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 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.
Respect

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

Grades 3-5