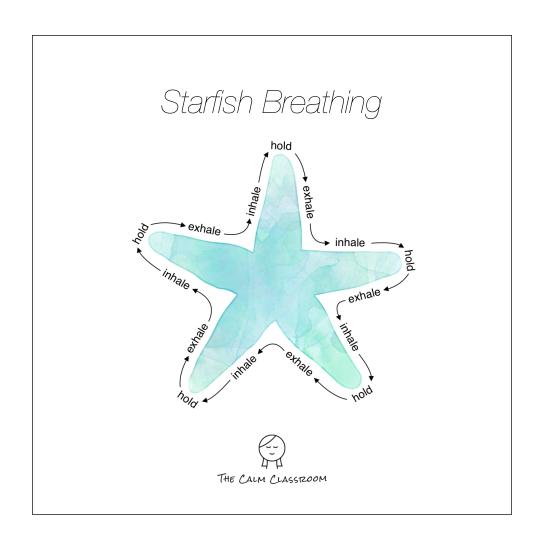
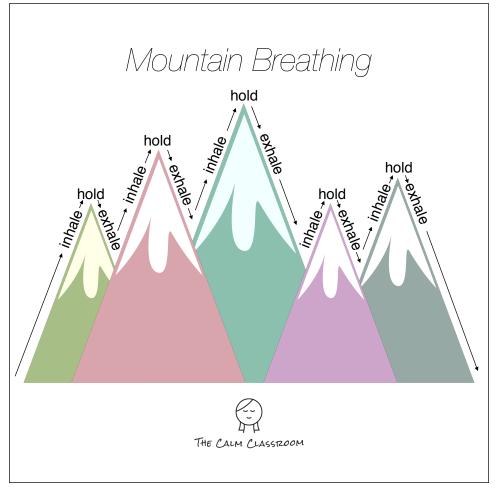
My Mindfulness and Breathing Exercises



THE CALM CLASSIZOOM





Bunny Breathing



- 1. Sit up tall with your back straight and head tilted up toward the sky.
- 2. Take three short inhale breaths like a bunny sniffing a flower.
- 3. Hold your breath for a moment, then exhale through your mouth.
- 4. Repeat until calm and grounded.



Bubble Breathing



- 1. Imagine you are holding a bubble wand.
- 2. Close your eyes and take a deep breath in.
- 3. Hold your breath for a moment, then breathe out slowly as if you are blowing a bubble.
- 4. Visualize the shimmery, floating bubbles carrying your worries away.
- 5. Repeat until calm and grounded.



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Mindful Detectives



- 1. Provide the students with 2-3 minutes to observe the room (or an area) in great detail.
- 2. Students may write observations or simply observe.
- 3. Ask students to put their head down, and remove an item from the room or area.
- 4. Have students silently search for the missing item.

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Be the Narrator



- 1. Imagine you are the narrator of a story about your life, and you must describe everything that is happening.
- 2. Describe your surroundings in detail what do you see, hear, smell, feel, or even taste?
- 3. Now focus on yourself what is your body doing? What emotions are you feeling?
- 4. Reflect what else did you notice? What thoughts came to mind during this activity?



Musical Mindfulness



- 1. Select a piece of instrumental music that you have never heard before.
- 2. Close your eyes and start playing the song.
- 3. Without making any judgements, listen to the song, paying attention to the sounds of each instrument, the pace of the song, shifts in volume, etc.
- 4. Reflect how did you feel before the song versus now? Did any thoughts come up while listening?



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Color Mindfulness



- 1. Pick any color of the rainbow.
- 2. Set a timer for 3 minutes (or 5 minutes longer if you need a longer break).
- 3. Try to think of as many items as possible that are the color you chose use the environment around you as inspiration!
- 4. When time is up, reflect why did you pick this color? Did any thoughts come up during the activity?



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Ocean Breathing



- 1. Close your eyes and cup your ears with your hands.
- 2. Inhale and exhale as slowly as possible.
- 3. Focus your attention on the sound that your breathing makes.
- 4. Visualize peaceful ocean waves rolling slowly back and forth towards the shore as you breathe.
- 5. Repeat as many times as needed.



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Rainbow Breathing



- 1. Place your finger at the bottom of the rainbow.
- 2. Breathe in through your nose and trace the red arc until you reach the top.
- 3. When you reach the top, begin to exhale through your mouth and continue tracing.
- 4. Repeat with each color or until you feel calm and grounded.



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