

# Teacher Notes

- This PowerPoint is designed to help you start your own mindfulness routine in your classroom.
- The activities are designed for young children in a way that make sense to them.
- Young children usually need visuals to understand a concept. This PowerPoint gives them visuals to help them practice mindfulness.
- The room should be quiet and dark if possible. Ensure that children are sitting comfortably.

# Mindfulness



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# Mindfulness



Today, we are going to learn how to help ourselves when we feel unhappy, mad, sad or stressed.

We will learn a new way to breathe and some fun exercises that we can use everyday.



# Sitting

Let's practice sitting first. Find a place on the carpet where you are not touching anyone else.

We will sit on the floor, crisscross applesauce, with our feet crossed and our hands on our knees.





# Breathing

Now we will practice breathing.

Sit up straight with your hands on your knees.

Breathe in like you are smelling a flower.

Breathe out like you are blowing a leaf away.



# Practice Time!

Let's practice this a couple of times.

Breathe in...

Breathe out...



# Bubble Breathing

Let's pretend we are holding a bubble wand in our hand.

We are going to pretend to blow bubbles all around the room.

Breathe in deeply and breathe out slowly. Blow the bubbles around the room.

Let's practice this a few times!



# Bubble Breathing

Breathe in and breathe out. Imagine the bubbles have happy faces on them.

Blow happy face bubbles to your friends around the room.

Imagine you are sending them happy thoughts and love.

Feel yourself becoming calm and relaxed with each breath.





# Bumblebee Breathing

Now we are going to pretend to be bees.

Sit comfortably on the floor and open your hands out in front of your face.

Put your fingers over your eyes and your thumbs gently in your ears.

Breathe in through your nose and hum quietly like a bee as you slowly breathe out.

# Bumblebee Breathing

Remember to hum like a bee. As you are humming, think happy and calm thoughts.

Pretend to be a bee buzzing around the flowers happily.



# Rainbow Breathing

Now let's stand up and make rainbows.

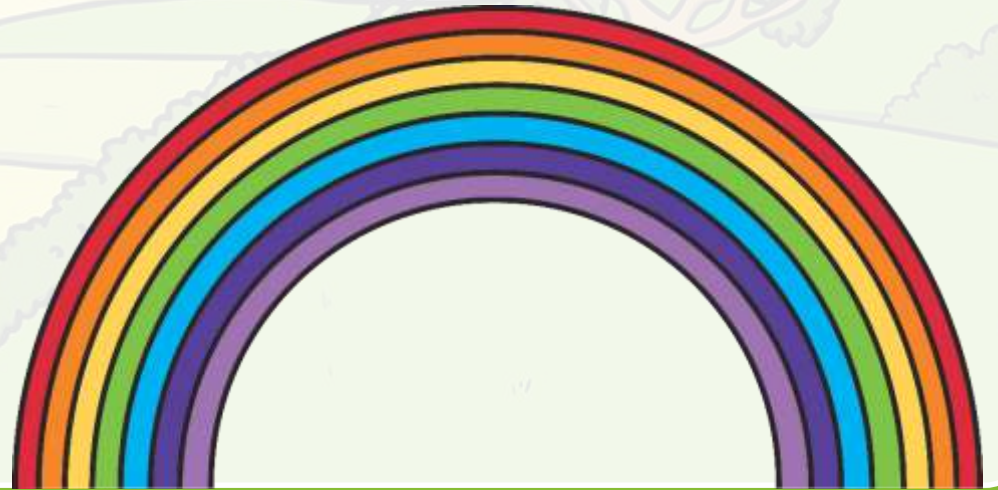
Put your feet shoulder-width apart.

Put your hands out in front of you with your palms facing out.

Reach up high with your hands above your head.

Move them down to your sides making a big arc.

You just made a rainbow!



# Rainbow Breathing

Now we will practice breathing while we make rainbows.

Put your hands in front of you again.

Breathe in as you put your hands over your head.

Breathe out as you move them to your sides.

Each time we do this movement, pretend you are adding another color to your rainbow.

Feel how your body is relaxing and calming down.



# Balloon Breathing

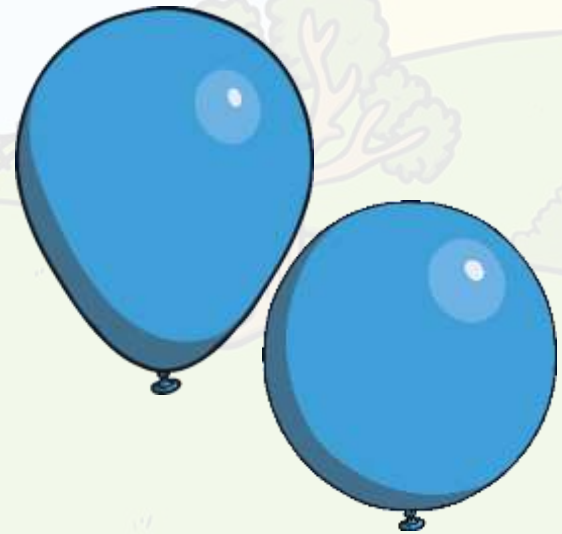
Now let's sit back down on the floor.

