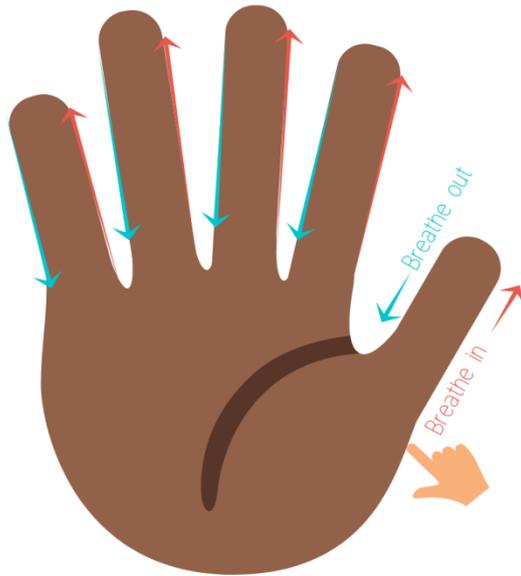


5 Minute Wellbeing Exercises for Kids (and Adults)

These activities are designed for use at home and in the classroom. Practice them every day and use one when you experience difficult feelings, such as, sadness, worry, stress and anger, or when you are feeling overwhelmed.

5 Finger Breathing

5 Finger Breathing



Using your index finger starting from the wrist, breathe in as you come up the thumb. Exhale and come down the thumb. Continue breathing in as you go up each finger and breathe out as you come down each finger. Continue until you reach your wrist.

Repeat 3 – 5 times

5, 4, 3, 2, 1 Grounding Exercise

5

5 Things You Can SEE. Observe and name FIVE things you can see in your surroundings. Take your time with each object. Notice the nuances and details of each item.



4

4 Things You Can TOUCH. Notice and touch FOUR objects in your immediate reach. If possible, hold each item. Feel the texture and the sensation in your hand.



3

3 Things You Can HEAR. Become aware of the sounds around you. Name THREE specific sounds that you can hear. It can be any sound at all.



2

2 Things You Can SMELL. Notice any TWO scents around you. It's okay to get creative. It could be the smell of the air in the room, your skin or hair, or imagine a specific calming aroma.



1

1 Thing You Can TASTE. Become aware of ONE taste. If you have something you can eat, take a bite. Taste the flavor. If not, get creative. It could be a lingering flavor in your mouth from lunch, a piece of gum, or even imagined.



Progressive Muscle Relaxation

Take 3 deep breaths

Squeeze your foot for 5 seconds. Relax.

Squeeze your leg for 5 seconds. Relax.

Squeeze your stomach for 5 seconds. Relax.

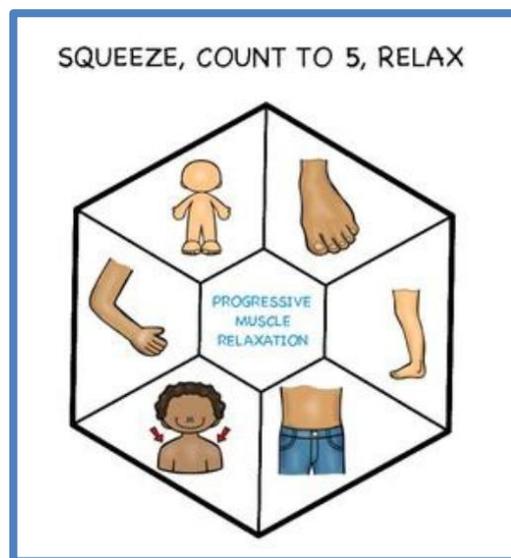
Squeeze your shoulders for 5 seconds. Relax.

Squeeze your arm for 5 seconds. Relax.

Squeeze your hand for 5 seconds. Relax.

