downward.

- 1.** Take five deep breaths in and out. Open your eyes – Notice five things you can see.
- 2.** Take four deep breaths in and out – Notice four things you can touch.
- 3.** Take three deep breaths in and out – Notice three things you can hear.
- 4.** Take two deep breaths in and out – Notice two things you can smell.
- 5.** Take one deep breath in and out – Notice one thing you can taste.

TAKE 5 BREATHING

1. Spread one hand out.
2. Use the index finger on your other hand to trace the outline of your hand.
3. Take a deep breath in as you move your tracing finger to the top of your thumb.
4. Breathe out as you move your tracing finger down between your thumb and first finger.
5. Take another breath in as you move to the top of your first finger.
6. Breathe out as you move down between your first and second fingers.
7. Continue this pattern, tracing each of your fingers until you have taken five slow, deep breaths.
8. Repeat on the other hand with your eyes closed.

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LAZY EIGHT BREATHING

- 1.** Trace a lazy eight with your index finger. Start with the 8 on its side and start in the middle.
- 2.** Go up to the left and trace the left part of the 8 with your finger while you breathe in.
- 3.** When you get to the middle of the 8 again, breathe out while you trace the right part of the 8 with your finger.

BACK TO BACK BREATHING

1. Find a partner. Sit with your back resting against your partner's back.
2. Sit up straight. Be still and silent. Soften your breath and shut your eyes.
3. Take three slow, deep breaths in and out.
4. In your mind, count '1, 2, 3' during each breath in and '1, 2, 3' during each breath out. Pause slightly at the end of each exhale.
5. Continue for 3 to 5 minutes.

Guiding Questions

- Can you feel your partner's back moving as they breathe?
- Is their breath shallow or deep?
- Fast or slow?
- Did your breath fall into sync with your partner's?
- In what way?

A MOMENT OF GRATITUDE

1. Sit or stand straight and still. Close your eyes or look downward.
2. Take three deep breaths in and out.
3. Think of something you feel grateful for today. This is your 'gratitude moment'.
4. Think about how this moment affects your life, or the lives of people around you.
5. Notice how you feel when you think about your 'gratitude moment'.
6. Let the feeling grow bigger, spreading from where it is until it fills your entire body.

Suggested Gratitude Prompts

- Something that someone else did for you today
 - A person in your life whom you appreciate
 - An activity or hobby you are grateful to be able to do
 - An item that you love
 - Something that made you laugh
 - What you have learned from something that was hard

HEARTBEAT

1. Sit straight and still. Close your eyes or look downward.
2. Take three deep breaths in and out.
3. Place your fingers or hands over the part of your body where you can best feel your pulse (or heartbeat): On the side of your neck, under your jaw. Inside your wrist. Over your heart.
4. Notice how quickly or slowly your heart is beating.
5. Think about your current feelings.
6. Without speaking, stand up and jump on the spot ten times.
7. Sit down and find your heartbeat again. Do you think this feeling is connected to how quickly or slowly your heart is beating? • What changes do you notice? • Is your heart beating faster or slower than you expected? • Can you notice any change in your breath?
8. Close your eyes and focus on your heartbeat until it slows down again.

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CROCODILE BREATHING

1. Sit or stand comfortably. Keep your body straight. Be still and silent. Soften your breath and shut your eyes.
2. Put your arms out straight in front of you.
3. Place hands together (right arm above left arm).
4. Breathe deeply while rising right arm.
5. Exhale while bringing arm back to lie on left arm.
6. Repeat 2 or 3 times.

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ELEPHANT BREATHING

1. Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk.
2. As you breathe in deeply through your nose, raise your arms up high above your head.
3. Then slowly swing your arms down again as you breathe out through your mouth.

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BUMBLEBEE BREATHING

1. Sitting comfortably, gently place the tips of your pointer fingers in your ears and close your eyes.
2. Breathe in through your nose and then hum quietly as you slowly breathe out.