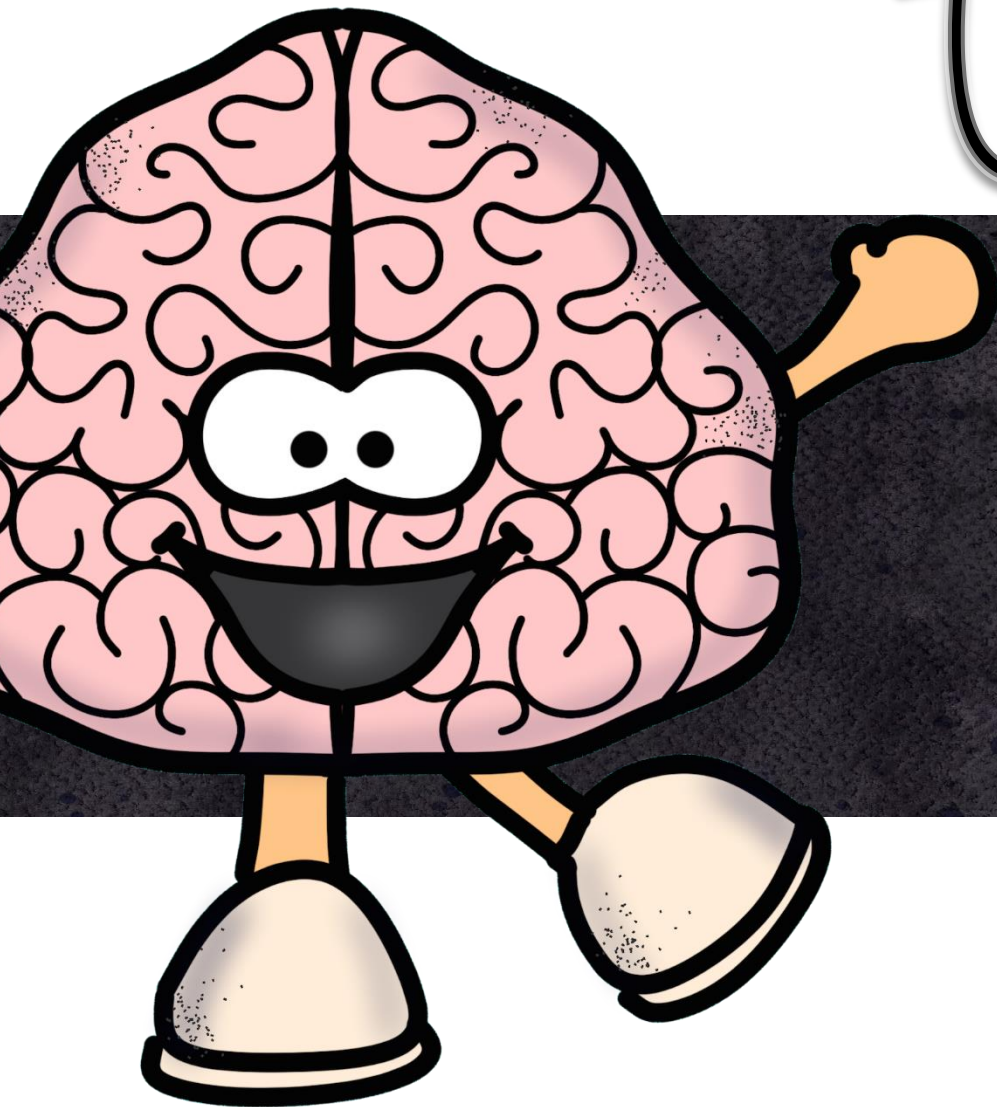


MINDFULNESS

Task Cards



BOR BRAIN
BREAKS &
RELAXATION



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MINDFUL LISTENING

Listen to a piece of music. Close your eyes and just focus on the music. Observe the sounds, tone,

