



MINDFUL MOMENTS

TO PROMOTE
SOCIAL-EMOTIONAL
DEVELOPMENT

Mindfulness is a commitment to being as present possible. When practiced regularly, Mindfulness has the ability to increase our positive interactions with the world, improve our connections with others, and nurture a better relationship with ourselves.

Through the development of Mindfulness, social-emotional skills are taught and reinforced. At the heart of social-emotional learning lies Mindfulness: *learning to listen and pay attention to yourself and what is around you in order to live with more peace, self-love, and gratitude.*

The cards in this deck are divided into five categories which coincide with the Five Modalities of Mindfulness. Use these practices to develop a deeper level of presence within yourself and others.

PINK = Breathwork: Support the nervous system with breath techniques that promote: a sense of calm, deeper concentration, additional energy, and teamwork.
+ SEL Themes: Self-Awareness, Self-Regulation

ORANGE = Movement: Physical practices are intended to be practiced with awareness, promoting a healthy relationship with one's physical body and supporting the refinement of spatial awareness.
+ SEL Themes: Self-Awareness, Self-Regulation

GREEN = Sensory Practices: These practices integrate one or more of the senses to promote a sense of presence.
+ SEL Themes: Self-Awareness, Self-Regulation, Social-Awareness, Relationship Skills

BLUE = Guided Mindfulness Practices: Utilize guided mindfulness, guided visualizations and meditations to allow a few moments of physical and mental rest, leaving you feeling calm and restored.
+ SEL Themes: Self-Awareness, Self-Regulation

YELLOW = Brain and Heart Power: These activities generate feelings of compassion, forgiveness and love for self & others.
+ SEL Themes: Self-Awareness, Social-Awareness, Relationship Skills, Responsible Decision-Making

Thank you for pausing to take care of yourself during a Mindful Moment.

Namaste,
Molly Schreiber and the Challenge to Change Team

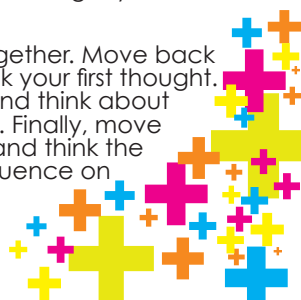
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THINK OF THREE THINGS

- + Stand in Mountain Pose with your hands at heart center. Close your eyes and begin to breathe in and out through your nose. Think of the many things you love about yourself...physically, mentally, and emotionally. For example, *I love my strong legs that allow me to walk, my hard-working brain which lets me learn, and my kind heart which gives me love.* Try to focus on any three things you love about yourself.
- + Stand in Warrior I Pose, tall and strong. Think about the first thing you love about yourself. Repeat it several times in your mind. Then switch sides in your Warrior I Pose and repeat it again several times.
- + Move into Warrior II and think about the second thing you love about yourself. It's also okay to include the first statement too. Repeat what it is you love about yourself several times in your mind, then switch sides in Warrior II. Say in your mind what it is you love about yourself 3-4 more times.
- + Move into Reverse Warrior. Hold this pose and think about the third thing you love about yourself. Think this thought several times. If it is the first thing you love about yourself, that is fine too. When you are ready, switch sides in Reverse Warrior and keep thinking the thought you love about yourself.
- + Put the sequence together. Move back into Warrior I and think your first thought. Move into Warrior II and think about your second thought. Finally, move into Reverse Warrior and think the third. Repeat this sequence on the opposite side.





GRATITUDE WALK

- + Stand in Mountain Pose with your hands at heart center. Close your eyes and think about what it means to be thankful. Ponder these questions: Who in your life are you thankful for? Have you told anyone lately that you are grateful for them? Has anyone done anything for you lately that you are grateful for?
- + Open your eyes and take one step forward with your right foot. As you do this, think of someone you are grateful to have in your life. Imagine they are right there with you! Silently give them words of gratitude.
- + Take another step forward, this time with your left. Think about something specific someone has done for you that you are grateful for. Send that person a silent, "Thank you!"
- + Continue to travel across the room. With each step, think of something you are grateful for and send a, "Thank you!" into the universe. The "Thank you!" can be to a person, a place, a thing, or an entity. Simply continue to send your gratitude out into the world.
- + When your Gratitude Walk has come to a close, pause and ask yourself the following questions: "What am I feeling now?" and "How have my emotions changed since the beginning of this practice?"

NOTE: *This activity can be done with a variety of themes, i.e. Positive Pacing, Wish Walk, Kindness Walk, etc.*





MIND-BODY ROLL

MATERIALS NEEDED: small to medium sized ball.

- + Have participants sit in Easy Pose in a circle. Have one person start with the ball.
- + The person starting with the ball begins by completing one of the following sentence starters out loud: "I feel..., I think..., or I am..." Once they have stated their sentence out loud, they roll the ball to someone else in the circle.
- + The person who receives the ball states, "I see and hear you," to the person who rolled the ball. Then the person who received the ball completes one of the following sentence starters out loud: "I feel..., I think..., or I am..." and rolls the ball to someone else in the circle who states, "I see and hear you," back to them.
- + The person who receives the ball continues the cycle.
- + The activity continues until everyone in the circle has had a chance to share how they feel/ think/or am.





THE WAVE

- + Ask your group the following questions: Have you ever been at an event where the audience did the wave? What did the wave look like? How did it feel to be present while the wave was taking place?
- + Tell your group, "We are going to work together to make our own wave!"
- + Place your participants in a circle or in a line. Choose one participant to be the Starter.
- + Have the group crouch down while standing in a circle or a line.
- + Point to the Starter and have them stand up to start the wave. Wait until the group has completed the wave, then ask them how it felt.
- + Guide the group to complete the wave in different variations such as: S-U-P-E-R-S-L-O-W; SUPERFAST!!; in reverse; sharing gratitude in a wave; doing a yoga pose in a wave; or saying something kind in a wave.
- + Have the group reflect on which way they liked performing the wave the best.





