

Mindfulness Activity Card

Ring a bell, a wind chime, or anything else that creates a long trailing sound. Ask each child to listen, and silently raise their hand when they can no longer hear the sound.

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**Quietly, to yourself, name three things in nature for which you are grateful. As you recall these things, send them a thank you, For example:
Thank you, trees.
Thank you, rain.
Thank you, lady bugs.**

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Laying down on your back, place a small object (like a book, stuffed animals, or pebble) on your belly. As you breathe in and out slowly and deeply, observe the object rise and fall.

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With eyes closed, imagine smelling a beautiful flower. Breathing in slowly, fill your body with freshness. Breathing out slowly, notice how your body feels.