We are going to pretend to blow up balloons.

Take a deep breath in and make your stomach stick out like you have a balloon in it.

Now slowly let the air out of your balloon through your mouth.

As you let the air out, slowly lean forward.  
Pretend to be a balloon with no air in it.



# Balloon Breathing



Let's see how many balloons we can blow up!

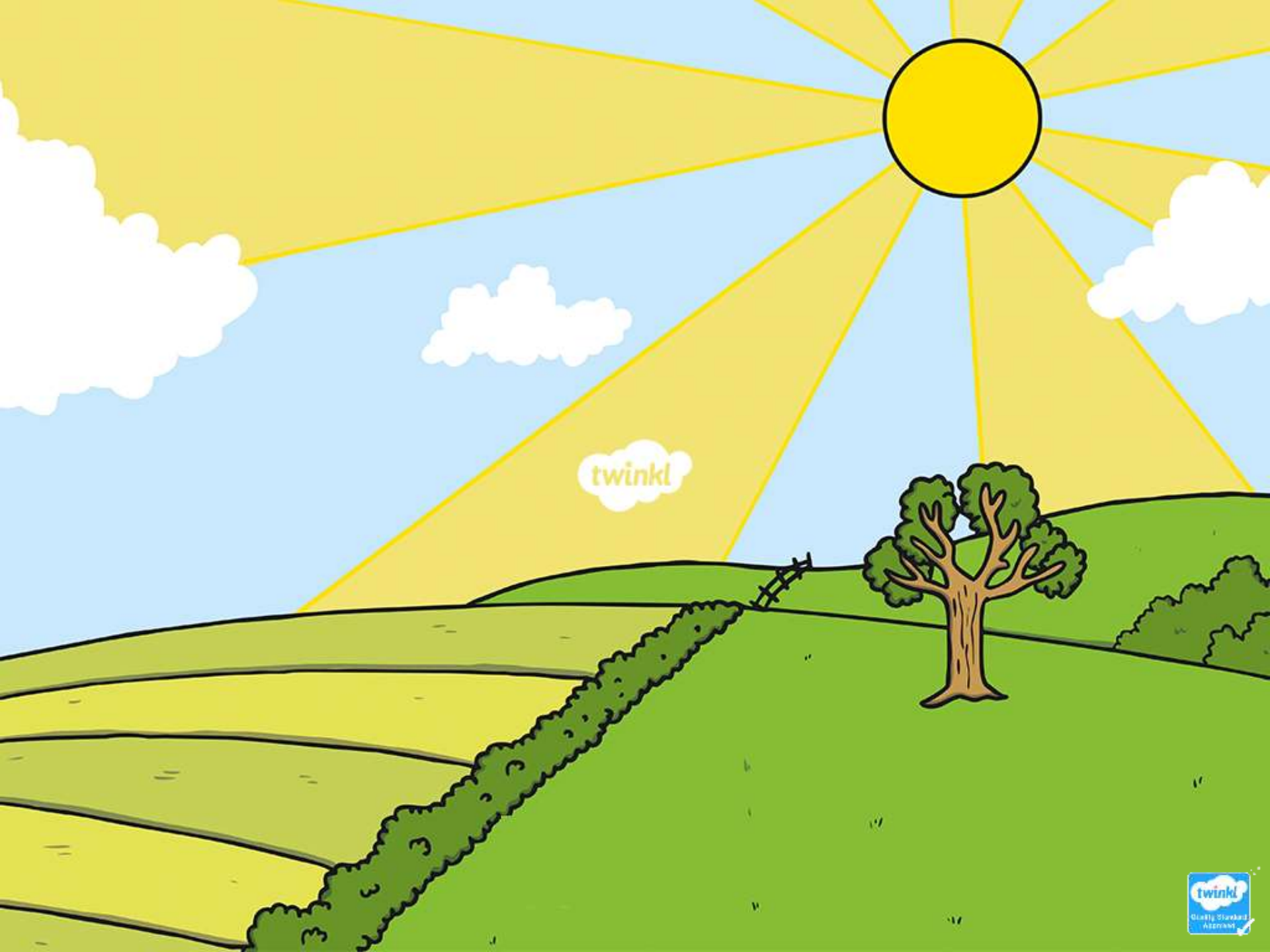
As you blow up each balloon, think, "I am happy."

As you let the air out, think, "I am relaxed."

# Great Job!

- You did such a great job today!
- How do you feel?
- What was your favorite thing we did today?
- Anytime you feel unhappy, stressed, mad or sad, you can do these activities.
- Let's take one last breath in and out.
- Breathe in and smell the flowers and breathe out and blow the leaf away!





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