YOGI SAYS

- + Yogi Says is played similar to Simon Says. One person will need to be “it”, or the Caller, while the rest of the group follows their directions.
- + Tell the group they will need to listen to the Caller. So long as the Caller says, “Yogi says...” the group needs to do whatever they say. If the Caller does not say, “Yogi says...” they are to stand still.
- + Have the Caller begin. Each time the Caller begins a sentence with, “Yogi says...” the rest of the group needs to do whatever is called. When they do not begin a sentence in that manner, the group should not do what the Caller says.
- + Continue the game as long as you would like, switching Callers as often as you would like. You may choose to have participants be “OUT” if they do not do what the Caller says, or you may choose to have nobody be out.
- + Have fun!





YOGA SCULPTURE

- + This is a cooperative activity that can be used to effectively promote collaboration, connection, and compassion within groups of people.
- + Find an open area, then ask for a volunteer to stand in the center of the space and move into their favorite yoga pose. Encourage participants to choose poses they can maintain comfortably for a significant amount of time.
- + One by one, invite other participants to join the activity by touching someone already in the sculpture and then embodying a yoga pose of their choosing. Encourage individuals to be creative in how they take shape and physically connect with someone who is already a part of the structure.
- + Continue until everyone is a part of the Yoga Sculpture.



FINDING YOUR CENTER



- + Invite participants to find an upright position, either sitting in a chair or sitting cross-legged on the floor. Cue participants to begin breathing in and out through the nose.
- + On an inhale, guide participants to lean to the left as far as possible without their hips coming off of the earth.
- + On an exhale, bring the group back to the center of their sit bones.
- + On the next inhale, guide participants to lean to the right as far as possible without their hips coming off of the earth.
- + On the next exhale, allow participants to return to center.
- + Repeat as often as desired.



FOREST OF TREES



- + Stand as a group in a large circle with participants spaced about a foot apart. Guide participants to stand in Mountain Pose with hands at heart center.
- + Guide each participant to carefully execute a small Tree Pose by lifting a foot off the floor so their toes are resting on the ground and the inside sole of the raised foot is resting against the inside ankle of the standing foot.
- + Have participants take deep breaths in and out through the nose while holding Tree Pose. Then have them switch sides.
- + Guide participants to increase the level of difficulty by lifting the raised foot up to the inside calf and then to the inside thigh of their standing leg. Have participants try this on both sides.
- + Once everyone in the circle has found stability in their variation of Tree Pose, encourage each member to hold Tree Pose on whatever side feels most comfortable. Have everyone lift their hands so they can be palm-to-palm with whoever is on each side of them in the circle. This is the Forest of Trees.
- + Guide the group to take three deep breaths while holding the Forest of Trees, then encourage the group to switch sides.





CHILD'S POSE

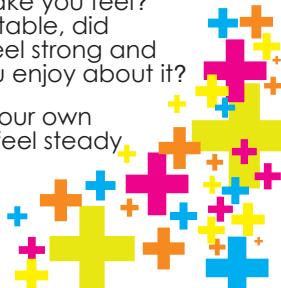
- + Begin on hands and knees in a quadruped position. Shift your knees a little wider than hip width and bring the big toes of your feet to touch. Let your hips sink back so your hips are resting toward your heels. Extend your arms long out in front of you with your palms facing down on the ground.
- + Allow your forehead to come down so that your chest and forehead are resting on the earth. If you would like, you can walk your hands over to the left in order to get a nice stretch on the side of your body, and then walk your hands over to the right to stretch the other side.
- + Reach your arms out in front of you and take 5-6 deep breaths in and out through the nose.





CHAIR POSE

- + Stand tall in Mountain Pose with your hands at heart center. Take 2-3 deep breaths in and out through the nose to center yourself.
- + Place your feet hips-width distance apart. Feel your feet settle onto the floor and ground into the souls of of your feet. Feel steady, solid, and balanced.
- + Begin to sit back, bending into the knees, and pretend you are sitting in a chair. Only go back as far as you are comfortable.
- + Keep your legs locked into Chair Pose and bring your arms up by your ears. Reach your fingertips to the sky, look at them, and wiggle them freely.
- + Bring your fingertips down by your sides. Take deep breaths in and out and wiggle your fingertips as they reach down to your toes.
- + Once again, reach your arms up and breathe in. Take 2-3 deep breaths in and out through the nose.
- + When you are ready, straighten your legs and stand up strong. Reflect: How did this posture make you feel? Even if it wasn't comfortable, did Chair Pose make you feel strong and capable? What did you enjoy about it?
- + Repeat Chair Pose on your own whenever you need to feel steady and strong.



WATERFALL BREATHING



[Concentration Breath]

- + Begin standing in Mountain Pose with your hands at heart center.
- + Inhale through your nose. As you breathe in, reach your arms out and overhead, and rise onto your tippy toes. Pause.
- + Exhale through your nose. As you breathe out, lower your feet and dive forward, hinging at the hips, bringing your hands through your heart center, until you are in a Forward Fold. Allow yourself to relax for a moment in your waterfall fold.
- + When you are ready, breathe in through your nose and rise to stand, bringing your arms out and up, as you come up onto your tippy toes with your arms overhead. Pause.
- + Exhale back out through your nose and dive forward with your hands coming through your heart center for your waterfall. Rest.
- + Repeat as many times as feels good.



FINGER BREATHING



[Calming Breath]

- + Take your dominant hand (the hand you write with) and place it in the air in front of you. Point your index finger.
- + Take your other hand and place it in the air in front of you with your fingers spread wide.
- + Bring your pointed index finger to the base of the thumb on your open hand.
- + Inhale through your nose and trace your index finger up the outside of your thumb.
(pause)
- + Exhale through your nose and trace down the inside of your thumb.
(pause)
- + Inhale and trace up your pointer finger.
(pause)
- + Exhale and trace down. Continue along the rest of your hand.
- + Repeat until you feel centered and calm.





