# Mindfulness Activities

deep breathing

progressive muscle relaxation

guided imagery

grounding

#### 35 Scripts & Worksheets

#### ZY LIZARD

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rby, a butterfly fluttering past, etc





Let's get ready to find our strength! Stand tall and put your feet a little bit apart, like a superhero ready to fly. Now, roll your shoulders back, push your chest out, and put your hands

on your hips — just like this!

Let's take a big breath together. Breathe in deep, and feel your chest get big and strong. Hold that powerful breath for a second, then slowly let it out. Feel your chest get smaller

Let's take a few more superpower breaths. Breathe in, hold, and breathe out. Can you feel how strong and calm those breaths make you? You're ready to take on the day!

I think this will be helpful

I could use this strategy when

#### What you'll love

Low prep, quick mindfulness activities.



Clear scripts make it easy for you and students.

Google Slides for a visual + scripts copied into the speaker notes.

Plenty of choices to find the practices that work for your students.



#### WHAT'S INCLUDED

35 Exercise Scripts









#### MINDFUL MINUTE

TA

Let's settle down for a moment and quiet our busy minds. Find a comfortable spot to sit. If you like, you can close your eyes or just let your eyes rest on something before you.

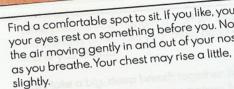
Now, start to notice your breath. Feel the air moving gently in and out of your nose. Pay attention to how your body feels as you breathe. Your chest may rise a little, or your shoulders may move slightly.

If a thought comes into your mind, that's okay. Just notice the thought, like a cloud passing through the sky, and gently bring your attention back to your breath

Let's take a few more mindful breaths together...breathing in...and breathing out.

Now, slowly open your eyes if they were closed. See how you feel after a few moments of quiet.

MINDFUL MINUTE



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Let's take a few more mindful breaths tog out. Now, slowly open your eyes if they w

#### MINDFUL MINUTE

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If a thought comes into your mind, that's okay. Notice the thought, like a cloud passing through the sky, and gently bring your attention back to your breath.

Let's take a few more mindful breaths together. Breathing in and breathing out. Now, slowly open your eyes if they were closed.

I think this will be helpful

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I could use this strategy when I need to feel calm and focused before a test.

# **4 Key Practices**

Deep Breathing

Progressive Muscle Relaxation

Guided Imagery

Grounding

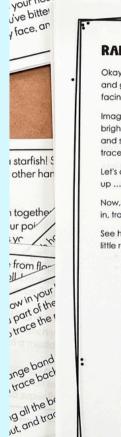




## **Deep Breathing**

Mindful Minute Superhero Breathing Swaying Palm Tree Breathing Rainbow Breathing 3 - 4 - 6 Breathing Starfish Breathing Cookie Breathing

Pinwheel Breathing **Ballon Breathing Butterfly Flutter** Sleepy Bear Magic Feather Lazy Lizard Rain Sounds



queeze those the muscles in squeeze, get all nds and let those

ose and relaxed

your nose

#### **RAINBOW BREATHS**

Okay, let's find a bit of rainbow magic! Sit up tall in your chairs. Shoulders back, and gently close your eyes. Now, put your hands in your lap with your palms facing up, like you're going to catch something special

Imagine you're holding a beautiful rainbow right in your hand. Can you see all the bright colors? Let's start with the red part of the rainbow. Take a deep breath in, and slowly use your finger to trace the red band. Now, breathe out slowly as you trace it back

Let's do the same thing with the orange band ... breathe in slowly as you trace up ... and breathe out as you trace back down.

Now, keep breathing and tracing all the beautiful colors of your rainbow. Breathe in, trace up, breathe out, and trace down

See how calm and focused that makes you feel? Open your eyes and take a little rainbow magic with you!



Social Emotional Workshop

## Progress Muscle Relaxation

Lemon Squeeze Turtle Shell Tumbling Tower End of a Long Hike Robot and Doll Jellyfish Breathing

