

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-by-step directions. It is a wonderful activity for when students need to cool down and self-regulate.



CALMING CORNER

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

Smiling 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

Erik Shonstrom



Ideas Mindfulness Meditation:

Enjoying the Track of Appearance: An Psychological Symphony within **Ideas Mindfulness Meditation**

In a world used by displays and the ceaseless chatter of instant communication, the melodic elegance and emotional symphony created by the prepared term frequently diminish in to the back ground, eclipsed by the relentless sound and distractions that permeate our lives. However, set within the pages of **Ideas Mindfulness Meditation** a stunning literary value full of natural emotions, lies an immersive symphony waiting to be embraced. Crafted by a masterful musician of language, that charming masterpiece conducts readers on a mental trip, skillfully unraveling the hidden songs and profound influence resonating within each carefully crafted phrase. Within the depths of this emotional analysis, we will explore the book is central harmonies, analyze its enthralling writing design, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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