FLOWER BREATH

[Calming Breath]

- + Sit in Easy Pose. Bring your hands to your heart center with the bases of your hands and your fingertips gently touching. We are going to imagine that our hands are beautiful flowers with the most delicious aromas.
- + Take a deep breath in through your nose and, keeping the bases of your hands together, gently separate your fingers to open the tops of your hands mimicking a blooming flower. Breathe your flower in.
- + Softly exhale through your nose and allow your fingertips to close. Exhale your flower out.
- + Inhale through your nose again and allow your fingertips to open and bloom. Exhale and bring your fingertips gently back together.
- + Repeat several times, imagining you can smell your beautiful flower, until you feel peaceful and calm.



LIFT YOUR TOES



[Concentration Breath]

- + Stand up straight and tall. You may hold your hands at heart center or you may hold onto a desk or the back of a chair.
- + Take a breath in through your nose. As you inhale, lift each of the toes of one foot, one at a time, off of the floor. As you exhale, return your toes, one at a time, back to the floor.
- + Repeat on the other foot.

NOTE: You will often find that all of your toes want to come up off the floor the first few times you try this practice. That is completely normal! Keep trying! You will likely find that the more you repeat this activity, the easier it will be to lift and lower your toes one at a time.

- + Repeat until you are able to sync your toe movements to your inhales and exhales. Try doing both feet at the same time!

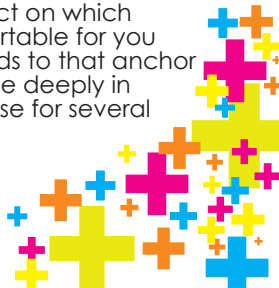


FINDING YOUR ANCHOR



[Calming Breath]

- + Sit in Easy Pose with your spine nice and tall.
- + Find your first anchor: Place your hands lightly on your knees. Close your eyes or bring your gaze softly down to the floor. Take two deep breaths in and out through your nose.
- + Find your second anchor: Place both hands gently on your belly. Close your eyes or bring your gaze softly down to the floor. Take two deep breaths in and out through your nose as you feel your belly rise and fall.
- + Find your third anchor: Place both hands over your heart. Feel your heartbeat thump beneath your hands. Take two deep breaths in and out through your nose as you continue to feel the steady beat of your heart.
- + Find your fourth anchor: Leave one hand over your heart and bring your other hand to your belly. Keep your eyes closed as you feel both the beating of your heart and the rise and fall of your belly. Take two more deep breaths in and out through your nose.
- + Take a moment to reflect on which anchor felt most comfortable for you today. Return your hands to that anchor and continue to breathe deeply in and out through the nose for several more breaths.



VOLCANO BREATH



[Energizing Breath]

- + Sit in Easy Pose or stand in Mountain Pose.
- + Bring your hands together at heart center. We are going to pretend that our bodies are volcanoes and that our breath is hot lava. When we push the hot lava out of our bodies, we are going to imagine that we are pushing out any unpleasant thoughts or feelings we no longer need.
- + Breathe in through your nose and reach your arms up high above your head. Breathe out through your mouth and let your arms come down to the floor in an explosive motion. Perhaps make the sound of a volcano as it explodes.
- + Continue with your Volcano Breath for several rounds.
- + Remember to imagine that your Volcano Breath is getting rid of any thoughts or feelings you no longer need.



BALLOON BREATHING



[Calming Breath]

- + Sit in Easy Pose with a tall back and straight spine. It may help you feel more comfortable to sit up on a folded blanket, cushion, or pillow.
- + Place both hands palms down on each side of your belly with your fingertips pointing towards your belly button. Your fingertips may be gently touching.
- + Inhale deeply through your nose and feel your belly fill up and rise like a balloon as it inflates.
- + Exhale through your nose and feel your belly deflate and relax back down to starting position.
- + Repeat several times. Close your eyes if you're comfortable or keep a soft gaze on the floor in front of you as you breathe.

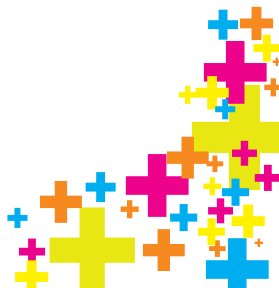


MANTRA BREATHING



[Calming Breath]

- + Sit in Easy Pose with your hands either resting on your knees, pressed gently against your belly, or covering your heart. You can also choose to place one hand over your heart and one hand on your belly.
- + Close your eyes or fix your gaze softly on the floor in front of you.
- + Inhale through your nose and think to yourself, "I am."
- + Exhale through your nose and finish your thought with the word, "calm."
- + Breathe in, "I am," and exhale, "calm."
- + Repeat as many times as needed to feel calm and at peace.



WINDMILL BREATH



[Energizing Breath]

- + Stand in Mountain Pose with your feet pressed firmly into the ground and your hands resting at your sides.
- + Inhale through your nose, as you raise your arms in front of you and bring them up by your ears.
- + Exhale and bring your arms back behind you returning them down by your sides.
- + Repeat 3-5 times.
- + Reverse directions: Inhale your arms backwards and up, and exhale them forward and down.
- + Repeat 3-5 times.
- + Add in the movement of raising up on your tippy-toes on the inhale, and lowering back down on the exhale.
- + Challenge yourself to bring one arm forward and up while the other goes backwards and up on each inhale, then one goes forward and down while the other goes backwards and down on the exhale.
- + Have fun!





COUNTING TO THREE

[Calming Breath]

- + Sit up strong and tall in Easy Pose or in a chair. Begin breathing in and out through your nose for a few breaths.
- + Begin to silently count your breaths to three. As you inhale, count, "1... 2... 3..." Be sure that your counting is steady and calm to match your breath.
- + Exhale at a natural pace.
- + Repeat 3-4 times.
- + Continue by adding on exhales to the count of three. As you inhale, count, "1... 2... 3..." and as you exhale, count, "3... 2... 1..." Be sure that your counting is steady and calm to match your breath.
- + Repeat 3 - 4 times.



