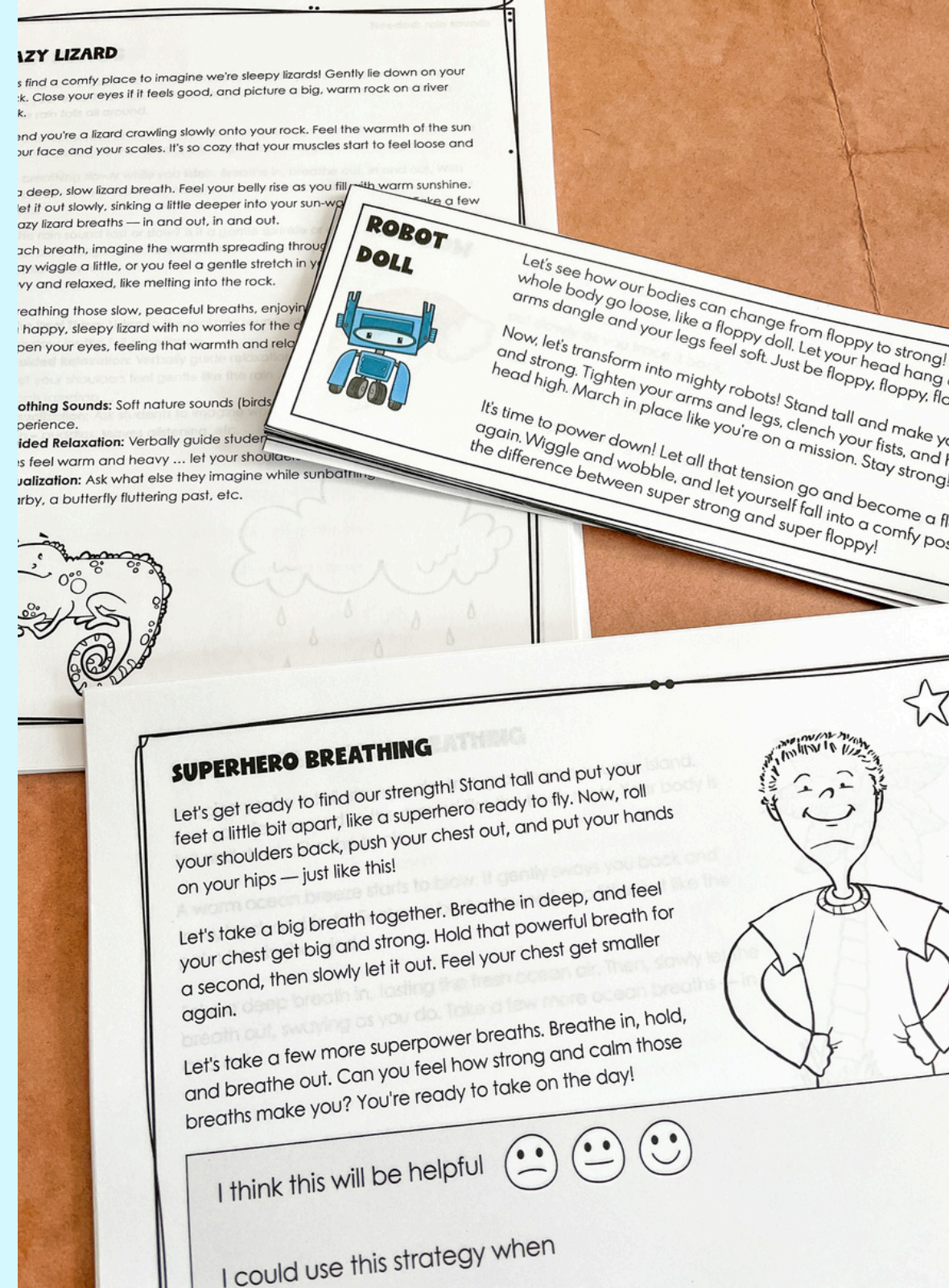


Mindfulness Activities

- ★ deep breathing
- progressive muscle relaxation
- guided imagery
- grounding

35 Scripts & Worksheets



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



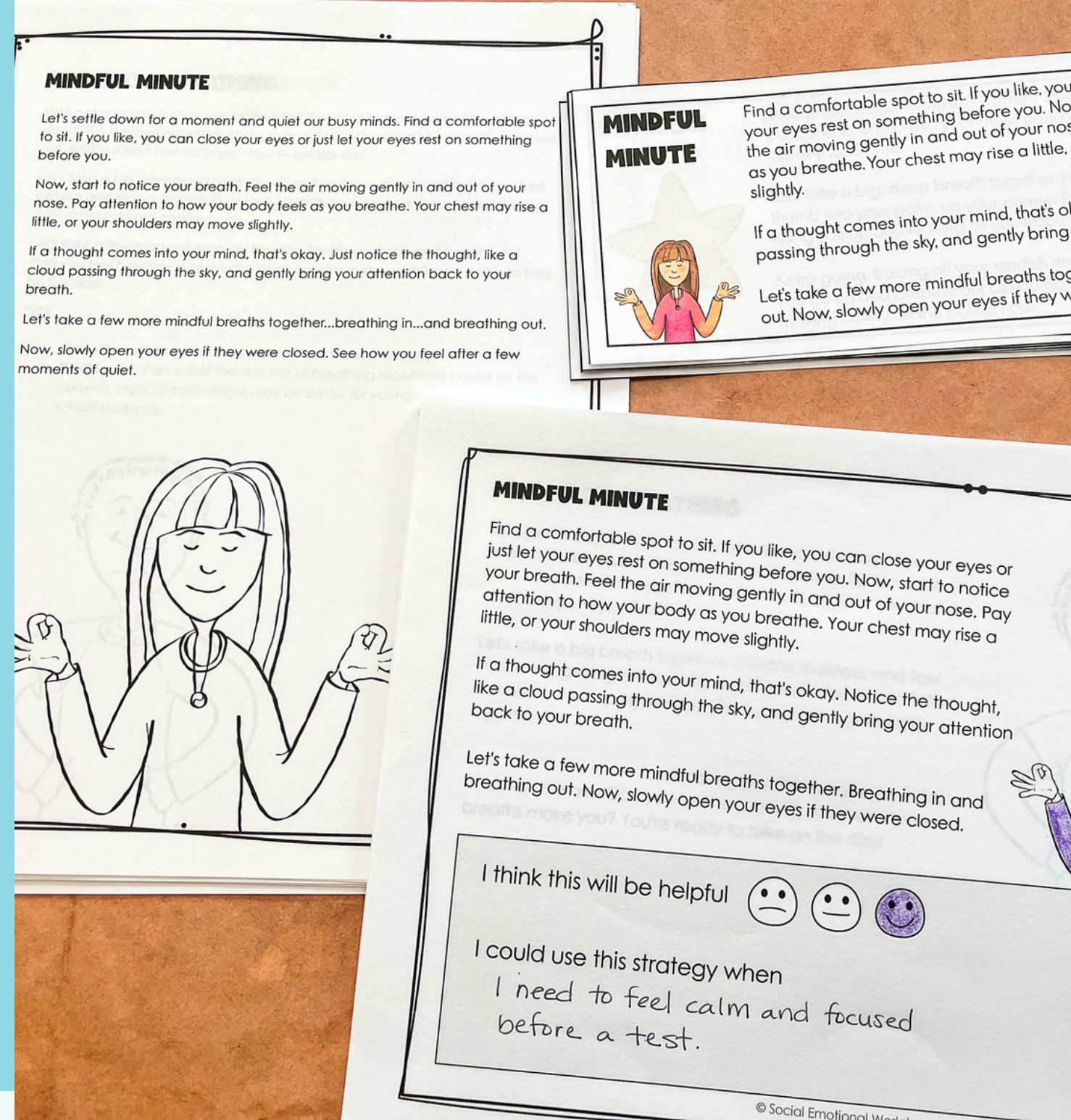
Google Slides



Student Worksheets



Card Format



MINDFUL MINUTE

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.



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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

