

Stretching to Learn & Grow

Mindfulness Activities for Children & Families



Sponsored by

JFS of Metrowest

Nourishing Teachers/
Strengthening Classrooms
Project of Open Spirit

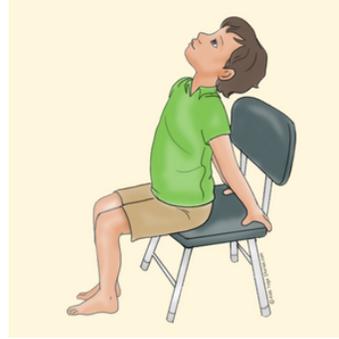


Be Positive Yoga

Yoga can make you feel good and have a positive mindset. You can even do yoga from a chair. Practice these yoga poses during your day and repeat these phrases to yourself. You will be surprised how amazing you will feel!



I am hard-working.



I am focused.



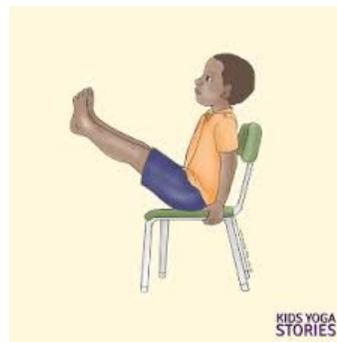
I am creative.



I am strong.



I am unique.



I am learning.

Shape Breathing

Taking slow, deep breaths can help you calm down, focus and feel better. To help you practice deep breathing, try shape breathing. Use your finger to trace the shape and breath in and out with each move around the shape.

TRIANGLE BREATHING

Start at the bottom left of the triangle.

Breathe in for three counts as you trace the first side of the triangle.

Hold your breath for three counts as you trace the second side of the triangle.

Breathe out for three counts as you trace the final side of the triangle. You have just completed one deep breath.



SQUARE BREATHING

Start at the bottom right of the square.

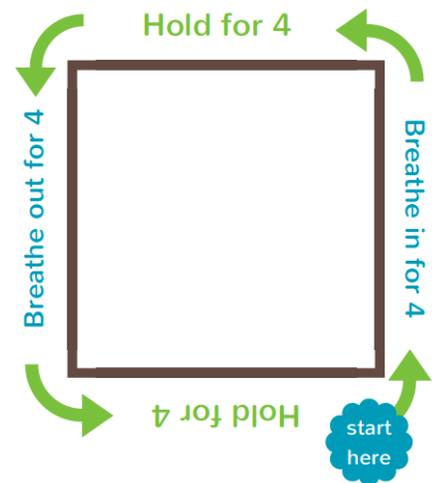
Breathe in for four counts as you trace the first side of the square.

Hold your breath for four counts as you trace the second side of the square.

Breathe out for four counts as you trace the third side of the square.

Hold your breath for four counts as you trace the final side of the square.

You just completed one deep breath!



STAR BREATHING

Start at any "Breathe In" side on the star.

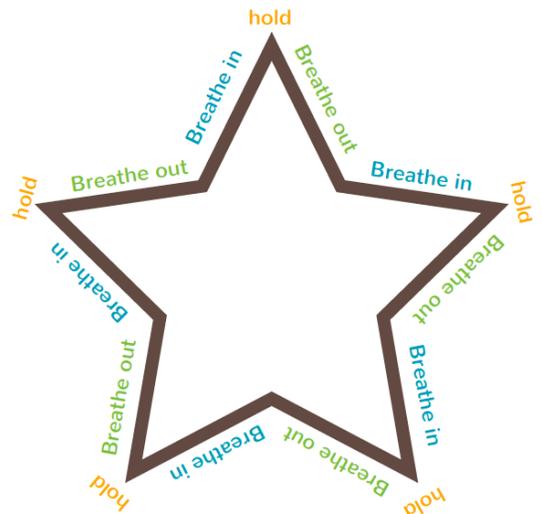
Trace your finger over the "breathe in" side of the point.

Hold your breath when your finger gets to the tip of the point.

Breathe out as you trace your finger over the other side of the point.

Keep going until you reach where you started.

When you trace the whole star, you will have completed 5 deep breaths.



Color and cut these out. You can turn them into bracelets with a piece of tape or use them as a bookmark to remind yourself each day how great you are!



I believe in my dreams.



I can learn from my mistakes.



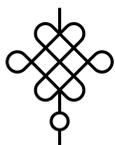
I can choose MY attitude.



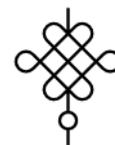
I am LOVED.



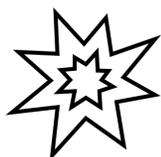
I CAN do hard things.



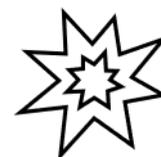
It is ok to make mistakes.



I am PROUD of myself.



I DON'T give up!



My Happy Jar



Sometime when you are feeling sad it helps to look back and remember things that you are grateful for or that made you happy. One great way to do that is to create your own Happy Jar!

Each day, write down on a scrap of paper one thing that made you happy or that made you feel grateful. Fold your paper and put it in the box. That's it! When you are feeling sad, take out and read what you wrote down and you can remember all the good things that make you happy and/or grateful.

To create your own Happy Jar :

- **Find a clean plastic jar.** Peanut butter or mayonnaise jars work well but you can use something larger if you have it. Plastic is best because it won't break. Don't have a jar? That's ok, you can use an empty box.
- **Decorate!** You can decorate your jar with almost anything you have. Cut out and glue pictures, stickers, glitter, yarn, tissue paper, photos... Have fun and just make it your own special jar.
- **Don't forget the lid.** You can label the lid with your name or even give your jar a special name.
- **Make the slips of paper.** Cut out blank strips of paper to write your happy or grateful things on. A strip from a small notebook also works well. Just make sure that when folded they will fit inside your jar. Some sample strips are at the bottom of this page.
- **Kick it off.** Write down something that makes you happy or grateful and place it in the jar. Soon your jar will begin filling up.
- **Add something each day.** It helps to pick a time each day to remember to write down what made you happy or grateful. Bedtime is a great time to do this, but you can choose what time works best for you. If you had a bad day, you can always read through some of your slips.

Today I am happy for _____

Today I am grateful for _____

Today I am happy for _____

Today I am grateful for _____

