

CREATE A MINDFUL CLASSROOM

Introduce kids to mindfulness practices with adorable and hilarious characters who make mindfulness simple.

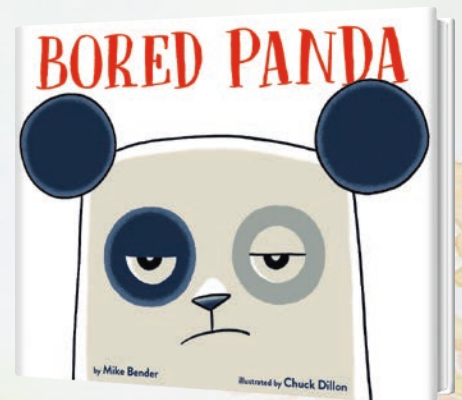
A FEW TIPS:

- Use these books to incorporate mindfulness exercises into your classroom routine and reference them often.
- Have mindfulness printables on hand in your classroom—in a place where students know they can grab one if they need to take a breath or a break.
- Teach students how to be self-helpful when they're calm, before a crisis, so they know what to do when they are anxious, bored, or upset.

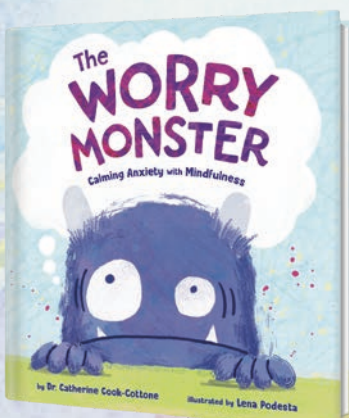


With easy-to-follow movements and breathing exercises, you can guide students through techniques for managing their body, breath, and emotions. Included are a variety of exercises—activities that energize, calm, and focus—and they can all be done at a desk or in the classroom. See the printable for a flower-breath coloring activity to focus senses and calm down. Have these printed and ready to go for any student who needs one.

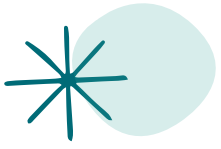
For Panda, there is NOTHING worse than being bored. This book is for tech-obsessed students who need a break from screens. Show readers that there is so much opportunity in boredom! Talk about creative activities they can do at their desks, including reading, any time they are unoccupied or have finished work early. Have the *Bored Panda* printable on hand so students can grab and complete one whenever they are unoccupied.



Everyone worries sometimes! But when your worries are giant, overwhelming, and constant, you've turned into a worry monster. In Dr. Catherine Cook-Cottone's therapeutic story, students can learn step-by-step practices for self-soothing and reducing their own anxiety. Download the printable for a gratitude list—an antidote to anxiety. Offer printables to students so they can develop their own gratitude practice.



Flower Breath



Color in the flower below any way you want to. Then try the Mindful Moment.

Mindful Moment

Hold your flower in front of you.

Look at all the colors.

Take a **loong** breath in through your nose, and let all the air out through your mouth.

Imagine how your flower would smell if it were real.

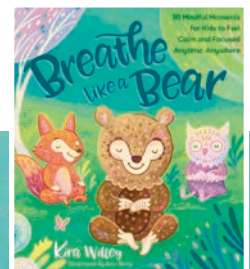
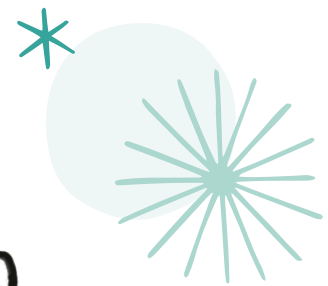
Take another **loong** breath in through your nose, and let all the air out through your mouth.

What does your flower smell like?

Do it again: Take a **loong** breath in through your nose, and let all the air out through your mouth.

What a beautiful flower!

Do this as many times as you like!



Discover more ways
to be mindful!

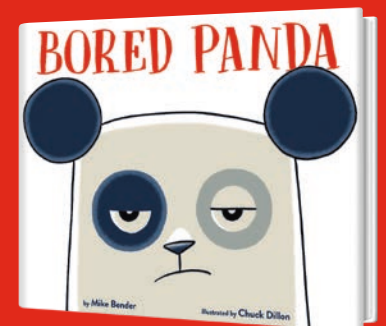
REPRODUCIBLE ACTIVITY



A SEATED SCAVENGER HUNT

While seated at your desk, go on a scavenger hunt that requires your attention and imagination. See what you find. Cross the items off the chart as you go!

<input type="checkbox"/> Something red	<input type="checkbox"/> Something round
<input type="checkbox"/> Two things that rhyme	<input type="checkbox"/> A book about animals
<input type="checkbox"/> Something that begins with the letter B	<input type="checkbox"/> Something you can make music with
<input type="checkbox"/> Something that reminds you of nature	<input type="checkbox"/> Something you can make art with
<input type="checkbox"/> Something with drawers	<input type="checkbox"/> Something you share
<input type="checkbox"/> A book you haven't read yet	<input type="checkbox"/> Something that reminds you of home



GRATITUDE

What are you grateful for? Make a list!