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

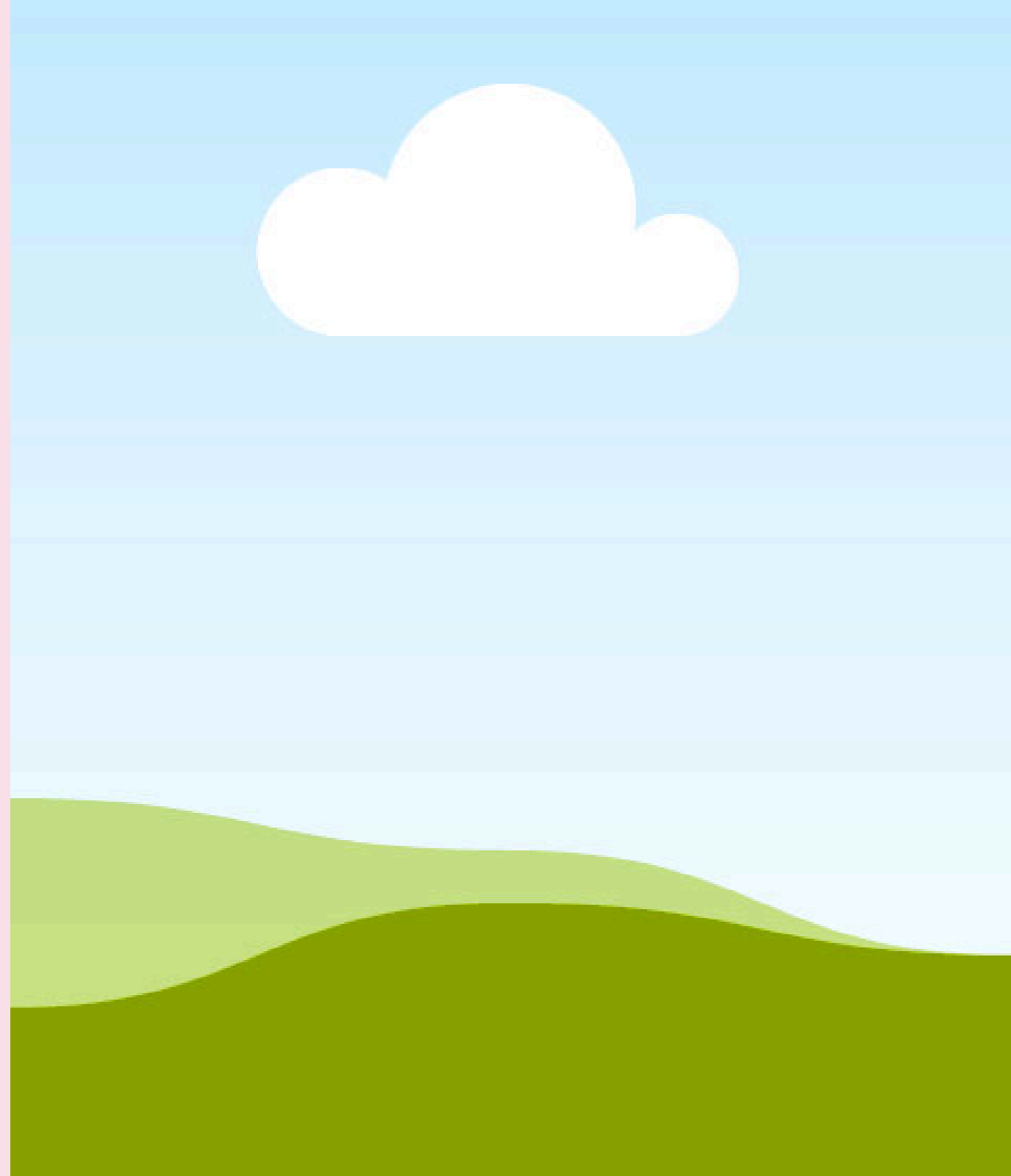
4 Key Practices

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

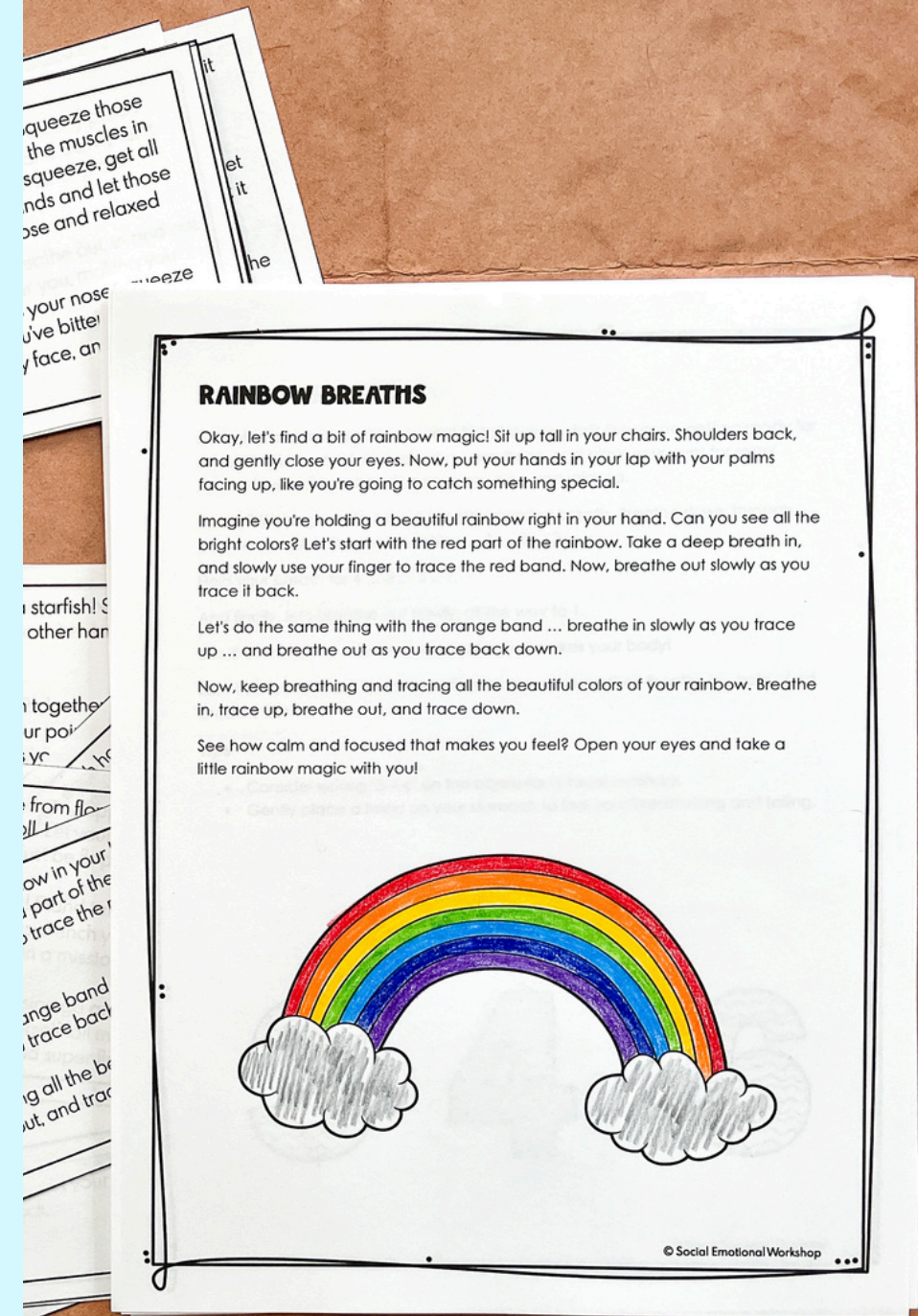
Butterfly Flutter

Sleepy Bear

Magic Feather

Lazy Lizard

Rain Sounds



Progress Muscle Relaxation

Lemon Squeeze

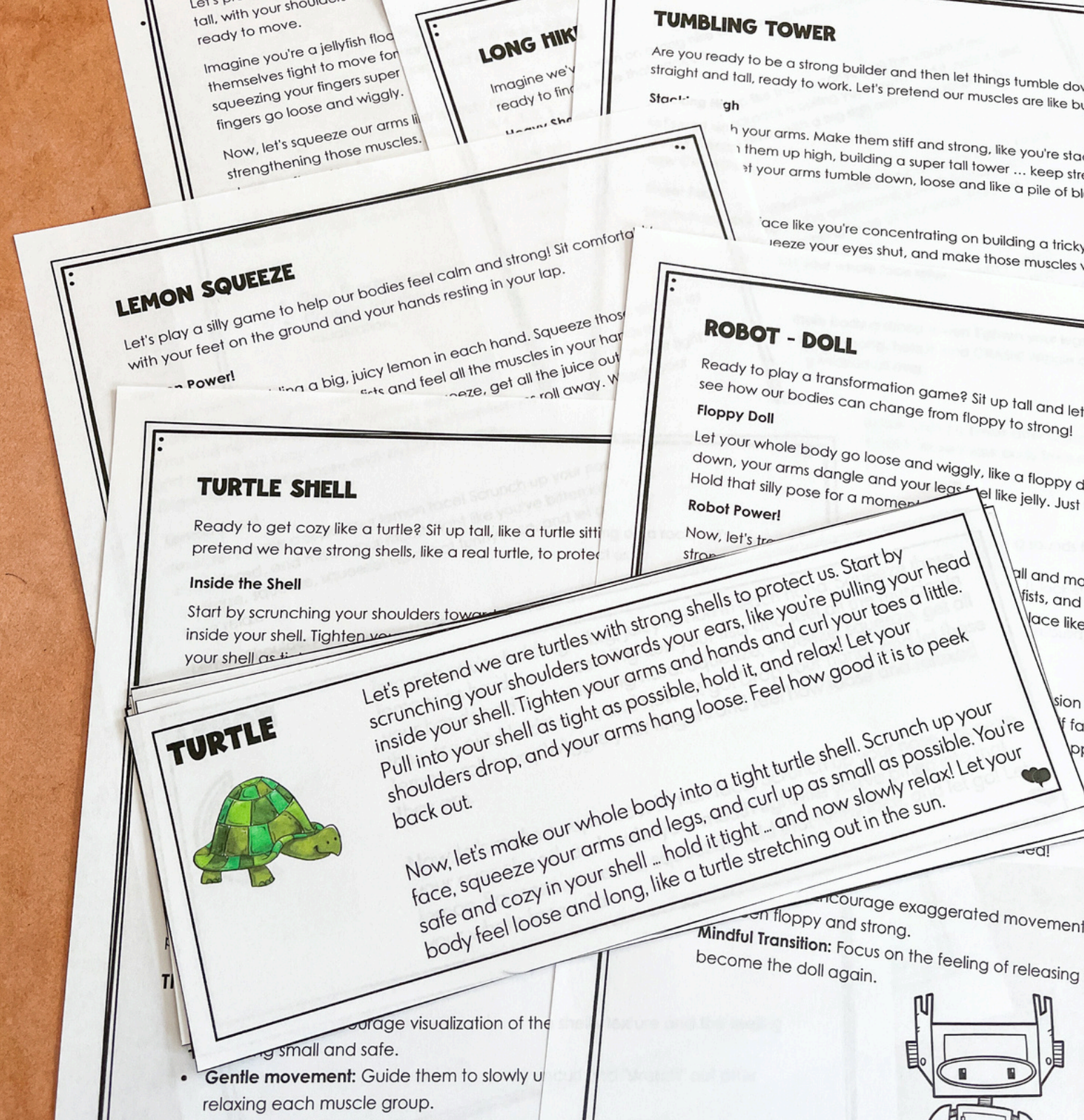
Turtle Shell

Tumbling Tower

End of a Long Hike

Robot and Doll

Jellyfish Breathing



Guided Imagery

Peaceful Boat Ride

Your Secret Garden

Wise Old Tree

Growing Flower

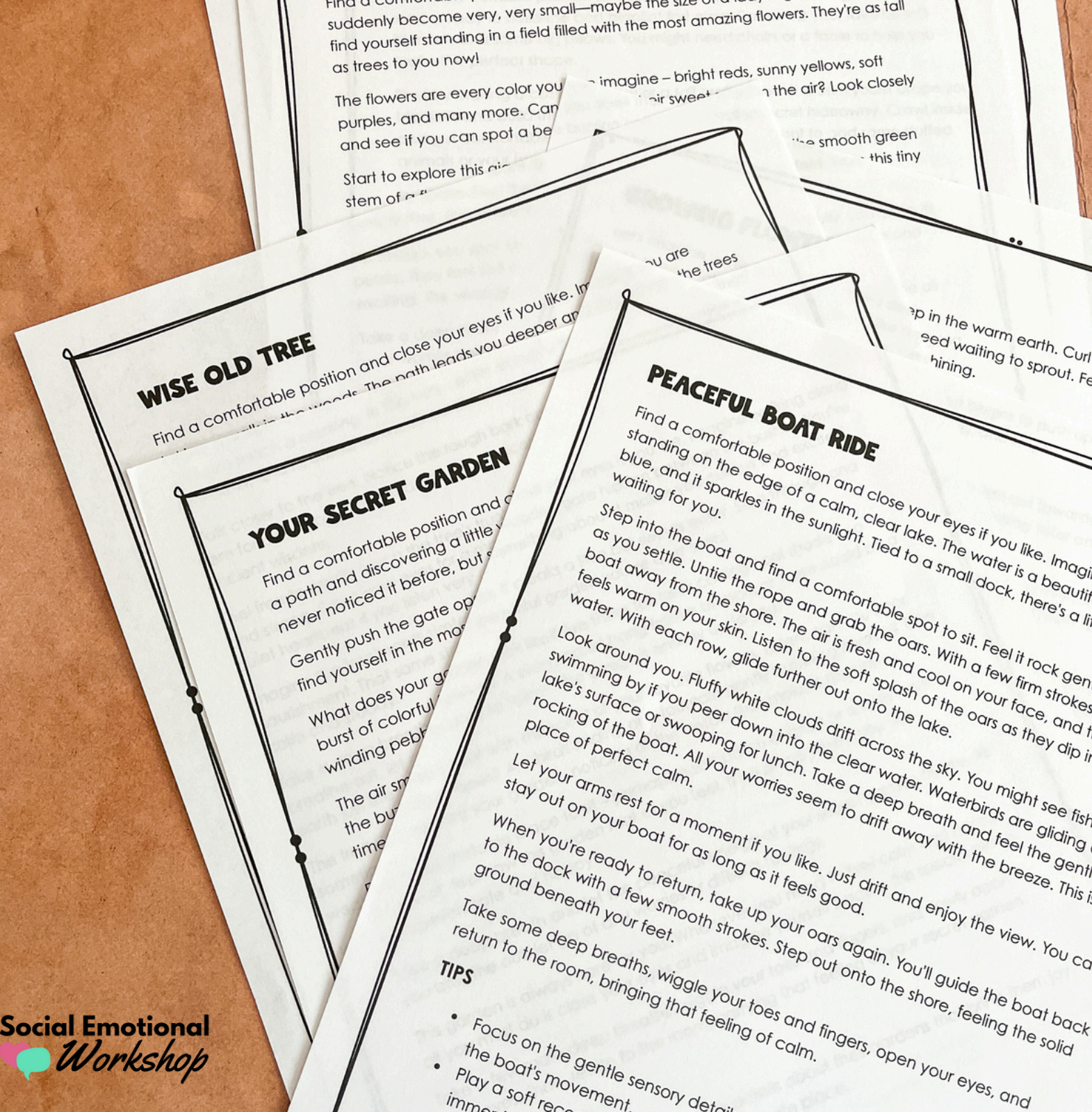
Field of Flowers

Blanket Fort

Fluffy Clouds

Enchanted Forest

Peaceful Beach



WISE OLD TREE

Find a comfortable position and close your eyes if you like. Imagine you are in a forest. The path leads you deeper and deeper into the woods.

YOUR SECRET GARDEN

Find a comfortable position and close your eyes if you like. Imagine you are standing on the edge of a calm, clear lake. The water is a beautiful blue, and it sparkles in the sunlight. Tied to a small dock, there's a little boat waiting for you.

