

A MONTH OF MINDFULNESS

MON	TUE	WED	THU	FRI
<p>SHHH.....LISTEN</p> <ul style="list-style-type: none">Sit comfortably. Put on a nature sounds. Shhh. Listen. Focus on all the different sounds that you notice. What do you hear?	<p>PLASTICINE</p> <ul style="list-style-type: none">put on some soft music. Give students only the primary colours, some black and white. See what other colours they can mix together in silence.	<p>RECTANGLE BREATHING</p> <ul style="list-style-type: none">Take their finger and start at the top left corner of their desk- breath in and slowly trace towards the top right. Exhale, and trace down to the bottom right. Breathe in and trace to the bottom left. Exhale and trace back up to the beginning. Repeat.	<p>5,4,3,2,1</p> <ul style="list-style-type: none">sitting comfortably have the students silently acknowledge FIVE things they can see, FOUR things they can touch, THREE things they can hear, TWO things they can smell, and ONE thing they can taste. Can they still taste that apple they had for lunch?	<p>MINDFUL CHARADES</p> <ul style="list-style-type: none">students sit silently and the teacher calls out a scenario and the students imagines their senses with that scenario in mind. For example; there is a rock in your shoe or you have a cinnamon heart in your mouth. What do the students notice?
<p>GRATITIDE</p> <ul style="list-style-type: none">either in a journal, or in a circle, have the students express something they are grateful for.	<p>IMAGINE A STORY</p> <ul style="list-style-type: none">put on just the soundtrack for a movie. Have students imagine a new story, with characters, plot, and scenery that might go along with the music.	<p>FINGER TRACING</p> <ul style="list-style-type: none">with the pointer finger, trace slowly around the outside of their hand, breathing in as they go up the fingers, and out as they trace down.	<p>AUDIOBOOK</p> <ul style="list-style-type: none">put on a chapter or two a day. Tell your class to get comfy and listen in.	<p>SCRIBBLE DRAWING</p> <ul style="list-style-type: none">students take a dark coloured marker and make random large sweeping curves. Young students- fill in each section in a different colour. Older students -experiment with zentangles and colour in each section.
<p>COLOUR SEARCH</p> <ul style="list-style-type: none">the teacher posts a colour on the board, and the students slowly, and silently, walk around the class, looking for as many things they can in that colour and make a mental note of where they were.	<p>MUSCLE RELAXATION</p> <ul style="list-style-type: none">sit comfortably with eyes closed. Start at the toes, squeeze the muscle, and then relax them, then move to the ankles, then to the knees, slowly relaxing each part of the whole body.	<p>STRESS BALL SQUEEZE</p> <ul style="list-style-type: none">fill empty waterbottles with flour using a funnel. Stretch a balloon over the end of the bottle, then filling up the balloon, tying to secure. Allow the students some time to be mindful of their tension in their bodies as they experiment with squeezing the tension balls.	<p>MINDFUL EATING</p> <ul style="list-style-type: none">bring in a food item (be careful about allergies) or have students pick something from their lunches. When they are eating, ask them to slow down and be more mindful about its taste, texture, and what thoughts come up. Ask students to close their eyes so they don’t know what they are eating and do the activity again.	<p>DRAGON BREATHING</p> <ul style="list-style-type: none">students imagine what it must feel like to breathe like a dragon. First they breathe in slowly through their nose, hold it, and slowly release through their mouths. Give them a piece of tissue paper and see if they can flutter the paper with their dragon breath
<p>SHAKE. THEN BE STILL</p> <ul style="list-style-type: none">students stand and shake their bodies. You can put music on if you would like. Bounce and move their arms and legs. Then be still and quiet. Ask them to be mindful of their breathing and how their bodies feel. Put their hand over their heart and feel it slow.	<p>PUZZLES</p> <ul style="list-style-type: none">Wordle, Suduko, even a picture puzzle, are great mindfulness activities. Put a word puzzle on the board, or have random puzzles in sheet protectors with white board markers. Put on a timer and go.	<p>STRETCH AND BREATH</p> <ul style="list-style-type: none">students stand with their feet shoulder width apart. Have students participate in some stretches, such as reaching up to the ceiling, breathing in, and then exhaling and bringing their arms down. In older classes, the students can lead.	<p>GLITTER BOTTLE</p> <ul style="list-style-type: none">mix water, clear glue, food colouring, and glitter in water bottles. Tape to secure shut. Students sit at their desks and shake their bottles then put them down. Put on soft music and let the students watch their glitter settle.	<p>STAYING STILL</p> <ul style="list-style-type: none">students are challenged to stay still. Closing their eyes and focusing, they are going to see how long they can stay still. Try this sitting, then standing, and then moving and freezing. What did they notice?