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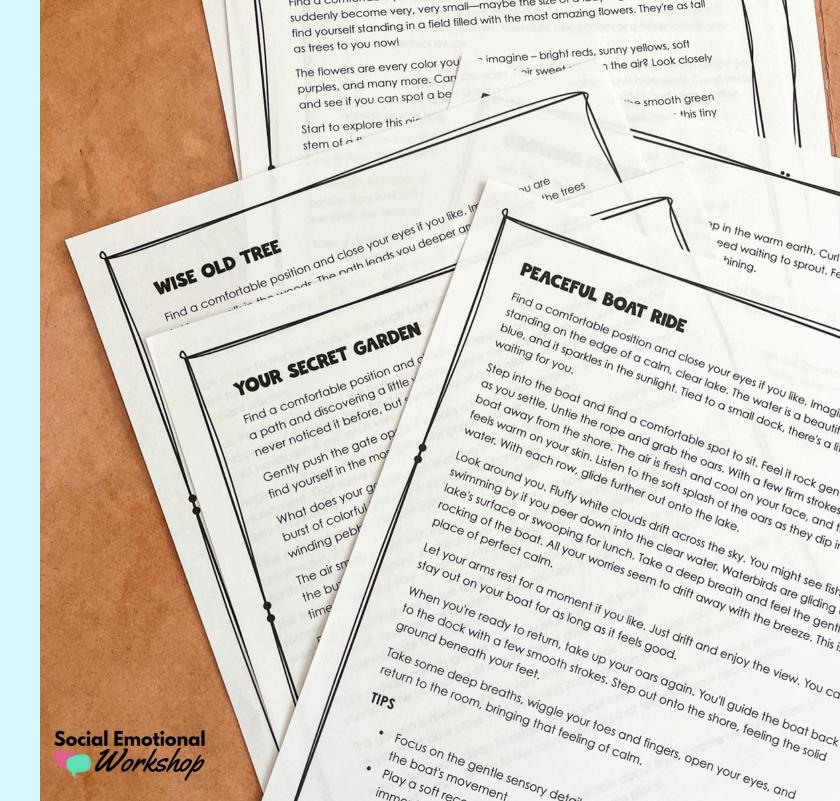
ready ic Imaginu themse squee finae	your shoulders o move. e you're a jellyfish flod elves tight to move for zing your fingers super rs go loose and wiggly. I, let's squeeze our arms li ngthening those muscles.	Start gh h your arms. Mak	builder and then let things tumble dow k. Let's pretend our muscles are like bu the them stiff and strong, like you're stat building a super tall tower keep stro mble down, loose and like a pile of bl
Let's play a silly ga with your feet on	Tipe a big, juicy lemon in each hand. Sque	eze thos your har	Pre concentrating on building a tricky eyes shut, and make those muscles w
Ready to pretend Inside the	<b>"LE SHELL</b> o get cozy like a turtle? Sit up tall, like a turtl we have strong shells, like a real turtle, to p e Shell	e sitti notec note	go loose and wiggly, like a floppy d igle and your least el like jelly. Just Start by Julling Your head Julling Your head Julling Your head
inside yo your shell	inside your shell as the pull into your shell as the pull	Now, let's transitions of the strong shells to protect us. The swith strong shell to protect	all. Scrunch up You're
T	Now, let's make face, squeeze you safe and cozy in body feel loose body feel loose	ana io. o	Focus on the feeling of releasing
· Gentle	e movement: Guide them to slowly u	a service and service	

11

relaxing each muscle group.

## **Guided Imagery**

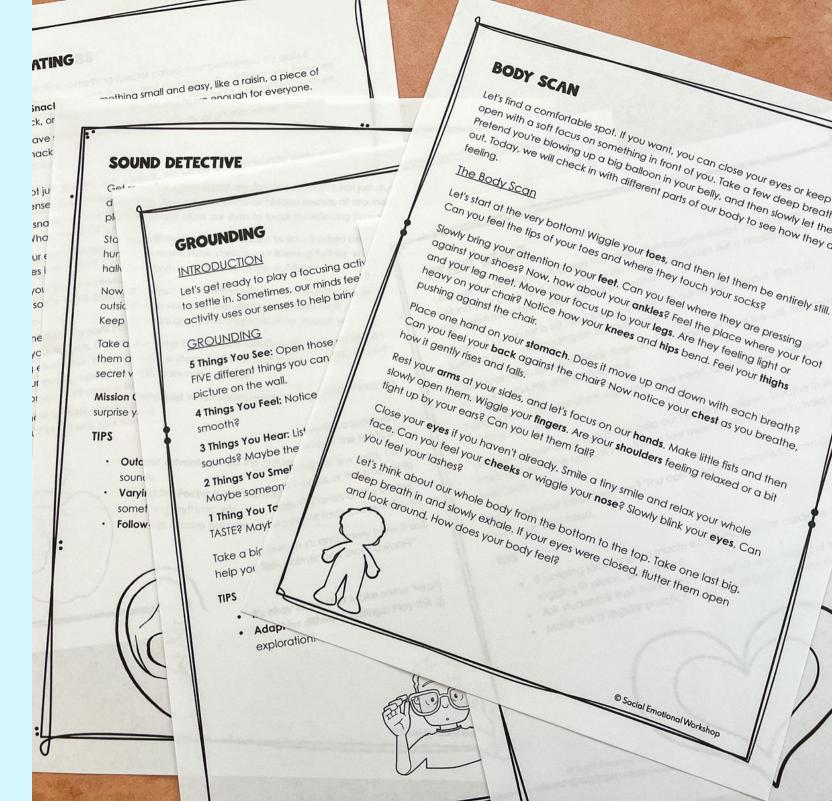
Peaceful Boat Ride Your Secret Garden Wise Old Tree Growing Flower Field of Flowers Blanket Fort Fluffy Clouds **Enchanted Forest** Peaceful Beach



## Anchors

Body Scan Heart Beats Grounding Sound Detective Mindful Eating Sending Kindness

Social Emotional



#### Google Slides

Display slide as a visual to help focus students

Script is included in the presenter notes on each slide.





