

Bee Meadow Mindfulness

June 2021

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>1 Blow bubbles! Take a deep, slow breath, and exhale steadily to fill the bubble. Pay attention to the bubbles as they form, detach, and pop or float away. https://family.gonoodle.com/activities/bubble-breath</p>	<p>2 Close your eyes and think of something that makes you feel happy. As you think of this, form your lips into a big smile. Notice the way your smile feels.</p>	<p>3 Stretch your body. Pay attention to the movement of your body and your breathing. https://family.gonoodle.com/activities/whirlring-happiness</p>	<p>4 Notice your body and sensations you feel during this breathing activity. It is okay if you don't notice anything at all. But try! 15/21 Days of Mindfulness Bootcamp - 5 Minutes Bodyscan Meditation for Families and classrooms</p>
<p>7 Close your eyes and think of someone or something you are grateful for. https://family.gonoodle.com/activities/grow-gratitude</p>	<p>8 Take 5 Breathing: Hold out your hand like a star. Use your other pointer finger to trace up and down your fingers. Breathe in as you go up and out as you do down. https://www.tes.com/lessons/nMng2bJ8F0q9dQ/mindfulness-breathing</p>	<p>9 Close your eyes and spend one minute thinking about the happiest day of your life. Try to remember as much about that day as you can.</p>	<p>10 Think of a time you were feeling frustrated. How did you react? Try this to help your body relax and manage frustration. https://family.gonoodle.com/activities/manage-frustration</p>	<p>11 Take a walk and try to notice 3 things you've never noticed before.</p>
<p>14 Yoga time! Find a space, grab a yoga mat, or blanket, or any soft cushion and get ready to do 7 minutes of yoga. Click on the link below! Yoga for Kids!</p>	<p>15 Do this activity outside or inside. Select a small area to be able to walk in a line for about 5 or 6 steps. Begin with three deep breaths. Take 5 or 6 steps in one direction. Turn slowly, and then take 5 or 6 steps back to where you started. Try not to change the way you walk, but instead notice how your body naturally moves.</p>	<p>16 For 10 minutes draw a picture of your favorite memory from this month. Just draw. Clear your mind, and pay attention to your breathing</p>	<p>17 If it is a nice day, take a <i>silent</i> walk outside. Notice 5 things you see, hear, and smell. Walk inside if it's raining.</p>	<p>18 Let's try mindful eating. What does your food feel like? Smell like? Feel like? Now take a bite but chew very slowly. Notice your mouth moving up and down. Can you feel the food against your tongue and between your teeth? What does it taste like?</p>
<p>21 Take time today to color a picture with a parent, guardian, sibling or friend. Just focus on coloring and relaxing!</p>	<p>22 Think of 5 people that you'd like to send kind wishes to. Make a card, send a text, make a call or send an email to those 5 people.</p>	<p>23 If it's a nice day, lay down and look up at the sky. See how many different shapes or objects you can find in the clouds.</p>	<p>24 Take turns with a parent, guardian, sibling, or friend to name 5 different things you are grateful for and why.</p>	

Bee Meadow School Counselor, Kristen Dakak Contact info: kristen.daka@hanovertwpschools.org I can be reached M - F (9 am - 3 pm) with immediate responses from 9:30 - 10:30 am daily, feel free to contact me with any questions.

"Wherever you are, be there totally" ~ Echart Tolle