INHALE GOOD, EXHALE BAD

[Calming Breath]

- + Find a comfortable position. Close your eyes and begin breathing in and out through your nose. Begin to imagine with each breath that a windshield wiper is going back and forth across your mind, wiping all the clutter away. The longer you breathe, the cleaner and brighter your mind becomes.
- + Now, begin to think about all the good that is in your life. Think of all the good you already have, and think of all the new good you want to introduce. With each inhale, focus on a positive word or image you want to have in your life.
- + Now, as you exhale, imagine breathing out any negatives in your life that no longer serve you. Imagine releasing anything - any negative thoughts, feelings, or limiting beliefs - from your mind that are holding you down.
- + Breathe deeply and focus on inhaling the good and exhaling the bad.
- + Continue to breathe in this way until you feel calm and at peace.



LEAN ON ME BREATH



[Partner Breath]

- + Sit back-to-back in Easy Pose with a partner. Sit up tall with as much of your backs touching as possible. Notice what it feels like to sit this way.
- + Breathe slowly in and out through your nose. Take deeper inhales and exhales. See if you can feel your partner's body moving with their breath.
- + Try to sync your breath with your partner's. See if you can inhale and exhale at the same time. See if you can match your inhales and exhales for one minute.
- + Continue breathing with your partner until you both feel calm, relaxed, and focused.



TIPPY TOE BREATH



[Concentration Breath]

- + Stand up tall and straight in Mountain Pose. You may have your hands at heart center or you may have your hands resting on the back of a chair or desk.
- + Take a breath in through your nose and rise up onto your tippy toes.
- + Exhale through your nose or softly through your mouth. As you exhale, roll down off of your tippy toes and onto the heels of your feet. Let your toes come off the ground just a bit.
- + Begin to repeat; matching breath to movement. Inhale onto your tippy toes, and exhale long and steady as you sink back onto your heels.
- + Focus on syncing your breath to movement and repeat as many times as needed to feel focused and ready to learn.





GRATITUDE CHAIN

Materials Needed: various colors of construction paper cut into 1.5 x 12 inch strips, pencils, stapler/gluestick/ or tape.

- + Making a gratitude chain can help remind us of all the people, places, and objects in our lives that we have to be grateful for. Reflecting on what makes us grateful can help us to feel happier and more peaceful.
- + Hand each participant several strips of construction paper. Participants decorate each strip of paper with something they are grateful for. Participants can use words and/ or pictures to decorate their strips of paper, but each strip should only list one gratitude item apiece.
- + Using a stapler, gluestick, or tape, link the strips of paper together to create a paper chain. Participants can combine their paper strips into one large group chain or each member can make an individual chain.
- + Hang the gratitude chain(s) in a place they can be seen and celebrated!





LET PEACE BEGIN WITH ME

- + Sit in Easy Pose with your hands at heart center. Press your palms together while leaving your fingers open. Take deep breaths in and out through your nose.
- + Say the word, "Let," and touch your pinkies together.
- + Say the word, "Peace," and touch your thumbs together.
- + Say the word, "Begin," and touch your ring fingers together.
- + Say the word, "With," and touch your pointer fingers together.
- + Say the word, "Me," and touch your center fingers together.
- + Repeat this process in reverse order.
- + Say the word, "Let," and open your center fingers.
- + Say the word, "Peace," and open your pointer fingers.
- + Say the word, "Begin," and open your ring fingers.
- + Say the word, "With," and open your thumbs.
- + Say the word, "Me," and open your pinkies.
- + Repeat this mantra five times.





SA TA NA MA

- + Sa Ta Na Ma means, "I am the truth and the truth is my name." When you say this phrase to yourself, you are telling yourself, "I am awesome." This is something we should say to ourselves every day.
- + Sit in Easy Pose with your hands raised gently in the air.
- + Touch your index fingers to your thumbs and say, "Sa."
- + Touch your center fingers to your thumbs and say, "Ta."
- + Touch your ring fingers to your thumbs and say, "Na."
- + Touch your pinky fingers to your thumbs and say, "Ma."
- + Repeat the phrase "Sa Ta Na Ma" fifteen times with the finger motions. Sing the words three times, whisper the words three times, then simply think the words in your head three times while completing the actions. Finally, whisper the words again three times and sing the words again three times.
- + Engage in this activity whenever you need to center yourself and remind yourself of how wonderful you truly are.





SENDING A LOVE WHOOSH

- + Stand in Mountain Pose with your head held high and your hands at heart center. Think of a person in your life you care for very much whom you would like to send your love to today. Picture this person clearly in your mind; what they look like, where they are, and what they might be doing.
- + Now visualize your love for that person inside your own heart. Imagine that love glowing and growing stronger.
- + Continue to stand in Mountain Pose and rub your hands together to get the love flowing from your heart to your fingertips.
- + On the count of three, you are going to send the love in your heart out to that person by pushing your hands away from your chest and up over your head. Are you ready?
One . . . Two . . . Three . . . Whoosh!
- + Repeat as many times as needed for as many people as desired.

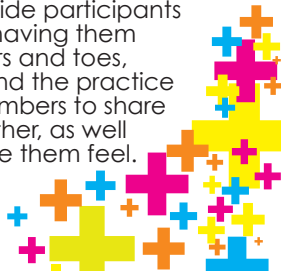




POSITIVE THOUGHTS FOR THE WORLD

Materials Needed: bell or chime.

