



LEARNING MINDFULNESS THROUGH MOVEMENT

Today your student learned about a concept called 'mindfulness through movement.' Mindfulness means paying attention to and noticing what's happening within and around you—such as things you're seeing, hearing and feeling—without deciding if they are good and bad. Mindfulness can help you be happier and healthier. If you are being mindful, you are less likely to get really upset or sad and more likely to be calm and happy.

AT HOME ACTIVITY

An important part of mindfulness is learning to pay attention to what's happening in your body, particularly your breath. One of the activities your student did today was to simply spend time focusing on their breath. You can learn to do this as well. Start by lying down on the floor or a bed. Place your hands on your belly. Breathe in deeply through your nose and feel your belly rise. Hold for just a second while your belly is filled with air, and then slowly breathe out through your mouth. Do this at least five times. Over the next week, try to pause and practice this "belly breathing" at least once a day. What, if anything, do you notice happening in your body when you take the time to pause and focus in this way?

HEALTHY ACTIVE LIVING

It's All in the Breathing

A fun way to practice mindfulness is through a bubble blowing breathing practice!

Take a deep breath in through your nose. Fill your lungs full of air. Hold your breath for 1 to 2 seconds. Put a bubble wand up by your mouth and blow. Repeat 3 to 5 times, trying to blow more bubbles each time. After the exercise, reflect on where in your body do you feel stress or anxiety being released.