Gently push the gate open and find yourself in the most beautiful garden you've ever seen.

What does your garden look like? Describe it to yourself.

The air smells so fresh and sweet. The sun is warm on your face, and the gentle breeze is blowing through the trees.

TIPS

- Focus on the gentle sensory details of the boat's movement.
- Play a soft recording of a boat on the water to immerse yourself in the scene.

PEACEFUL BOAT RIDE

Find a comfortable position and close your eyes if you like. Imagine you are standing on the edge of a calm, clear lake. The water is a beautiful blue, and it sparkles in the sunlight. Tied to a small dock, there's a little boat waiting for you.

Step into the boat and find a comfortable spot to sit. Feel it rock gently as you settle. Untie the rope and grab the oars. With a few firm strokes, the boat glides away from the shore. The air is fresh and cool on your face, and the water feels warm on your skin. Listen to the soft splash of the oars as they dip in the water. With each row, glide further out onto the lake.

Look around you. Fluffy white clouds drift across the sky. You might see fish swimming by if you peer down into the clear water. Waterbirds are gliding across the lake's surface or swooping for lunch. Take a deep breath and feel the gentle rocking of the boat. All your worries seem to drift away with the breeze. This is your place of perfect calm.

Let your arms rest for a moment if you like. Just drift and enjoy the view. You can stay out on your boat for as long as it feels good.

When you're ready to return, take up your oars again. You'll guide the boat back to the dock with a few smooth strokes. Step out onto the shore, feeling the solid ground beneath your feet.

Take some deep breaths, wiggle your toes and fingers, open your eyes, and return to the room, bringing that feeling of calm.