- + Guide participants to lie down on their backs with their eyes closed or with eye pillows over their eyes. Lead the group through several minutes of deep breathing. If you would like, you may use the Body Scan guided mindfulness practice to ease the group into a state of relaxation.
- + Once the group is settled, give participants time to quietly think of positive wishes or thoughts they have for the world.
- + When the group is ready, ring a chime or bell. Guide participants to quietly whisper or focus their attention on one positive thought or wish for the world. *Pause.*
- + Ring the bell or chime again. Guide participants to quietly whisper or focus their attention on a second positive thought or wish they have for the world. *Pause.*
- + Ring the bell or chime again. Guide participants to quietly whisper or focus their attention on a third positive thought or wish they have for the world. *Pause.*
- + Repeat as many times as desired.
- + When you are ready, guide participants back to the present by having them gently wiggle their fingers and toes, then have them sit up. End the practice or encourage group members to share their wishes with each other, as well as how the activity made them feel.





THREE THINGS IN COMMON

Materials Needed: bell or chime.

- + This game should be played in partners. Put members of the group into pairs of two and have them sit in Easy Pose facing each other. Guide group members to begin taking deep breaths in and out of the nose.
- + Once the group is calm, give the partners time to find one thing they have in common with each other. Ring a bell or chime.
- + Encourage the partners to find a second thing they have in common. Ring the chime.
- + Challenge the partners to find a third thing they have in common. Ring the chime.
- + Guide the partners to have a discussion using the following questions: How did you feel at the beginning of the activity? Did your mood or thoughts change as you progressed through the activity? Why is it important to find things in common with others? How might you use this activity in your daily life to increase feelings of goodwill and peace?
- + Guide the group through several more rounds of deep breaths in and out through the nose.





KINDNESS ROCKS

Materials Needed: paint pens in various colors and small, smooth stones.

- + Decorate each rock with kind words and/or pictures.
- + Allow rocks to dry.
- + Place your stones in various places around your neighborhood/school/town/etc. where they will bring a smile to the faces of people who find them.





AFFIRMING WHO YOU ARE

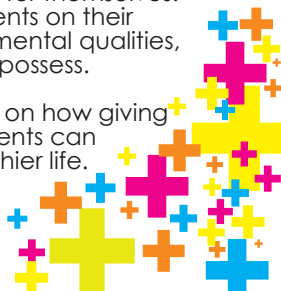
- + To affirm something means to acknowledge it as fact. We sometimes affirm others to bring positivity into their lives. Other times, we offer affirmations for emotional support during uncertain times. This exercise does both.
- + Introduce mantras to the group. Mantras are positive “I am” statements. Examples of common mantras are, “I am calm,” “I am strong,” “I am safe,” and “I am loved.” The third word in a mantra is a quality we believe we are or a quality we wish to embody.
- + Gather participants into a circle. Give time for each participant to choose a mantra for themselves.
- + Go around the circle with individuals sharing their mantras one at a time. After each person shares their mantra, the rest of the group responds with the words, “Yes, you are!” In this way, the group affirms for each individual that what they say is true.
- + Repeat as many times as desired.





COMPLIMENT YOUR COMMUNITY

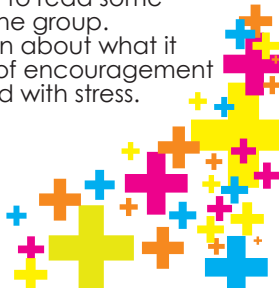
- + For many people, it can be more challenging to receive a compliment than it is to give one. This activity asks for participants to give and receive compliments with a peer; and to give compliments to themselves.
- + Put group members into pairs. Have pairs sit in Easy Pose facing each other.
- + Give partners time to brainstorm 1-3 compliments they can give to their partners.
- + When the group is ready, have the sharing begin. Have one member of each pair give the other member a compliment while the two look each other in the eyes. Whoever receives the compliment listens attentively and then says, "Thank you."
- + Have the partners switch. Whoever received the first compliment gives a compliment to their partner while the two look each other in the eyes. The partner who receives the compliment listens attentively and says, "Thank you."
- + Repeat 2-3 times.
- + When this is finished, you may choose to ask participants to write down three compliments they have for themselves. These can be compliments on their physical appearance, mental qualities, or emotional traits they possess.
- + Encourage a discussion on how giving and receiving compliments can lead to a happier, healthier life.



THROW AWAY YOUR STRESS

Materials Needed: small pieces of paper, writing utensils.

- + Begin by having participants think of things that are stressful in their lives.
- + Pass out a piece of paper and a writing utensil to each person. Have each individual write one stressful thing on their piece of paper. After writing their stressor on their piece of paper, each participant crumples their paper into a ball.
- + Choose a designated spot in the middle of the room. On the count of three, have everyone throw their crumpled pieces of paper into the designated spot.
- + One at a time, have participants choose a crumpled piece of paper from the center of the room. Once everyone has chosen a piece of paper, have everyone open and read what is written on their page. Give time for each person to write words of encouragement back to the anonymous person who authored it. These responses should then be thrown back into the designated spot with the exercise being repeated two or three more times.
- + Take time for volunteers to read some of the pages aloud to the group. Facilitate a conversation about what it feels like to hear words of encouragement from a peer when faced with stress.





POSITIVE POST-IT PROJECT

Materials Needed: pads of Post-it Notes, writing utensils.

- + Hand each participant a stack of Post-it Notes. Participants decorate as many individual Post-it Notes with positive pictures and messages as they want.
- + Being respectful of the environment, participants hang their Post-it Notes in various places around the room/school/building/ etc. where people will find and read them as they go about their daily lives.
- + To close the activity, each participant makes a Post-it Note with a positive message for themselves that they can hang in a place where they will read it every day.





Materials Needed: a small, bite-sized snack such as a raisin, peanut, pretzel, or something similar.

