Mindfulness Activities

Body Scan Meditation: Use this meditation to build body awareness and ease tension after a long day or before falling asleep at night.

1. Have students sit or lay down in a comfortable position and take a few moments to have them find a calm, steady breath.
2. Tell them to bring their awareness to sensations in their bodies, where they will take several slow breaths on each focal point in their body.
3. Tell students that they will begin with their left toes and check in with their left foot. Have them wiggle their left foot and then have them move up their bodies to their left ankle, calf, knee, thigh, stomach, fingers, shoulders, lips, nose, eyes, and forehead.
4. Tell students that when they notice an area of tension or discomfort to stop and take a deep breath down to their belly.

Guided Awareness Activity

Have students in a seated position or lying on their backs. Then, walk them through this guided activity.

Script:
Bring all of your awareness to the space between your eyes.
Get a feeling of the space.
Imagine seeing the space.
Hear the silence between the eyes.
Think about the space.

Put your thumbs together.
Can you imagine the space between the thumbs?
Can you imagine the shape?
Imagine what's around the thumbs.
Imagine what's outside the thumbs.
Can you imagine feeling the space between your other fingers as well.

Effortlessly allow your imagination to do all the work. You will release a lot of tension. Take a deep breath down to your belly...breathe in through your nose and out through your mouth.

Have them take a few more deep breaths and then conclude the activity.

Breathing Fast and Slow

Let's have some fun and play with how we breathe.

1. First, take your time and take a long slow breath in and a long breath out. Pay attention to your long breath in. Then pay attention to your breath out.
2. How fast can you breathe? Take a fast breath in and then a quick breath out. Keep doing it. Check in with your body to see how it feels.
3. Now breathe normally. Check in to see if your breath changed from before you started breathing quickly.
4. Now, slow down and take a long breath in and out. Take your time and just pay attention to each part of your breath as you breathe in and then when you breathe out. Does your mind feel calmer?
5. Now just breathe normally. Pay attention to when the breath starts, when it ends and the space in between the breaths. Allow your breath to flow in and out easily.

STOP- LISTEN- BREATHE

Stop what you are doing.

Close your eyes.

Be still and listen.

Notice how you feel inside.

Pay attention to your breathing.

Breathe slowly in through your nose and out through your mouth.

Imagine the air slowly filling your lungs and belly and then flowing out again.

Notice your belly moving as you take slow belly breaths

Ask yourself, what am I feeling?

Open your eyes and keep paying attention to your breath.

How to Belly Breathe

1. Place one hand on your belly above your belly button and one hand on your upper chest.
2. Relax your belly.
3. Breathe in through your nose and fill your lungs.
4. Allow your lungs to fill downward and make the bottom hand move.
5. Pretend you have a balloon in your belly and blow it up with your breath.
6. Avoid shallow chest breathing or raising your shoulders.
7. Breathe slowly like you are blowing a bubble and empty out the balloon. Feel the belly move.

Focus and Self-Regulation

TK-2: Have students stand up and shake out their arms. Then they can touch their toes. Tell them that this will help them to focus before starting an activity or going back to class.

Grade 3-5: Have students touch their toes and take a deep breath and then lift their hands up to the sky. Tell them that this will help them to focus before starting an activity or going back to class.

Grade 6-8: Have students stand up in a yoga tree pose. They will have their arms in the air and one foot is resting on their thigh or calf. Switch sides. Tell them that this will help them to focus before starting an activity or going back to class.