Anchors

Body Scan

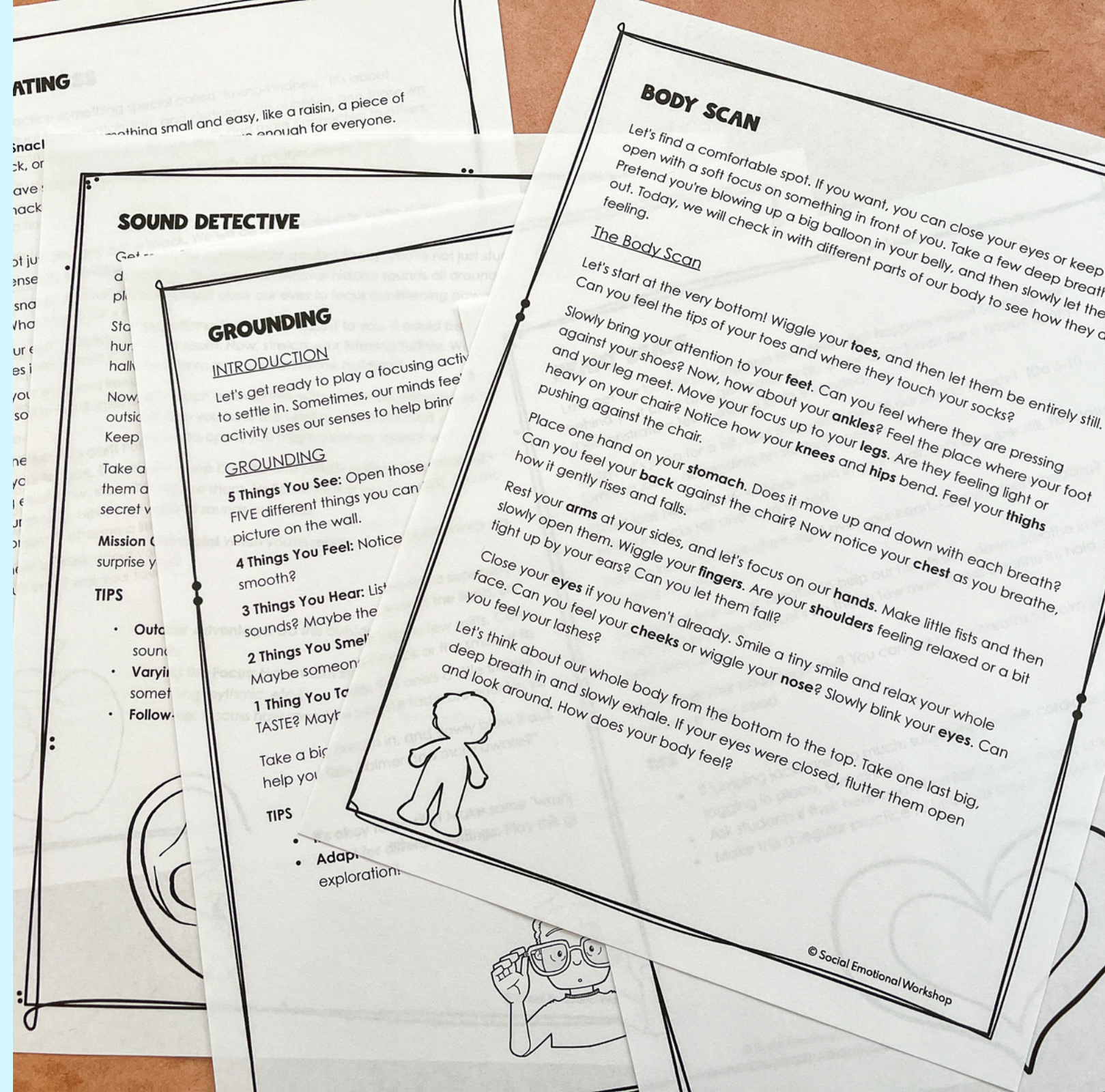
Heart Beats

Grounding

Sound Detective

Mindful Eating

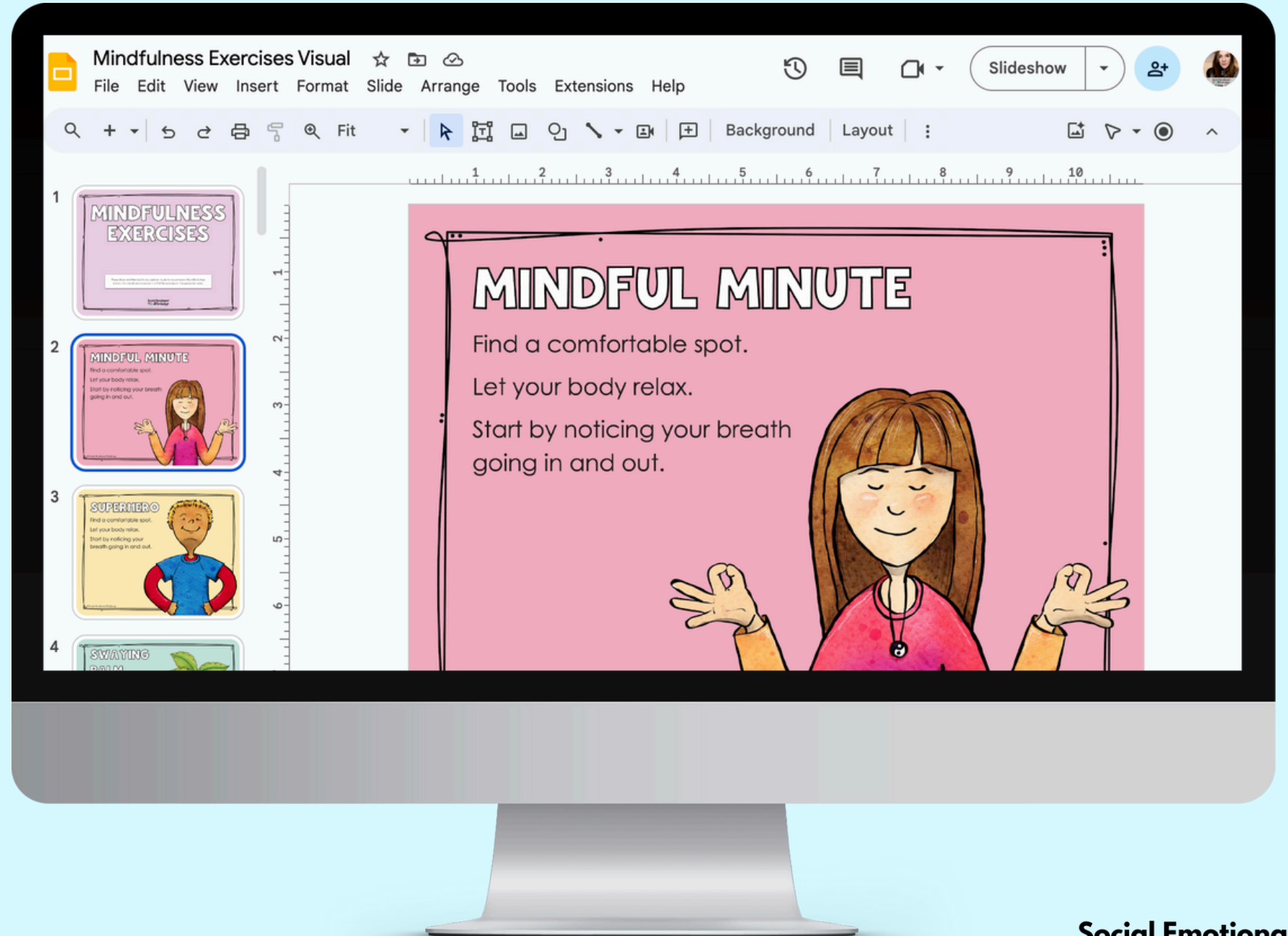
Sending Kindness



Google Slides

Display slide as a visual to help focus students

Script is included in the presenter notes on each slide.