- + Pick up your food item - how does it feel? You will eventually eat this food item, but not yet. Explore your food item with your hands: Notice how heavy or light it feels. Observe its texture - what does it feel like? What is its temperature in your hands?
- + Now observe your food item with the power of sight. What color is it? Does anything about it change if you roll this food item between your fingers?
- + Smell your food item. Does it have a smell? What does its scent remind you of?
- + Are you ready to taste your food item? Take a small bite and try not to chew it at first. Try to let it sit on the tip of your tongue. What does its taste remind you of? Is it making your mouth water?
- + When you are ready, begin to chew. Notice everything about its flavor. Does it burst in flavor on your tongue? Does it have a more subtle flavor that only gradually releases in your mouth? Does chewing your food item release any thoughts or feelings? What do you hear as you chew your food item?
- + When you are ready, swallow your food item. How does it taste going down? Does eating your item release any thoughts or feelings?

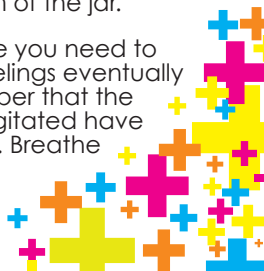


MIND JAR



Materials Needed: jar with lid, clear dish soap, vegetable glycerin, glitter, distilled or purified drinking water.

- + Fill the jar $\frac{3}{4}$ of the way with water. Add glycerin, almost to the top. Add four drops of liquid dish soap. Screw the lid back on tightly and gently tip the jar back and forth to mix the ingredients without causing too many bubbles. When everything is mixed well, remove the lid.
- + Imagine that the water in your Mind Jar is your mind's natural state. When you are calm, everything is well. When you are agitated, your mind is loud and chaotic.
- + Add glitter to your Mind Jar. Try to match each color of glitter to a specific emotion you regularly experience. If you would like, add detailed sequins or buttons to represent specific memories in your life.
- + Put the lid on your jar - tip back and forth.
- + Imagine that the jar in its shook-up state is your mind when you are upset or agitated. How does the jar feel different than when you are in a calm state?
- + Now you are ready to begin the meditation activity. Set the jar down and take several deep inhaleds and exhaleds. Notice how, with time, the sparkles settle slowly down to the bottom of the jar.
- + Use your Mind Jar anytime you need to remember how strong feelings eventually settle down, or to remember that the actions you take when agitated have long-term consequences. Breathe deeply in and out.



MANDALA COLORING



Materials Needed: mandala coloring pages and crayons, colored pencils, or markers.

- + Guide participants to choose 3-4 colors, whether it is crayons, colored pencils, or markers. The tip to successful mandala coloring is to only have a few colors that you are working with.
- + Pass out the mandala coloring pages. Give participants time to mindfully color their mandalas, being careful to stay in the lines. Consider playing soft music in the background.
- + Completed mandalas can be displayed as artwork and/or used as a focal point for breathwork.



ESSENTIAL OIL SMELLING



- + **Materials Needed:** essential oils and cotton balls, spray bottles, water.

Explain to participants that there are smells in life that resonate with us. We should seek out scents that help us to feel calm, peaceful, and hopeful.

- + **Option 1:** Put an essential oil on cotton balls. Give each participant a turn to smell the cotton ball. Ask them: What does the scent make you think of? What are you feeling as you smell the oil? What does the smell make you think of? Repeat this with as many scents as desired.
- + **Option 2:** Allow participants to smell the oils in the bottles. Give time for each participant to choose an oil that resonates with them. Once they have each identified a scent they like, allow them to make a “mindful spray.” For every 1-ounce spray bottle, fill with distilled water and add 6 drops of the essential oil of each participant’s choosing.
- + Participants may choose to mix and match the oils in their spray bottles.





CLOSE YOUR EYES & LISTEN

Materials Needed: a singing bowl or chime.

- + Guide participants to sit up tall in Easy Pose or in a chair. Encourage participants to close their eyes and begin breathing softly in and out through the nose.
- + Tell participants that you will soon be ringing a singing bowl. They are to listen for its ring as long as they are able with their eyes closed. When they can't hear the sound of the singing bowl any longer, they are to raise their hands.
- + Ring the singing bowl; watch to see when participants raise their hands.
- + Repeat the activity several times, trying to vary how hard/soft/long/short you ring the singing bowl each time.
- + When you are ready, have participants open their eyes and reflect on the activity. How did the singing bowl make them feel? Was there anything that challenged them in this activity? What did they enjoy most about the experience?



QUIET WALK



- + Find a safe and quiet place, indoors or outdoors, for your walk. You want to be able to listen to the sounds around you as you walk and observe any sights there are to see.
- + When you are ready, begin taking small, quiet steps on your walk. Keep a calm pace and take deep breaths in and out through your nose as you stroll.
- + During your Quiet Walk, try not to make eye contact with anyone around you. Stay in the moment with each step you take.
- + As you take your Quiet Walk, ask yourself the following questions: What can I see? What sounds do I hear? What can I smell? What am I feeling? Be sure to pay careful attention to your surroundings.
- + When you are ready, conclude your Quiet Walk. Take time to reflect on your thoughts and feelings from the experience. If there is time, have participants share their experiences with each other.





SENSORY BOX

Materials Needed: a box, several materials that are interesting to touch.

- + Fill a box with several items that are interesting to touch. Be sure the items represent different textures. Ideas for your sensory bin are: Tin foil, cotton balls, a wooden block, stones, water beads, ribbons, pom poms, foam stickers, doll house pieces, feathers, or plastic zoo animals.
- + Have participants take turns touching an item inside the sensory box. Once they have an object in their hands, ask them to describe it in as much detail as possible. Can they guess what it is?
- + Repeat as many times as needed with each participant.

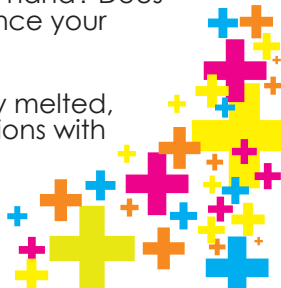




ICE MELTING ACTIVITY

Materials Needed: ice cubes.

