

Mindfulness simply means, “paying attention on purpose with an open, kind & curious mind.” When practiced regularly, studies show that it increases focus, promotes self-control and emotional regulation, improves behavior and enhances learning.

Today your student:

- Learned about the parts of their brain responsible for thinking clearly and making good choices.
- Discovered what happens when we experience a strong emotion or challenge and how it affects our brain’s ability to think, remember & act appropriately.
- Practiced the 5 Finger Breath to calm down quickly or refocus when distracted.

5 Finger Breathing

Slowly trace your left hand with your right finger starting where your hand and wrist meet. As you trace each finger, breathe in as your finger climbs up and breathe out as your finger slides down. Then switch hands. Continue until you feel more calm. *For more energy, try exhaling on the up and inhaling on the down.



Be sure to ask them what they learned and liked from our assembly today and when they can use it to help them be their best!

A great way to get kids interested in being mindful and developing focusing skills is to play some mindfulness games. After using mindfulness in my home & classroom for many years, these are **some of my Favorite Mindful Family Games and Activities.**

Practicing Mindfulness with a MindJar

Help your kids to make and use a glitter jar by mixing it up and then slowly watching the glitter settle. Practice taking deep breaths, mindfully watching until all the glitter settles to the bottom. Use it as a timer or to model thinking aloud about what you see and how you are feeling. Check out the free resources at mindfulself.com for additional ideas, books and videos.

Mirror Me

This is a good copying game. Students get into pairs and one person is the leader. The follower has to move in exactly the same way as the leader as if they were looking at their reflection in the mirror. I even use slow and calming music to encourage a leisurely pace.

Back Doodles

Kids sit with a partner, one person is facing the other person's back. The person facing their partner will gently and silently draw a letter on the other person's back and let their partner guess what they drew! Partners can change roles after each one or only when they get it right. Older students can write words, too.



- Visit mindfulself.com to discover Mindfulness for Everyone!
- Check out my YouTube channel (Amy Rubin) to find practices for students of all ages.
- Email me amy@mindfulself.com with questions & requests.

Helpful Tips to Promote SUCCESS:

- 1. Practice in small doses when kids are calm or not in crisis mode.**
- 2. Remember to offer praise for “how” we practice to discover more of what works!**

“I love that you tried something new, what made you decide to do that?” “Look how still you were, how did you do that?”

- 3. Allow time for reflection!**

-What did you like or find helpful?

-What was challenging and what might you do differently next time?

-How or when can you use this in the future?

- 4. One Mindful Moment a day is better than none and science proves that what we practice grows stronger.**