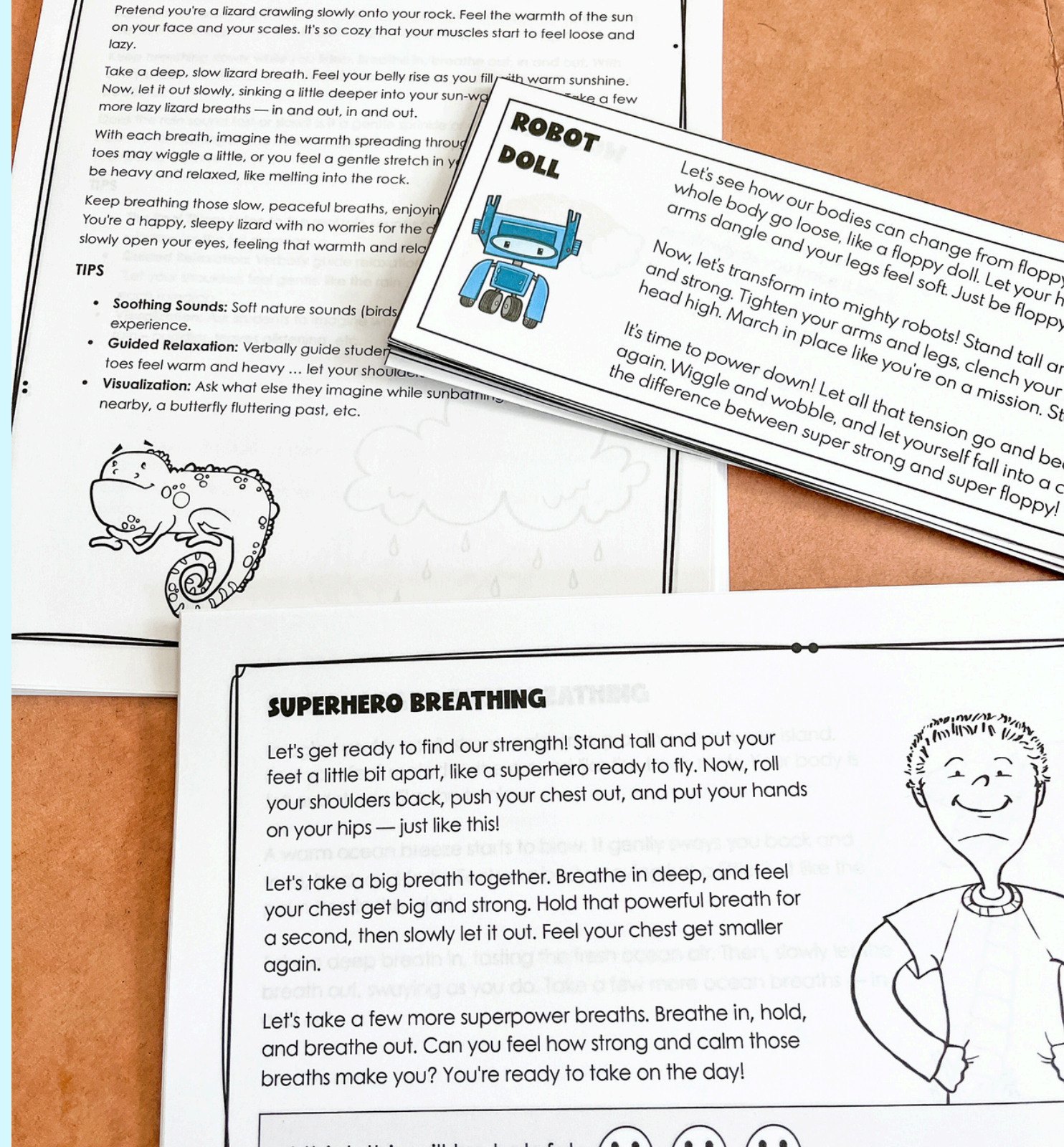
Details

Color and BW

Use Slides for display

Whole Class, Small Groups,
or Individual Students

2nd - 8th grade



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.

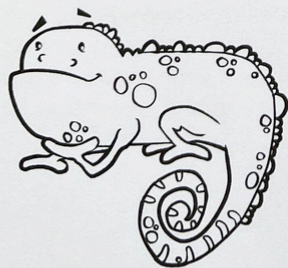
With each breath, imagine the warmth spreading through your whole body. Your toes may wiggle a little, or you feel a gentle stretch in your arms. Let your body be heavy and relaxed, like melting into the rock.