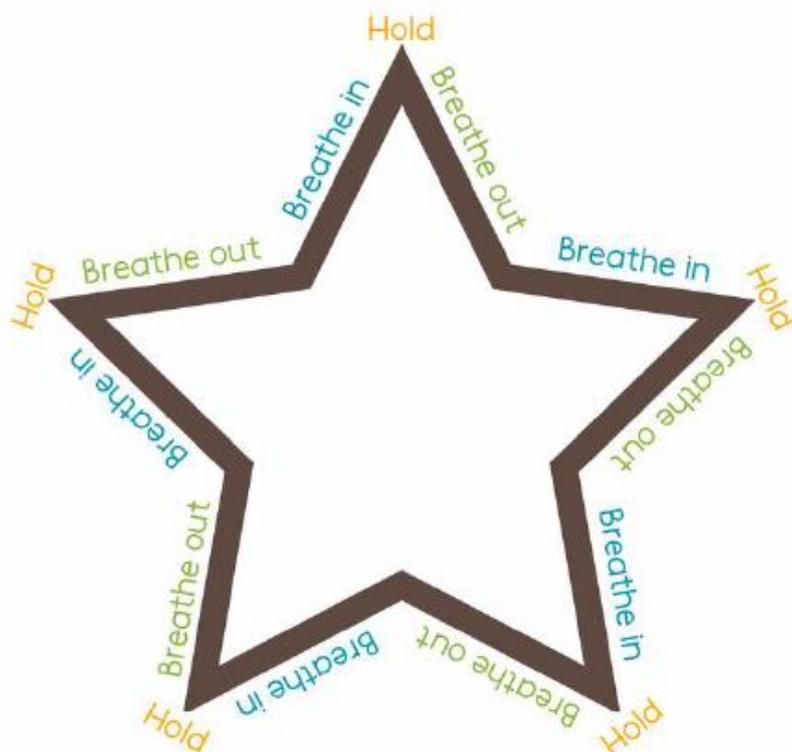
Squeeze your whole body for 5 seconds. Relax.

Take 3 deep breaths.



Star Breathing

Start at any "Breathe in" side, trace your finger to the point and then hold your breath. Trace your finger along the "Breathe out" side. Repeat.



ELEPHANT BREATHING



Stand with your feet wide apart and your arms dangling in front of your body like an elephant's trunk. As you breathe in deeply through your nose, raise your arms up high above your head. Then slowly swing your arms down again as you breathe out through your mouth.

BUBBLE BREATHING



Sit comfortably with your eyes closed. Begin by imagining you are holding a bubble wand. Breathe in deeply and then, as you breathe out slowly and gently, imagine you are blowing bubbles into the room. Imagine the bubbles are filled with peace or love or happiness and that you are filling the whole room with a peaceful, happy feeling. As you keep breathing slowly and blowing your imaginary bubbles, feel your body become calm and relaxed.

BALLOON BREATHING



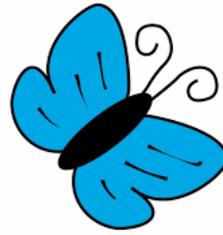
Sitting in a comfortable position, place your hands around your mouth as if you were about to blow up a balloon. Take a deep breath in through the nose and, as you slowly exhale through your mouth, start to spread your hands out as if you are blowing up a great big balloon. Hold your hand position as you inhale again and then spread your hands further as you exhale. Once your balloon is as big as it can be, gently sway from side to side as you release your balloon up into the sky.

SHOULDER ROLL BREATHING



Choose a comfortable sitting position. As you take a slow deep breath in through your nose raise your shoulders up towards your ears. Breathe slowly out through your mouth, lowering your shoulders as you exhale. Repeat slowly, rolling your shoulders up and down in time with your breath.

Guided Relaxation



Peaceful Butterfly

Close your eyes and take in a nice deep breath.

Allow your tummy to fill up like a balloon, and then exhale slowly. Do this five times to really relax your whole body completely.

(Pause for breathing.)

Your body begins to feel deeply relaxed and sinks down further and further into your chair. Your legs begin to feel very heavy. Your arms begin to feel heavy and relaxed. You enjoy every moment as your body continues to relax with each word.

Now as your body relaxes, imagine you're a beautiful butterfly fluttering high in the sky. You see the lovely green valley below you with lots of colorful flowers, just waiting for you to enjoy.

You feel the wind blow against your delicate wings.

As the wind touches you, it gently blows away any worries, any stress you feel. Feel how wonderful it feels to be free. Your mind is clear and calm. You have left any worries far behind now.

You are completely peaceful. You are beautiful as you allow your true happiness to shine through.

The sun touches your body and warms you. The big, puffy clouds floating in the sky remind you how relaxed and calm you can be whenever you want, just by thinking about it.

The earth is a patchwork of color and you enjoy each moment here, gliding along feeling so joyful and peaceful. You spread your wings in a huge stretch. It feels so good. Your body is calm and your mind is peaceful.

You can fly around as long as you'd like – exploring or just floating gently on the wind.

Take in a deep breath now and exhale slowly. Give your body a big stretch.

You are ready for wonderful day.

With a clear, calm mind, say these words to yourself: I am peaceful and I am calm, ready for a wonderful day.