## **Details**

#### Color and BW

Use Slides for display

Whole Class, Small Groups, or Individual Students

2nd - 8th grade

**Social Emotional** Workshop

Pretend you're a lizard crawling slowly onto your rock. Feel the warmth of the sun on your face and your scales. It's so cozy that your muscles start to feel loose and

Take a deep, slow lizard breath. Feel your belly rise as you fill, warm sunshine. Now, let it out slowly, sinking a little deeper into your sun-wa more lazy lizard breaths — in and out, in and out ROBOT

With each breath, imagine the warmth spreading throug toes may wiggle a little, or you feel a gentle stretch in y be heavy and relaxed, like melting into the rock

Keep breathing those slow, peaceful breaths, enjoying You're a happy, sleepy lizard with no worries for the slowly open your eyes, feeling that warmth and rela

TIPS

- · Soothing Sounds: Soft nature sounds (birds) experience.
- Guided Relaxation: Verbally guide studer toes feel warm and heavy ... let your should
- Visualization: Ask what else they imagine while sunbatm nearby, a butterfly fluttering past, etc.



#### **SUPERHERO BREATHING**

Let's get ready to find our strength! Stand tall and put your feet a little bit apart, like a superhero ready to fly. Now, roll your shoulders back, push your chest out, and put your hands on your hips — just like this!

DOLL

Let's see how our bodies can change from flopp

Lets see now our boales can change it with investigation in the set of the se wiloue body 90 loose, like a lloppy doil. Let you, in arms dangle and your legs feel soft. Just be floppy

Now, let's transform into mighty robots! Stand tall a

Now, lets transion in mice ingines i bucks: buck is the and strong. Tighten your arms and legs, clench your arms and legs, clench your arms and legs is clench your arms are like which a mission of the strong t

ana strong. H9nten your anns and iegs, ciencin your head high. March in place like you're on a mission. S

It's time to power down! Let all that tension go and be

Its time to power down: Let un undertain go under again, Wiggle and wobble, and let yourself fall into a character and compared and com

again. Wiggle and wooble, and let yoursell idii iliu di the difference between super strong and super floppy!

Let's take a big breath together. Breathe in deep, and feel your chest get big and strong. Hold that powerful breath for a second, then slowly let it out. Feel your chest get smaller again.

Let's take a few more superpower breaths. Breathe in, hold, and breathe out. Can you feel how strong and calm those breaths make you? You're ready to take on the day!

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#### LAZY LIZARD

Let's find a comfy place to imagine we're sleepy lizards! Gently lie down on your back. Close your eyes if it feels good, and picture a big, warm rock on a river bank.

Pretend you're a lizard crawling slowly onto your rock. Feel the warmth of the sun on your face and your scales. It's so cozy that your muscles start to feel loose and lazy.

Take a deep, slow lizard breath. Feel your belly rise as you fill with warm sunshine. Now, let it out slowly, sinking a little deeper into your sun-warmed rock. Take a few more lazy lizard breaths — in and out, in and out.

With each breath, imagine the warmth spreading through your whole body. Your toes may wiggle a little, or you feel a gentle stretch in your arms. Let your body be heavy and relaxed, like melting into the rock.

Keep breathing those slow, peaceful breaths, enjoying the sun on your skin. You're a happy, sleepy lizard with no worries for the day. When you're ready, slowly open your eyes, feeling that warmth and relaxation stay with you.

#### TIPS

- Soothing Sounds: Soft nature sounds (birds, gentle breeze) enhance the experience.
- Guided Relaxation: Verbally guide students to relax their bodies: "Let your toes feel warm and heavy ... let your shoulders sink ..."
- Visualization: Ask what else they imagine while sunbathing flowers nearby, a butterfly fluttering past, etc.



## When to Use

**Brain Breaks** Morning Meetings Counseling Sessions During Test Prep Transitions **Mindfulness** Practice Calm Corners Behavior Intervention SEL Lessons Supplement Curriculum



## Mindfulness helps students ...

Recognize and manage their emotions

Learn to focus on the present moment



Lower stress levels and cope with challenges

Foster a sense of kindness towards themselves and others.



# YOU MIGHT LIKE

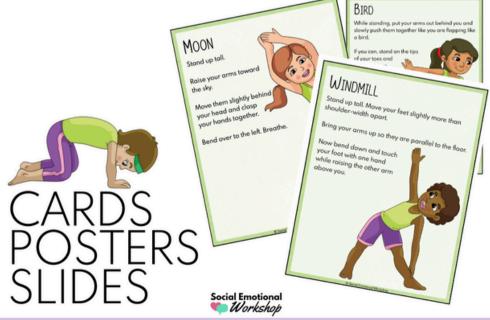
#### SPRING MINDFULNESS

# <section-header>



#### YOGA CARDS & POSES





Social Emotional

## Hi! I'm Laura

I create research-driven, uncomplicated tools and resources designed to build students' social and emotional skills in counseling or the classroom.

During ten years as a school psychologist, I wore all the hats - but the one I never took off was supporting my colleagues.

Whether you're a first-year counselor or a seasoned teacher, I want you to have the tools you need to support each student.

Visit <u>my blog</u> for more ideas and <u>subscribe</u> for exclusive resources!

contact: support@socialemotionalworkshop.com





