6 Simple MINDFULNESS Activities for your Classroom

BELLY BREATHING



Centervention has a complete lesson plan you can use on belly breathing. You will find everything from pre and post discussion questions to step-bystep directions. It is a wonderful activity for when students need to cool down and self-regulate.

CALMING CORNER Calming corners can help re



Calming corners can help reduce students' stress and provide calming visual, auditory, and tactile experiences for de-stressing, A calming corner can be a physical corner in your classroom or a virtual space.

BRAIN BREAKS



Brain breaks are activities, or short breaks, that promote learning and focus for students. These types of breaks involve students participating in activities like mindful breathing, mindful movements, and mindful yoga.

MINDFUL JOURNALING



Three Good Things: A Happiness Journal is a free app that can help students with mindful journaling by having students write down three good things that happen to them each day. As a result, their happiness and positivity increase.

BREATH, THINK, DO



The free **Breath**, **Think**, **Do** app through Sesame Street is great for introducing young children to calm through breathing, Children help an animated monster facing a frustrating situation calm down by taking long, deep breaths.

SMILING MIND



Smilling Mind is a free app that offers hundreds of mindfulness activities. In addition to breathing meditations, the app has sensory exercises, like listening to music. There are programs for kids in different age groups, as well as for schools, workplaces, and sports.

Ideas Mindfulness Meditation

Shasha Hu

Ideas Mindfulness Meditation:

Unveiling the Energy of Verbal Beauty: An Mental Sojourn through Ideas Mindfulness Meditation

In a world inundated with displays and the cacophony of immediate transmission, the profound power and psychological resonance of verbal art usually fade into obscurity, eclipsed by the continuous barrage of noise and distractions. Yet, nestled within the lyrical pages of **Ideas Mindfulness Meditation**, a captivating function of literary splendor that impulses with raw thoughts, lies an memorable trip waiting to be embarked upon. Written with a virtuoso wordsmith, this exciting opus courses viewers on a psychological odyssey, lightly revealing the latent possible and profound impact embedded within the complex web of language. Within the heart-wrenching expanse of this evocative examination, we will embark upon an introspective exploration of the book is central subjects, dissect its charming writing model, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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