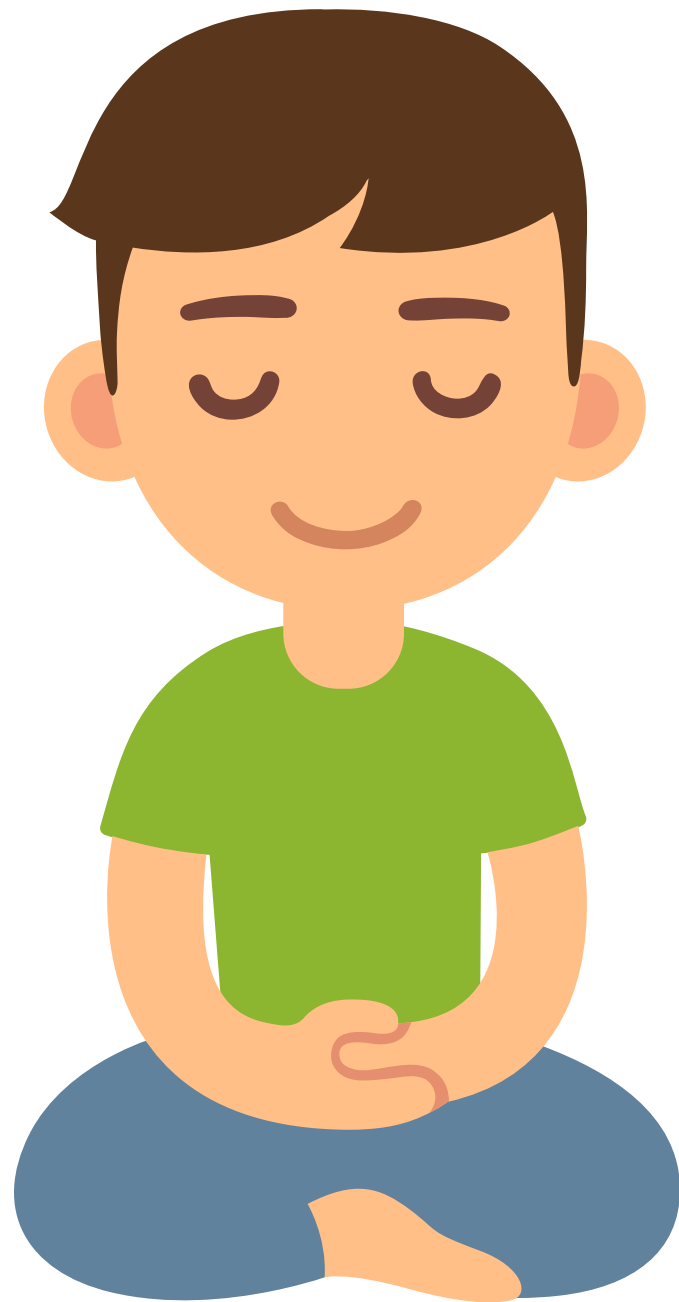


# Mindful Minute



**Close your eyes.**

**Focus on breathing.**

**Notice what is  
around you.**

**Grades K-5**



# Mindfulness (or Self-Awareness)



**Paying full attention.**

**Slowing down to  
notice what you're  
doing.**

**Focused and relaxed.**

**Grades K-5**



# Better Breathing

Take a deep breath in, so deep your belly pokes out.

Count to 4 as you breathe in slowly and deeply.

Count to 4 again as you exhale slowly and quietly.



Grades K-5



# Muscle Relaxation



**Start at your head and work down to your feet.**

**Squeeze each muscle tight and hold that position.**

**Relax the muscle.**

**Grades K-5**



# Respectful Listening



**Make eye contact.**

**Be quiet while  
the other person  
speaks.**

**Think about what  
is being said.**

**Grades K-5**



# Teamwork



Teamwork  
means that we  
work together to  
achieve a goal.

Grades K-5



# Respect

**Respect means that you are kind enough to think about others' feelings before you act.**

**Grades K-2**



# Respect

**Respect means that you are kind enough to consider other people's feelings, wishes, rights, or traditions before you act.**

**Grades 3-5**

