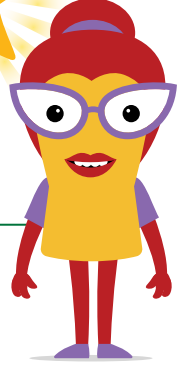




Mindful Minutes

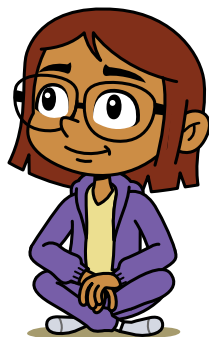


Pre-K – 5th grade



Mindful Movement

Think about the last time you danced, jumped, wiggled your body, and acted silly. Focus on the way your body was moving. We're going to move around the room just like that. As you move or wiggle around, focus on how your body feels.



Stretching

Take a moment to feel tall. Stand or stretch and try to touch the sky. Stretch your arms as high as you can, as calmly as possible. Try to feel the sky as you stretch. How do you feel right now? Enjoy your stretch and think about how you feel right this minute.



Belly Breathing

Place your hands on your belly. Take one big breath in and one big breath out. Focus on how your belly feels as you do this. Do this for the next minute.

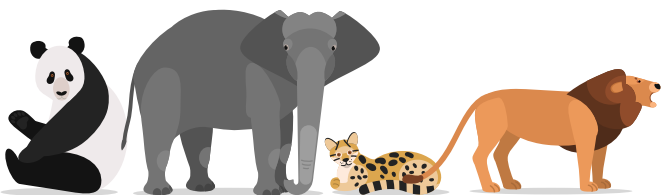
Butterfly Breath

Spread your arms like a beautiful butterfly. Let your arms move like a butterfly as you breathe in. Imagine yourself flying in the air like a butterfly. Enjoy the movement. Breathe out.



Courage Breath

Think of an animal that has a lot of courage. Touch your fingers and think about what makes this animal courageous to you. Breathe in. Picture yourself like that animal. Breathe out.



Courage and Joy

Breathe in – think about courage and joy. Hold – when was the last time you were courageous? Breathe out. Breathe in – think about joy, when were you last happy? Breathe out.

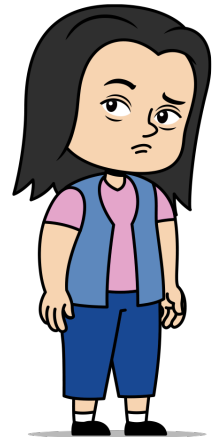


Happiness

Take a deep breath. Be still and try to quiet your mind for one minute. If you'd like, you can keep your eyes closed during this activity. Just focus your brain on thinking about what I am saying. I want you to think about when you were with your family or friends. Think about a time when you felt happy to be with people that you loved, and that loved you. What were you doing? Where were you?

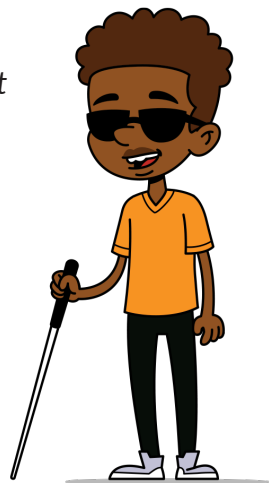
Anger

If you are comfortable doing so, you can close your eyes for this exercise. Inhale. Think about the last time you were upset with someone. Why were you upset? Think about how you felt and what you could have done differently. Exhale.



Feeling

Breathe in. Ask yourself, "What am I feeling today?" Focus on what you feel. Breathe out.



I Notice

Notice how you feel. How does the inside of your body feel? How do you feel outside of your body? I feel _____. Gently inhale and exhale—breathe in through your nose and out through your mouth. Be still for a moment.

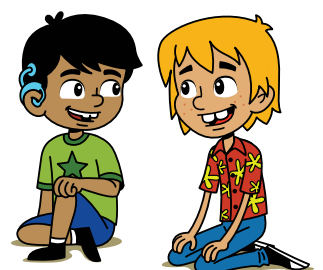


Thankful

If you are comfortable doing so, close your eyes. Put your hands in front of you. Touch each finger on your hand. Now, take a deep breath in. As you touch each finger this time, think of one thing you are thankful for. Take deep breaths in and out as you think of the things for which you are thankful. Breathe in and out as you are thinking of the things that you are thankful for.