MINDFUL OBSERVANCE

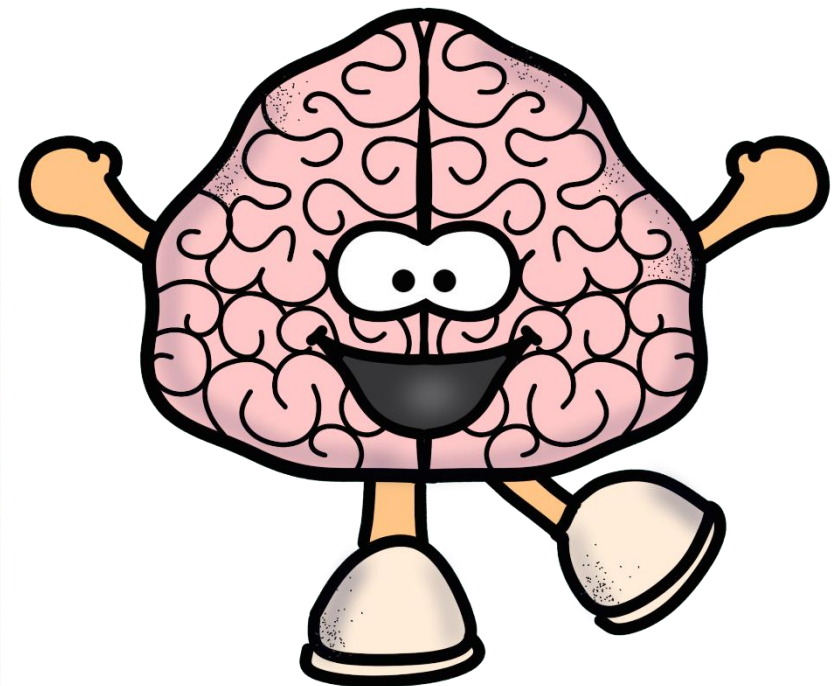
Pick any object in the room. Focus all of your attention on that object. Observe what it looks like, what shapes it has, the color, how it moves, and how it makes you feel. Continue focusing for 2 minutes.

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B

Close your eyes and focus on the perfect feeling of the sand of the seagulls as you walk.

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MINDFULNESS Task CARDS

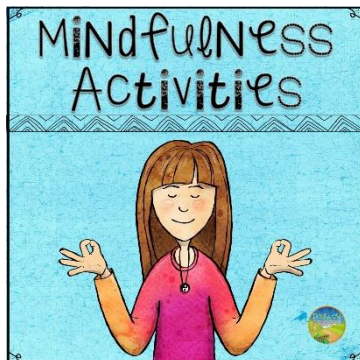
EDUCATOR GUIDE

Mindfulness is being aware of our present feelings and thoughts without making judgements. It creates a sense of calm, comfort, focus, and happiness. There are also greater long-term benefits to practicing mindfulness, including: greater emotional control, reduction of stress, improved sleep, stronger sense of empathy and compassion, and overall sense of happiness. The more you do it, the stronger your practice becomes.

Kids, teens, and adults can practice mindfulness through a variety of activities that encourage focus on the present moment. These mindfulness activities can be done by anyone. That means people of all ages and ability levels. They can be helpful for students struggling with anxiety, depression, or anger management issues. However, they can be just as useful for the average child or young adult.

Here are just some examples of times and ways you could use these Mindfulness Task Cards:

- Beginning for a morning meeting
- After lunch or recess to help bring the class back together
- Before high-stakes testing to help focus and calm the mind
 - In small group counseling sessions to promote relaxation
 - In between class transitions to provide a mental break
- At the beginning of a resource class to start with a positive focus
- Small group counseling sessions to teach strategies for anxiety



If you are interested in more mindfulness activities for your students, consider this [Mindfulness Activities](#) resource. It includes mindfulness techniques, workbook pages, review task cards, and hands-on crafts that allow kids and young adults to learn mindfulness strategies.

Color Version

BEACH VISUALIZATION

Close your eyes and visualize the perfect beach. Imagine the feel of the sand and the sound of the seagulls. What else do you visualize?

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MINDFUL OBSERVATION

Pick any object in the room. Focus all of your attention on that object. Observe what it looks like, what shapes it has, what color, how it moves, and what it makes you feel. Continue focusing for 2 minutes.

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MINDFUL LISTENING

Listen to a piece of music. Close your eyes and just focus on the music. Observe the sounds, tone, rhythm, and volume of the music. Think of how the music makes you feel.

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BEACH VISUALIZATION

Close your eyes and visualize the perfect beach. Imagine the feel of the sand and the sound of the seagulls. What else can you visualize?

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EATING MEDITATION

Without talking, eat a snack SLOWLY. AS YOU eat, close your eyes. Think about all the sensations, tastes, and textures you experience.

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BREATH OF FIRE

Sit comfortably in a chair or on the floor. Relax your stomach muscles. Blow out fast like you are blowing out a candle. Continue for 20 quick breaths. Take a break and repeat.

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WALKING MEDITATION

Find a place to walk back and forth in a line. AS YOU walk, SLOWLY lift your foot and place your heel on the ground. Feel the body weight shift into that foot. Continue with the other foot, thinking about the steps as you go.

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FLOATING ON A CLOUD

Sit in a comfortable position. Close your eyes. Imagine you are floating on top of a cloud. Relax all your muscles and let the cloud control your weight.

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SLOW BREATHS

Sit up straight in a comfortable position. Relax your abdomen muscles. Slowly breathe in, filling your lungs with oxygen. Hold at the top and slowly release your breath until your lungs are empty. Continue 10 times.

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MINDFULNESS BREAK

Sit in a comfortable position and relax your body. Close your eyes. Focus on slowly breathing in and out. Try to not think of anything specific. If a thought pops in your head, just let it go. Continue slow breathing in and out.

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SKY WRITING

Extend your arm out into the air. Using two fingers, begin writing your name in huge letters in the air. Continue drawing and writing in the air for at least 2 minutes.

