




Mindfulness means paying full attention to something. It means slowing down to really notice what you are doing. Below are some mindfulness activities you can practice at home first thing in the morning or at any time during the day when you need a mindfulness break. Choose your adventure below!

<p>Triangle Breathing (High School) (1 minute)</p> <p>Play this video</p> <p>Instructions: As the figure gets bigger, breathe in. As the figure gets smaller, breathe out.</p>	<p>Mindful Posing (1-2 minutes)</p> <p>Instructions: Try the pose below for 1-2 minutes.</p> <ul style="list-style-type: none"> • Superhero: Stand with your feet wider than your hips. Clench your fists. Place both fists on your hips. Stand boldly (chest out, shoulders back, eyes front). Now imagine that you can accomplish your goals. 	<p>Gratefulness: The Morning 3! (no time window)</p> <p>Start your mornings by thinking of 3 things you're grateful for. It doesn't matter how small or big.</p> <p>Try this activity with one of the breathing exercises.</p>
<p>Breath Meditation (Middle School) (6 minutes)</p> <p>Play this video</p> <p>Instructions: Find a place to sit or lie down. Listen and/or watch this video as you pay attention to your breathing.</p>	<p>Body Scan (2-3 minutes)</p> <p>Instructions: Find a place to sit or lie down.</p> <ul style="list-style-type: none"> • Squeeze every muscle in your body as tight as you can. • Curl your toes and squeeze your hands into fists. • Make your legs and arms as hard as stone. • After a few seconds, release all your muscles and relax for a few minutes. 	<p>Gratefulness: Your Global Impact! (no time window)</p> <p>The next time you go out for groceries (or order them), think of the impact that your transaction has. From the cashier (or the deliverer), the manufacturers, the distribution truckers, and all of their families--even you--everyone benefits!</p> <p>We really are connected globally. Be mindful to thank those you can.</p>
<p>Alphabreaths (Elementary) (2.5 minutes)</p> <p>Play this video</p> <p>Instructions: Follow along to learn different breathing techniques to help with stress, anxiety, relaxation, and compassion.</p>	<p>Heartbeat Exercise (2-3 minutes)</p> <p>Instructions: To begin, jump up and down in place or do jumping jacks for one minute.</p> <ul style="list-style-type: none"> • Take a seat and put a hand over your heart. • Close your eyes and pay attention to your heartbeat. • Open your eyes once your heart rate is back to normal. 	<p>Gratefulness: Check Yourself! (no time window)</p> <p>Remind yourself of the good deeds that you have done throughout the day or week. Be grateful that you are mindful enough to think of and/or do for others.</p> <p>Self-gratitude is important. It is not a time to brag, but a time to reflect in order to improve.</p>