

Health Announcements K-5 2018

December – Mindfulness



- Did you know that practicing mindfulness is easy? When you wake up in the morning, go outside and take a deep breath of fresh air. Smell the fresh air and feel the cool air on your cheeks. Imagine your mind floating in the clouds. Try catching snowflakes with your tongue.
- You can practice mindfulness tonight by finding a quiet space at home and practicing “sitting like a frog.” Watch your tummy rise and fall while you breathe. You can do it with your eyes open or closed, what ever feels more comfortable.
- Did you know that taking slow deep breathes during the day helps you learn at school and makes your tummy feel relaxed? Try deep breathing before school, homework, or at bedtime. Pretend you are slowly blowing bubbles!
- Do you ever have trouble falling asleep at bedtime? Try taking deep breaths, in through your nose and out your mouth, while watching your belly rise and fall. This takes a lot of practice, so don't give up and give it a few tries!
- Doing yoga is a great way to practice mindfulness. Try yoga before bedtime. Did you know that practicing yoga will help quiet your mind to help you get a better sleep?