

## Mindfulness Pebbles

Practicing mindfulness is as simple as selecting a pebble! Each pebble below represents a different mindfulness activity to help you and your students feel calmer, focused and more grounded. For each activity, remember to breathe slowly and deeply.



### Box Breath

Follow my finger as I draw a box in the air. Take a slow breath in as I draw a line for the top of the box. Breathe out when I draw the next line. Breathe in as I draw the line across the bottom of the box. Breathe out as I draw the last line to finish the box.



### Butterfly

The butterfly pebble reminds us to inhale and exhale like a butterfly's wings. Sit in a butterfly pose with the soles of your feet together and knees apart to make your butterfly wings. As you move your legs up and down gently, breathe in deeply and breathe out completely. Soon you will feel peaceful like a butterfly.



### Candle Breath

Hold one finger in front of your mouth like a candle. Breathe in slowly. Breathe out to blow out the candle flame. Repeat three times, inhaling and exhaling to blow out the flame.



### Castle

Close your eyes. Imagine you are taking a magical trip to a beautiful castle. You walk slowly through a forest until you come to a clearing. Soon you see a giant castle made of stone with tall pillars and spires all around the top. Breathe in your courage and breathe out your fear as you walk towards the huge castle door. As you get closer, continue to breathe in your courage and breathe out your fear. When you finally knock on the door, the king and queen come to greet you. They are pleased to see you and invite you in. When you are ready, open your eyes.



### Dragon Breath

Imagine you are a fire-breathing dragon. Breathe in deeply through your nose and breathe out a long-whispered breath from the back of your throat to make an Ahhhhh sound out of your open mouth. Take two more dragon breaths.



### Garden

Close your eyes. Imagine walking in a beautiful garden filled with flowers. There are flowers of different shapes, sizes and colors. Imagine yellow, pink, red, orange, and blue. Find your favorite and breathe in the smell, deeply. Breathe out fully. Inhale through your nose to smell your flower. Exhale through your mouth. Repeat three times.



### Heart

While you hold the heart pebble, think of someone you love. Send that special person good thoughts and warm wishes from your heart. Now think of someone in our class and send that person good thoughts and warm wishes. Next, gently rub the pebble and think about someone who lives in your neighborhood. Send that person good thoughts too. Keep sending good thoughts all around the planet and to the whole universe!



### Hot Chocolate

Close your eyes and imagine you are holding a mug of hot chocolate. Can you feel it warming your hands? Breathe in slowly and smell your hot chocolate. Breathe the aroma all the way into your belly. Breathe out slowly. Breathe in the aroma fully and breathe out completely. Repeat three times.



### Ocean Breath

Close your eyes. Imagine your belly is like the ocean. Breathe in and let the waves gently rise. Breathe out and let the waves fall. Repeat three times, breathing in fully and breathing out deeply.



### Peace

Close your eyes, sit quietly, and repeat these words slowly after me:

- Peace before me ...
- Peace behind me ...
- Peace above me ...
- Peace below me ...
- Peace unto me ...
- Peace to all ....

Repeat three times. When you feel peaceful, open your eyes.



### Rainbow Relaxation

Close your eyes. Think of the colors of the rainbow. Breathe in the color green. Breathe out the color blue. Take long, slow breaths. Repeat three times.

Feel free to change the colors to match the seasons.



### Shark Fin

Place the tip of your thumb between your eyebrows and hold your fingers up straight to make a shark's fin. Close your eyes. Breathe in and out slowly. Repeat. Your shark is steady, focused, and relaxed.



### Super Hero

Feel strong like a super hero.

- Scrunch up your toes. Make the muscles in your legs tight and strong. Hold for five seconds and then relax. Breathe in and out.
- Now tighten your arms. Hold them tight for five seconds. Release and breathe in and out.
- Now push your belly out and hold it tight for five seconds. Release and breathe in and out.
- Scrunch up your face for five seconds. Release and breathe in and out using your whole body.



### Tree

Stand tall and imagine you are a tree rooted firmly in the ground. Stand on one leg and lift the other leg so that the sole of your foot rests below your knee. Hold steady like a tree and breathe in and out three times. Place your palms together and hold at your heart. Changes legs and repeat.

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