

# Mindful Minute Menu

Mind & Body Activities	
<b>4-7-8 Breathing</b>	<p>"Sit up straight with your hands at your sides and feet on the floor. Place the tip of your tongue on the roof of your mouth so it's touching the inside of your front teeth and try to keep it there for the entire exercise.</p> <p>Close your mouth and inhale through your nose while mentally counting to 4. <i>Demo by counting to four with your fingers.</i> Hold your breath for a count of seven. Now, slowly let all the air out, making a whooshing sound as you exhale for a count of eight."</p> <p><i>Repeat same cycle three more times.</i></p>
<b>Belly Breathing Affirmations</b>	<p><i>Have your student write down 2-3 things they would like to be or to believe about themselves. For example, "I am smart," or "I am kind," or "I am good at math," etc.</i></p> <p>"Sit up straight with your hands at your sides and feet on the floor. Close your eyes, and put your hand on your tummy (diaphragm) right below your belly button. Take a big, slow breath through your nose, and slowly fill your tummy with so much air that your belly button sticks way out and you feel your hand move forward. Slowly, let all the air out through your mouth and feel your tummy deflate as your hand and belly button move back towards your spine. Good job! Now, while you take a big, slow breath through your nose, think, 'I am...'. And as you slowly exhale, finish the statement with one of the things you wrote down. Great! Keep going!"</p> <p><i>Continue the exercise until your student has repeated each affirmation 3-5 times.</i></p>
<b>Stretch It Out</b>	<p>"Stretches are a great way to relieve muscle tension that stress can cause!"</p> <ol style="list-style-type: none"> <li><b>Seated Twist:</b> "Sit up straight in your chair. Place your right hand on outside of your left knee. Grip the back of your chair with your right hand to use as leverage to twist to the left. Exhale as you move into your twist, and then inhale as you ease back." <i>Repeat on the other side. Repeat each side 2-3 times.</i></li> <li><b>Shoulder Opener:</b> "Sit up straight in your chair. Clasp your hands behind your back, opening your chest and shoulders. Inhale and exhale several times, noticing that when you inhale your stretch increases." <i>Hold stretch for at least 15 seconds. Repeat 2-3 times.</i></li> <li><b>Overhead Stretch:</b> "Sit up straight in your chair. Raise your arms above your head, interlock your fingers, and push upward. Take deep belly breaths in and out while you stretch." <i>Hold stretch for at least 15 second.</i></li> </ol>
<b>Wind Up, Wind Down</b>	<p>"Wind up your toes as tightly as you can... Hold them even tighter for two seconds... Now wind down by quickly releasing them."</p> <p><i>Repeat for feet, calves, thighs, belly button, and shoulders.</i></p> <p>"Now, wind up your entire face... Hold for two seconds... Now wind down. Finally, wind up your entire body... Hold for two seconds... Now wind down."</p> <p><i>Take a belly breath to finish.</i></p>

Self-Reflection Activities	
<b>Attitude of Gratitude*</b>	<p>"Thinking about what you're thankful for is a great way to turn a frown upside down! People who express their gratitude frequently tend to have stronger friendships and feel both more satisfied and less stressed in life. Take a couple minutes to write down some things that you're grateful for." <i>Record on activity page.</i></p> <p><i>Review some of the items and ask your student about the feelings they generate.</i></p>
<b>My Positive Choices*</b>	<p>"No matter how you're feeling about yourself or what anyone else might think, there are always choices that you are making that are worthy of recognition. Sometimes, just getting out of bed and getting to school on time is an accomplishment! Let's brainstorm some positive choices that you've made recently!" <i>Record on activity page.</i></p>
<b>Shift Your Thinking*</b>	<p>"Take a moment and think about the way you normally look at the world. When you look at things from a positive perspective, you are being optimistic, and when you look at things from the negative side, you are being pessimistic.</p> <p>Think about a glass of water that is filled to the half-way mark. Would you say it's half-empty or half-full? Either way you're right, but it's <i>how</i> you look at things that makes the difference between whether you feel content or dissatisfied. Those that see the glass half-full would be optimists—they see the positive side. People like to be around optimists! They usually have more friends, are happier in life, and handle stress better.</p> <p>The good news is you can always change your way of thinking to be more optimistic! Here's how: Start by writing down three negative things that you either don't like about yourself or about what's happening in your life right now. <i>Record on activity page.</i></p> <p>Now, let's look at the first one. What's a more positive way you could look at that instead?"</p> <p><i>Continue finding ways to positively frame each of your student's three thoughts.</i></p>

Creative Thinking Activities	
<b>The Brainstorm Game*</b>	<p>"Write down all of the things you can do with a _____ (<i>given object</i>). Be as crazy and creative as you want. You have two minutes, and I'll race you—the person with the most ideas, wins!" <i>Record on activity page.</i></p> <p><i>After your student has done this Mindful Minute three times, brainstorm solutions to a real-life problem and discuss.</i></p>
<b>Connections Map*</b>	<p>"It's easy to forget how many people have an impact on our lives every day. Make a Connections Map by drawing lines connecting yourself to everyone you can think of that you have a relationship with: family, friends, teachers, teammates, etc." <i>Record on activity page.</i></p>
<b>Noodle Doodles</b>	<p>"Did you know that just doodling can help you relax? You'll have about two minutes to doodle whatever you feel like." <i>If your student can't think of anything to doodle, you can give them a drawing prompt. You might also let them choose a prompt for you both to draw.</i></p>

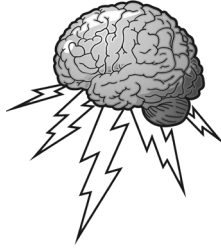
\* Mindful Minutes with an asterisk have accompanying activity pages.

*Gratitude*  
is not only  
the greatest of virtues,  
but the parent of all the others.  
- Cicero

## Attitude of Gratitude

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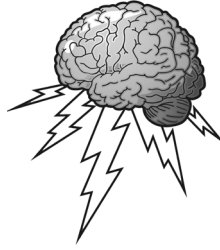
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# The Brainstorm Game

## Uses for a Trash Can

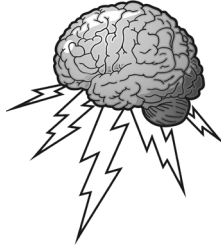
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# The Brainstorm Game

## Uses for a Toothbrush

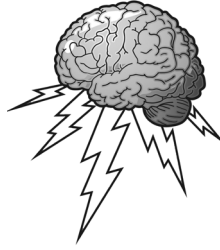
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# **The Brainstorm Game**

## **Uses for a Ball of String**

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## The Brainstorm Game

**My Dilemma:** \_\_\_\_\_

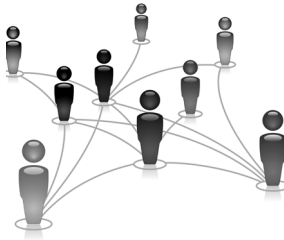
### Solutions

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**My Dilemma:** \_\_\_\_\_

### Solutions

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## Connections Map

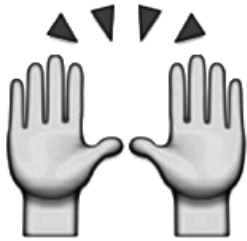
**FRIENDS**

**FAMILY**



**CLASSMATES  
& TEAMMATES**

**TEACHERS  
& COACHES**



## My Positive Choices

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## Shift Your Thinking

**Negative:**

**Positive:**

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