May They Be

Think about a person who may be struggling right now. Imagine this person and repeat to yourself, "May ___ be happy, safe, and loved."





Who Is Your Anchor?

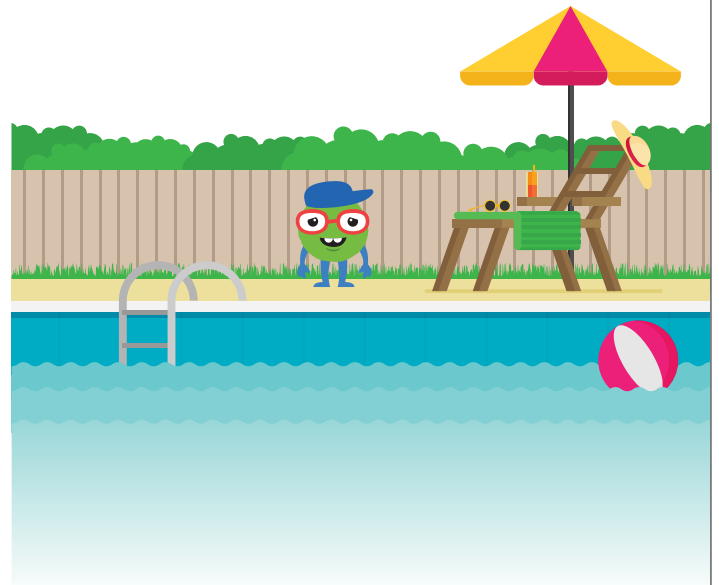
An anchor is very heavy and prevents an object, like a boat, from drifting away. Now, let's think about someone in your life. Think about someone who helps you stay safe and secure, who is like an anchor, keeps you safe, and doesn't let you float away. This person is like a superhero in your life:

- They're with you when things get tough, like when it's stormy and windy.
- They make sure you don't go in the wrong direction.
- They're strong and reliable, like a big, sturdy tree.

Imagine this special person when you take a big breath in and out. When you're worried or don't know what to do, think of them as your superhero anchor.

Feel The Water or The Breeze

If you are comfortable doing so, close your eyes and take a deep breath. Imagine you are by the pool. Imagine going into or sitting by the pool, feeling the breeze. Think about how it feels when the water touches your body for the first time. Think about what a fresh, sudden breeze feels like on your face. If you want, imagine you begin to swim. Let yourself swim peacefully in the water. Think about how it feels to have the water flow over your body as you swim. Take one last deep breath in and out.



Upstander Breath

Listen closely to the definition of an Upstander.

- Someone who speaks up and acts when they see or hear that others are upset or having a tough time.

Now, take one deep breath in. Imagine yourself as an Upstander. Imagine you stepping in to help someone who is being bullied. Slowly, let go. How did it feel to imagine yourself as an Upstander?

Attitude of Gratitude

Open your journal or take out a piece of paper. Draw a heart. In your heart, write or draw one thing you are grateful for today.



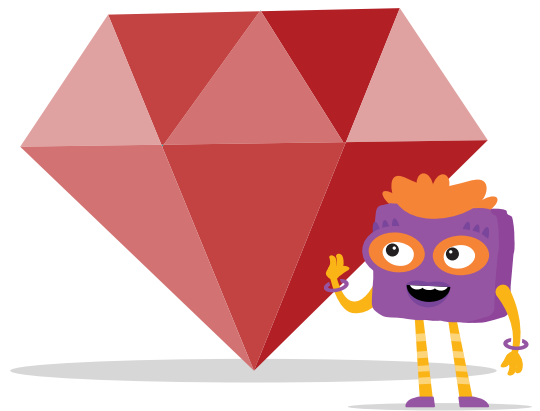


Holding Things In

Move your shoulders in a circle five times to the front and then five times to the back. Turn your head in a circle five times to the right and then five times to the left. Take five big breaths in, and when you breathe out, make a sighing sound. Think about the last time you held a secret. Now think about the last time you didn't tell someone about something that worried you. Now think about how your mind felt when you didn't tell anyone these things. Did it make your mind feel heavy? Did your body feel tense? Sometimes, holding things in can make your body feel heavy and tight. And tense like that. When this happens, you can relax your neck and take deep breaths to make your mind and body feel better. Doing this will prepare your mind to seek a Trusted Adult if you need help.

