



# HEALTH - MINDFULNESS



Try to choose an activity to do each day!

<p>Find a relaxing place in your house and set the timer for 2 minutes. Breathe deeply in and out and pay attention to any sensations you notice in your body or sounds you hear.</p>	<p>Find shapes and objects in the sky by laying down and searching for them in the clouds.</p> <p>Practice kind thoughts by</p>	<p>Try 'buddy breathing. Grab a toy/stuffed animal to place on your tummy while you lay down and take slow breaths, in through the nose and out through the mouth.</p>
<p>Try muscle relaxation: Starting at your feet, gently squeeze the muscles in your feet for 10 seconds and then release. Work your way up your whole body.</p>	<p>thinking of 5 people you would like to send kind wishes to.</p>	<p>Listen to some music and see how many different instruments you can hear.</p>
<p>Gratitude Tennis: Find a family member and go back and forth naming as many things as you can that you are grateful for today.</p>	<p>Have a mindful SNACK! Describe the taste, texture and smell of the food you are eating. Yum!</p>	<p>Do jumping jacks for 1 minute. At the end of the minute, place your hand on your heart. Pay attention to how your heartbeat and breathing feels.</p>