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STRIKE A POSE

Stand up. Pose in any way you'd like. Hold that pose without moving. Keep your body, eyes, and mind completely still.

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COUNT TO 20

Sit in a comfortable position. In your head, slowly count from 0 to 20. As you count each number, take a breath in and out. Then, count backwards from 20 to 0. Try to only think about counting.

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5-4-3-2-1

Using the PHYSICAL SPACE around you, FOCUS on identifying:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

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BE THE HAWK

Sit COMFORTABLY and CLOSE your eyes. Imagine you are a hawk flying over a vast land. Imagine what you can see, smell, hear, feel, and taste as you fly.

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WORLD OF COLOR

Sit COMFORTABLY. Choose any color. Looking around you, find all the things that are that color. Then, close your eyes and imagine what else can be that color.

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WATERFALL VISUALIZATION

Sit in a COMFORTABLE POSITION. Close your eyes. Picture a waterfall flowing over a cliff into a stream of water. Imagine what you can see, smell, hear, feel, and taste.

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CAMPFIRE VISUALIZATION

Sit comfortably and close your eyes. Imagine that you are sitting by a warm campfire outside. Picture what you can see, smell, taste, hear, and feel.

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REPEAT AFTER ME

Repeat the following to yourself:
I am strong. I am powerful.
I believe in myself and my abilities.
I am always learning and always improving.
I take each moment as it comes.

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YOUR TOP 10

Sit comfortably and close your eyes. As you breathe slowly, think of the top 10 words that describe who you are. Picture those words written in your mind.

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BLOWING OUT A CANDLE

Imagine there is a candle burning in front of you. Take a deep breath in and slowly breathe out. Breathe so carefully that you will not blow out the candle. When your lungs are empty, start again.

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DANDELION WISH

Imagine that you have a dandelion in front of you. SLOWLY breathe in and breathe out as you BLOW the seeds all around. After you exhale, make a wish. Repeat 5 times.

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FOREST VISUALIZATION

Sit comfortably and close your eyes. Imagine that you are walking through a dense forest with trees all around. Picture what you can feel, see, hear, taste, and smell.

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BE THE TREE

Stand up and close your eyes. Imagine that you are a strong tree grounded in the Earth. Let your limbs hang down as your trunk is firmly planted in the ground. Feel the sensations around you.

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QUIET COLORING

Using a coloring page or blank piece of paper, quietly color on your own. Don't judge your artwork - there is no right or wrong. Try not to think of anything specific. If a thought pops in your head, let it go. Just color.

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Black & White

Version

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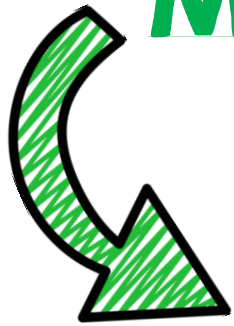
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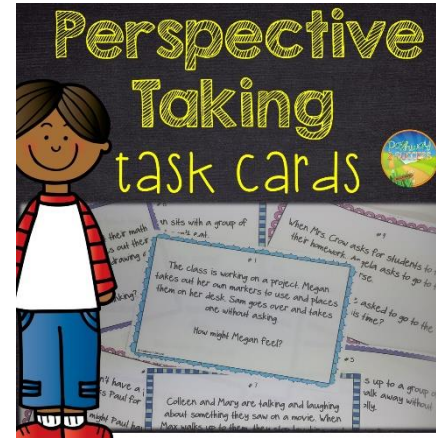
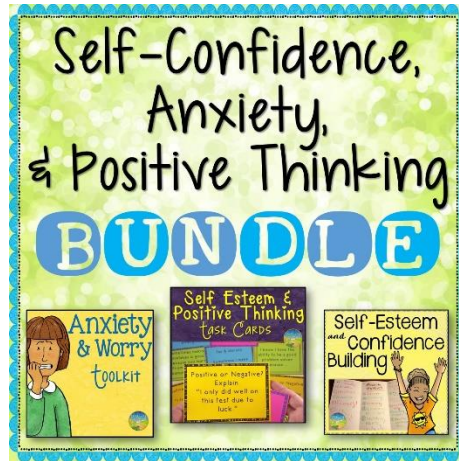
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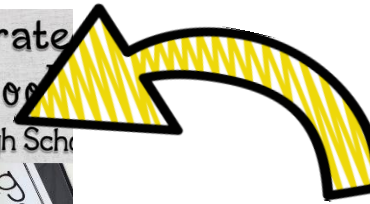
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Self-Control	Metacognition
Flexibility	Time Management

About the Author



Kristina Scully has been a special educator for over 10 years. She has a bachelor's degree in special and elementary education from the University of Hartford, along with a master's degree in special education with a specialization in autism from the University of St. Joseph. She has worked extensively with kids and young adults with behavioral challenges, learning disabilities, autism, ADHD, anxiety, and other needs.

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