TIPS

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

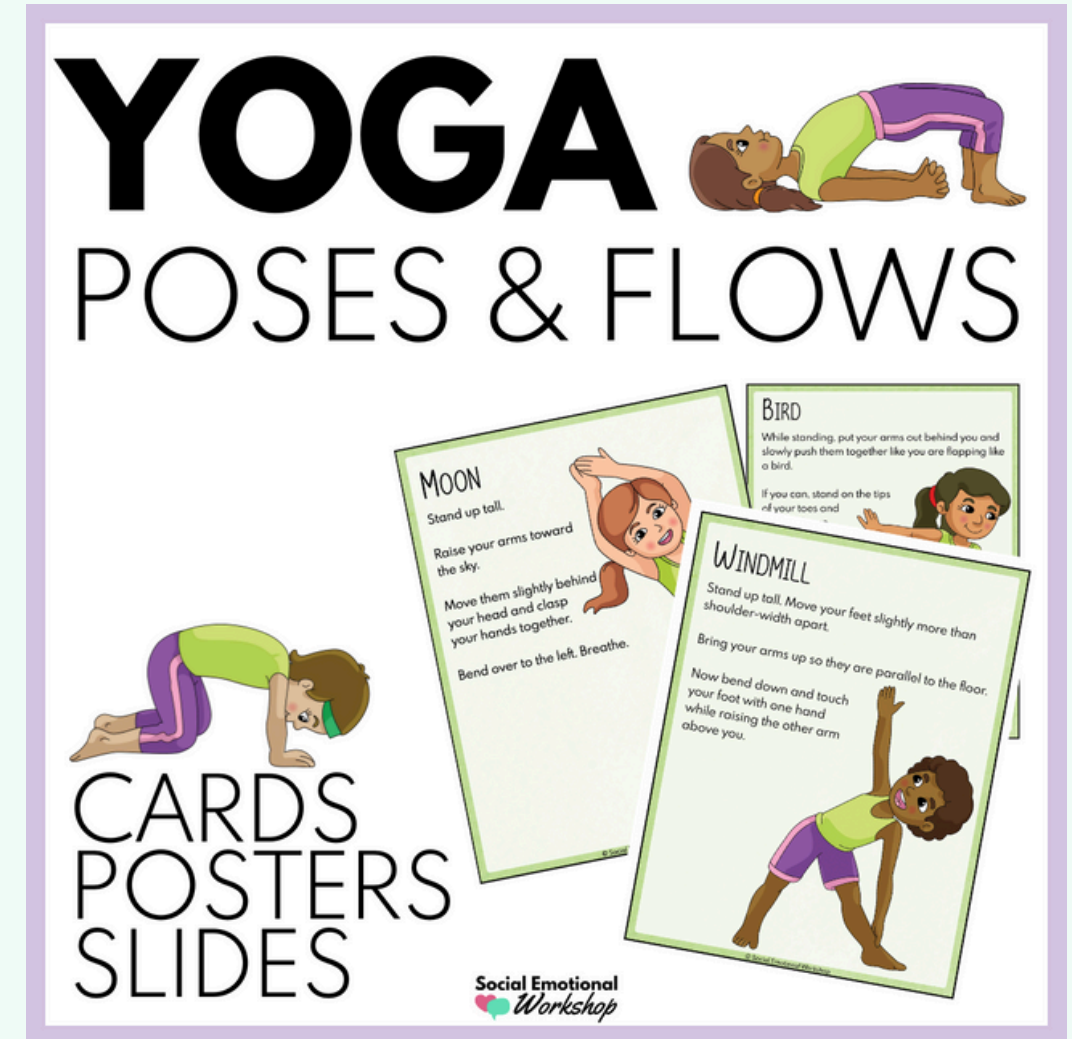
Foster a sense of kindness towards themselves and others.



YOU MIGHT LIKE

SPRING MINDFULNESS

YOGA CARDS & POSES



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 [my blog](#) for more ideas and [subscribe](#) for exclusive resources!

contact: support@socialemotionalworkshop.com



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