Happy Heart

Take a nice deep breath and close your eyes. We are going on a magical journey inside!

Did you know you are so amazing you can go anywhere you want – simply by using your imagination? That's how extraordinarily talented you are.

Today let's take a journey into our own hearts – a very special, beautiful place.

There are times when we might feel sad or down, and that's ok. Anytime we feel sad, we can check in with our heart. We can choose to surround ourselves with a beautiful glowing light to bring ourselves comfort during worrisome times.

First, you might see this as sunlight – warm, calming, soothing to your body and mind. It might be yellow and misty. Breathe it in deeply and allow it to relax and comfort you. Notice how it gives you a sense of peace.

Feel that warm glowing light now surrounding your body.

Watch now as the light changes to soft blue, like the color of the sky on a clear, dreamy day. The soft blue calms you and brings you even more peace now. You might begin to feel as if you are drifting on a cloud.

Gently and ever so softly, the light now changes into a pinkish color. Just watch what it does.

Breathe in deeply now as you allow the light pink color to gently flow into your body and flow directly to your heart. Feel the gentle light nudge any hurts away. It helps you let go of sadness and worry as you exhale.

Pay attention to the fact that as you exhale any hurt feelings, pain, or sadness, your heart begins to feel a lighter, a little freer. The soft, gentle light fills up the space in your heart, and shines out any sadness or pain. See the soft, glowing light filling up all that space in your heart....gently, easily, and lovingly.

Breathe this peacefulness deeply into every part of you, and notice the calm and stillness take over.

Life just feels better. Your heart feels better. This feeling will stay with you throughout the day. Remember that you can always call on this golden light to help you at any time.

Imagine your heart now beating with happiness, jumping with joy and excitement at how many wonderful people and beautiful things surround you.

You feel peaceful. Take a moment just to feel gratitude for all the love and caring that surrounds you. It's so amazing.

Feeling calm and peaceful now, turn your attention back to the room and your day, knowing that peace is yours.

Take in another deep breath now and exhale fully.

When you are ready give yourself a big stretch and open your eyes.



Bubble Blower Magic

Close your eyes and take in a very deep breath.

Pretend your tummy is a balloon and as you inhale, make that balloon as big as you can.

Now, exhale and release it all.

Let's do that again now... inhale fully and make the balloon any color you want.

Now as you do this, allow your arms and legs to get as floppy as a rag doll. Just let them get heavy and loose... all limp and relaxed. They feel so heavy it's as if you don't even want to move them because they are just so very relaxed! Just allow your body to continue relaxing while we use our imaginations to picture something wonderful!

In your mind, pretend you are pulling, a big magical bubble blower out of your pocket. It looks like any bubble blower but this one has real magic in it. It has been small in your pocket, but as you pull it out, you realize it becomes enormous!

It's a lot bigger than any bubble blower you've ever seen.

Now, in your other hand, imagine you have a big bottle of magic bubble soap. Put the blower into the thick magic bubble liquid.... and get it nice and wet.

Now you can start to blow through the bubble blower to make your gigantic bubble. As you do this, I want you to put ANY WORRY or fear you have about anything... into that bubble.

Just put it all in there!

Then continue blowing the bubble until you think it's big enough. Nod your head when you've done that.

(Wait for nod)

As you finish, watch how a very strong friendly wind comes along and carries your worry bubble far, far away.... it carries it so far away that you will never have to worry about that again.

It's leaving now. Watch as it goes.

You can blow up as many bubbles as you need to with your magical bubble blower. Put anything in there that is bothering you and watch as the wind carries the bubbles far, far away.

You can use this magic bubble blower whenever you need to... just by imagining it in your mind.

Mindfulness

Smiling Mind App

Meditation for all ages



Smiling Mind is a free app that includes structured programs for educators looking to bring mindfulness into their classroom. Programs include lesson plans and meditations.

Go on a SAFARI



Go outside on an exciting adventure, try picking up a small rock or touching a plant or flower.



Notice the bugs or the birds. Take a moment to kneel down and touch the earth.

Walk mindfully paying close attention to everything. Make sure you walk in silence because you want to notice all those little details.



Just One Breath

BREATHING ACTIVITY



Find a relaxing place, sit comfortably, and set a timer for one minute.

Breathe deeply in and out while paying attention to any sensations you notice or sounds you hear.



Take another slow deep breath, imagine the air moving down into the lungs and back up.

Take one more deep breath and hold for a moment, then release it.