Ruby

I will count to five; as I count, take a big breath in. When I get to five, you will exhale that big breath out through your nose. Ready? 1, 2, 3, 4, 5. One more time. 1, 2, 3, 4, 5. Look closely at the photo of the ruby I am sharing. What do you notice about rubies? In your mind, notice things like its shape, size, or color. A ruby has been seen as a symbol of love and protection for many years. If you are comfortable doing so, you can close your eyes for the next part of this mindful minute. Imagine yourself holding a ruby. As you hold the ruby, we will say the following together "I am loving and protecting."



Gratitude Jar

Draw a photo of a jar. This will be your Gratitude Jar. Write or draw one thing you are grateful for today. Revisit and add to the Gratitude Jar daily or weekly. If you are having a down day, reflect on the notes in this Gratitude Jar and remind yourself of everything that makes your life so wonderful.



Comfort Friend

Provide crafting supplies: popsicle sticks, cotton balls, fuzzy sticks, stickers, crayons, plastic forks/spoons, yarn, tape, glue, Play-Doh, etc.

Think about the kind of friend or person you like to spend time with. Create your friend with the materials in front of you. When you are done, hold onto them in your hand. Hold them near your heart. Take them with you when you need comfort.

Neighbors

If you are comfortable doing so, close your eyes for today's mindful minute. As I am talking, take deep breaths in. If you would like, place your hand on your stomach and pay close attention to how your stomach moves as you breathe in and out. Think about the word neighbor. When you hear neighbor, you might think of the person that lives next door to you. When you live next to someone, you want to be a good neighbor as you will often be around them daily. Today, I want to challenge you to think of neighbors as more than those who live next to you. I want you to imagine everyone in our classroom as your neighbor. Think about the qualities your classroom neighbors have. Think about how you can be a good neighbor to your classmates, family, or friends. As you breathe out one last time, think about how to be a good neighbor to everyone today.



Tapping



Tell participants that today they are going to practice a tapping exercise to help connect with different parts of their minds and bodies and bring positivity into it.

Let's pretend we are slowly typing on a computer using only the 3 middle fingers of our hands (model the movement). This is the way you are going to tap into different areas of your body. Let's start by softly tapping our foreheads. As we do that, try thinking about something positive you've thought about recently. It could be a good idea you've had or a good song that's been stuck in your head. It can also be something nice you have thought about yourself or someone else lately. We now slowly move our tapping to under our eyes (cheekbones) and as we tap, we are now thinking about something positive we have seen lately. Something that made us

happy, or that looked cool, or it could be something we look forward to seeing. We move down into our chin right under our mouth and now we are thinking about something positive we have said recently or something we would like someone to say to us. You can try thinking about kind words you are going to try using today.

We keep tapping and now we are softly tapping on our chest close to our hearts, and we are thinking about a good feeling we've had lately. Or if negative feelings are going on, we will think about new positive feelings we want to feel instead. For example, if you have felt sad, or anxious, we are going to think about peace, happiness, and calmness. Lastly, we will softly tap our knees and think about somewhere we want to go this week, or it can be this year. Think about a place you like to go to, with family or friends, because you feel good and safe there. We are going to finish by taking a deep breath and hugging ourselves as a way to continue this day in gratitude and positivity.

I Love Me



Sit comfortably and if you are comfortable doing so, you may close your eyes. We're going to take 3 deep breaths. Breathe in and sigh it out. Focus on how your body feels as you take these deep breaths. Touch your heart. Think to yourself, "I am kind, I am loved, I am fun." Continue breathing in and out. Now, imagine yourself shining bright like a star. Your light brings happiness to others. Let's end today's mindful minute by saying "I love me" and giving ourselves a big hug.



Questions about our programs?

Contact: programs@sandyhookpromise.org

Connect with us on social:

 @sandyhookpromise

 @sandyhookpromise

 @sandyhook

#StartWithHello, #StartWithHelloWeek,
#SaySomethingWeek, and/or #SandyHookPromise