- + In a moment, you will be holding an ice cube. Please know that this activity is safe, even if it can be uncomfortable. If at any time you begin to feel too uncomfortable, remember to take a few deep breaths in and out through your nose to relax your physical body. Know that at any point in this activity, you can put your ice cube down.
- + When you are ready, pick up the ice cube. Hold it in your hand: It will most likely begin to melt. Notice how the ice cube feels as it melts. What emotions does it invoke in you? As it melts, does your mood change? How do you know?
- + Let the ice melt a bit longer (15-20 seconds), then consider how your hand feels? Does the feeling change the longer you hold the ice cube? Does the ice feel different when you hold it in different parts of your hand? Does the ice melting influence your thoughts?
- + Once the ice has fully melted, discuss your observations with your group members.



BREATH DRAWING



Materials Needed: a large piece of paper or a white board with markers or other writing utensil.

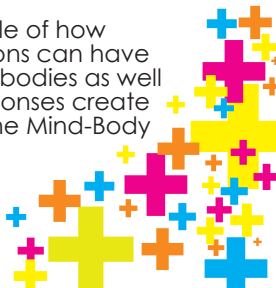
- + Arrange your art materials in front of you. Sit up tall with your hands in your lap. Close your eyes.
- + Begin to take deep inhales and exhales. Pay attention to how your exhales naturally try to sync up to the length of your inhales. See if you can breathe a little deeper and longer – lengthen your inhales and exhales.
- + Imagine what your breath looks like. What colors do you see? Are there any shapes or patterns? Can you see movement?
- + Open your eyes and take a marker or other writing utensil in hand. Put your marker to the page. On your next inhale, move the marker as you breathe; pause. As you exhale, move the marker again. Match the movement of your marker to the movement of your breath and see what drawing emerges. Feel free to switch colors or patterns as you draw.
- + Observe your drawing. Share it with others. Hang it where all can see!





TASTE A LEMON

- + Did you know our thoughts can affect the way our body physically feels? Did you know that our feelings strongly influence what and how we think? This is called the Mind-Body Connection. Today we are going to explore this idea.
- + Sit tall in Easy Pose with your hands resting on your knees or in your lap. Close your eyes.
- + Imagine yourself sitting at a kitchen table. In front of you is a bright yellow lemon. Envision picking up the lemon and feeling its cold, thick skin in your hands. Carefully slice the lemon in half and pick up the sliced fruit; smell its tart, citrusy scent.
- + Imagine biting into the lemon and feeling its juice on your tongue. What does it taste like? How does it feel in your mouth? Be very thoughtful in bringing these details to mind.
- + How did your body react to smelling and tasting the lemon? Did you have any physical reactions? What thoughts did you have? Did you experience any emotions?
- + This activity is an example of how our thoughts and emotions can have a physical effect on our bodies as well as how our physical responses create thoughts and feelings: the Mind-Body Connection!



SENSORY COUNTDOWN



- + Sit upright in a chair with your feet pressed firmly against the floor and place your hands gently on your knees.
- + Begin taking deep breaths in and out through your nose. Look around and name five things that you can see.
- + Continue to take deep breaths. Look around and name four things you can touch. If they are close by, physically touch them. If they are farther away, imagine how they would feel beneath your hands.
- + Listen carefully to the sounds around you. Name three things you can hear.
- + Sniff the air in the room. Try to name two things you can smell.
- + Take a final deep breath in through your nose and name one thing you can taste or name one thing you really love about yourself.
- + Continue to breathe calmly in and out and feel at peace in your surroundings.





PEACE MEDITATION

- + Sit up or lie down. Close your eyes, and begin to take deep breaths in and out through your nose.
- + Bring to mind the word, "Peace." What does it mean to you? What helps you feel at peace? What does it mean to feel peaceful?
- + Now think about someone in your life who needs peace. What would help them receive peace in their life? Send this person wishes of peace as you continue to inhale and exhale.
- + Now think about peace in our world. What is a peaceful wish you could make for our world? Take time to send thoughts of peace to our world as you breathe in and out.
- + Reflect further on the word "Peace" and how you can help make the world a better place. Simply breathing and staying calm in the midst of daily life helps bring peace to our world.
- + When you feel calm, focused, and relaxed, slowly open your eyes and return to the present moment.





KINDNESS MEDITATION

- + Sit up or lie down and close your eyes. Begin to take deep breaths in and out. Bring to mind the word, "Kindness." What does it mean to you? Think about a time someone was kind to you. How did it make you feel?
- + Now think about something kind that you have recently done for someone. How did it make the other person feel? How did you know how they felt? How did it make you feel?
- + Now think of something kind that you can do today to make the world around you a better place. Is there a random act of kindness you could do? When could you do it?
- + Take time thinking about the word "Kindness" and how it makes the world a better place. When you feel focused, calm, and relaxed, wiggle your fingers and toes and slowly open your eyes.





BODY SCAN MEDITATION

Materials Needed: sound bowl or chime.

- + Lie down on your back. Take a deep breath and close your eyes. We will count down from 5 to 1. When we get to 1, your whole body will feel relaxed.
- + **5...**Relax your toes. Wiggle them and then let them go limp. Relax your legs all the way to your hips.
- + **4...**Notice how relaxed your legs and hips are. Now breathe deep into your belly to relax your stomach and organs.
- + **3...**Feel the sensation of relaxation go all the way up into your lungs, your shoulders, and your arms. Wiggle your fingers and then let them go limp.
- + **2...**Your whole body is beginning to feel relaxed. Feel your head and face relax. Wiggle your jaw and then let your tongue rest on the bottom of your mouth.
- + **1...**Feel how heavy and relaxed your body is. Notice how deep your breaths are. Be here, relaxed and at peace, until you hear the sound of the chime.





