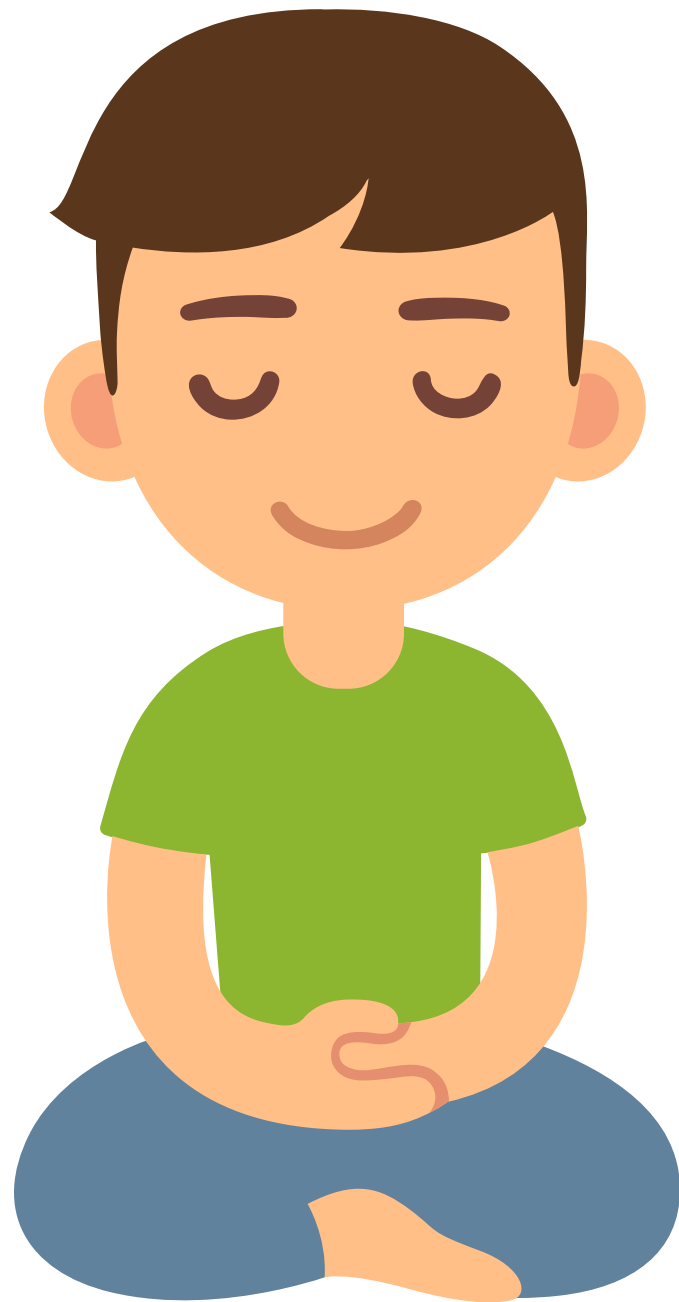


Mindful Minute



Close your eyes.

Focus on breathing.

**Notice what is
around you.**

Grades K-5



Deep 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