CREATING YOUR BUBBLE

- + Having an imaginary bubble around you can help protect you from negative interactions throughout your day. Your imaginary bubble can protect your energy and keep you safe all day long.
- + Imagine you have an imaginary bubble around your body. Draw the bubble around your body with your finger or imagine it in your mind. Reach out and explore your bubble; it is protective and strong. If you would like, you can add decorations to your bubble.
- + Remember that your bubble can stay with you all day. Your bubble can be with you when you are sitting, standing, moving, or lying down. You choose who and what may come into your bubble and what must stay out.
- + I am going to walk around and test your bubbles by touching them. Let me see how strong your bubbles are. As we go through our activities today, I will periodically pause to test your bubbles. Make sure you are keeping your bubble around you throughout the day.





COLOR VISUALIZATION

- + Sit up or lie down and close your eyes. Begin to breathe slowly and deeply.
- + Bring to mind a color. See that color in your mind. Continue to take long, mindful inhales and exhales while thinking about what that color means to you. Why do you think you chose it? How does it make you feel?
- + With your next inhale, imagine the color washing over your body from head to toe. Continue to breathe and visualize the color filling you up from the tips of your toes to the top of your head.
- + Now with each exhale, imagine the color is pushing out any unpleasant thoughts or feelings that have been lingering in your heart or mind. Watch as your color pushes all these away with each breath out and refills your soul with your chosen color with each breath in.
- + Continue to lie still and peaceful with your inhales and exhales. When you are ready, open your eyes.





METTA MINDFULNESS

- + Today we're going to practice Metta Mindfulness. Metta is the practice of spreading love and kindness to the world using the following phrases:
 - May you be happy.*
 - May you be healthy.*
 - May you feel loved.*
 - May you be safe.*
- + It is always important to practice Metta on ourselves first because when we feel happy and loved, we can share happiness and love with others. Visualize a picture of yourself and send yourself love using the following phrases:
 - May I be happy.*
 - May I be healthy.*
 - May I feel loved.*
 - May I be safe.*
- + Now think about someone you love very much. It could be a family member or a friend. Visualize a picture of that person and send them love using the following phrases:
 - May you be happy.*
 - May you be healthy.*
 - May you feel loved.*
 - May you be safe.*
- + It is also important to practice Metta on people that we don't like very much. Often when people act unkindly, it is because they aren't feeling loved. Bring to mind someone who has been difficult to get along with. Picture that person in your mind and send them love using the following phrases:
 - May you be happy.*
 - May you be healthy.*
 - May you feel loved.*
 - May you be safe.*





GOAL SETTING VISUALIZATION

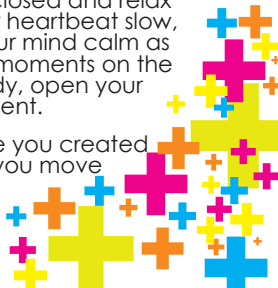
- + Sit or lie down and close your eyes. Make yourself comfortable. Begin taking deep breaths in and out through your nose.
- + Bring to mind a goal you have for yourself. This goal could be small or big. It might center on learning a new skill, winning a competition, or developing a certain personality trait.
- + Visualize yourself achieving this goal. Where are you? Who are you with? How do you feel? Imagine this moment with as much vivid detail as possible.
- + Believe in yourself achieving this goal. Wipe any doubts away. Perhaps recite a mantra to yourself: "I am strong," "I am enough," or "I can do this."
- + Make a plan for yourself. What can you do when this visualization is over to take steps towards achieving this goal? The actions you take may be small or large.
- + Continue to visualize yourself achieving your goal until you feel confident and motivated. When you are ready, open your eyes and rejoin the present. What will you do today to make progress towards your goal?





BEACH VISUALIZATION

- + Sit up or lie down and make yourself comfortable. Close your eyes and begin to take deep inhaleds and exhaleds through your nose. Today we are going to visualize ourselves taking a relaxing walk on the beach.
- + On a warm, bright summer day, you decide to take a walk on the beach. You arrive at the shore and begin walking down a sunny path to the sand. You are surrounded by wild beach roses, sunshine, and flitting butterflies. You breathe in and out through your nose, smelling the moist, salty air.
- + You arrive at the end of the path and step off the paved pathway onto the soft sand. You are barefoot, and you feel each warm grain of sand between your toes. Wiggle your toes in the soft sand, and delight in the feel of it beneath your feet.
- + You hear the soft roar of waves breaking and rushing on the shore. Although you are still some distance from the water, you can feel the salty water in the air. Start walking toward the water's edge. Watch the waves roll in and out on the sand.
- + You reach the water's edge and step your feet into the water. It is cold and refreshing; each wave rolling in swirls foamy sea around your ankles, and pulls on your heels when each wave is sucked back to sea.
- + Listen to the sounds around you. In addition to the pounding of the surf, you can hear seagulls calling and children playing in the distance. Keep your eyes closed and relax into the moment. Feel your heartbeat slow, your muscles relax, and your mind calm as you spend these precious moments on the beach. When you are ready, open your eyes and return to the present.
- + Keep the feelings of peace you created on the beach with you as you move throughout your day.





LISTENING TO YOURSELF

- + Take a moment to make yourself comfortable and relaxed. Close your eyes and bring attention to your breath. Breathe in deeply, then pause for a moment before letting your breath out in a slow, calm exhale. Repeat several times.
- + Listen for a moment to all the sounds happening around you. Maybe you notice sounds in this room – people breathing, the rustling of bodies, or perhaps quiet music. Listen to all you can hear around you.
- + Perhaps all you hear is silence. Silence has a special sound of its own.
- + Continue taking deep, peaceful breaths and turn your attention within. Listen very carefully and notice the sounds you hear within yourself. Can you hear your heart beating? Can you hear the breath entering and leaving your body? Is your tummy making noises? What else do you hear? Listen closely to hear the healthy energy pulsing through your veins.
- + Turn your attention back to your breath. Listen carefully to your inhales and exhales. The sound of your breath is magical. Your breath is the energy that flows in and out of your body keeping you alive.
- + On your next exhale, begin to wiggle your fingers and toes. Make small circles with your ankles and wrists. Softly rock your head from side to side. When you are ready, open your eyes and rejoin the present moment. How do you feel in your body today?

