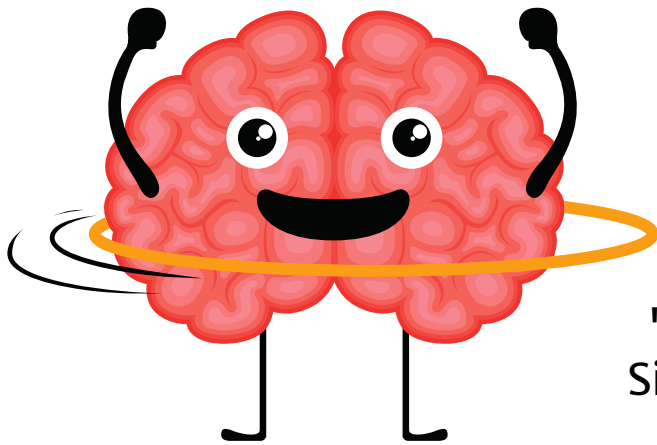


BRAIN BREAKS & MINDFULNESS

ACTIVITIES

BRAIN BREAKS



Dance Off
Stretch
Would You Rather
Joke of the Day
Exercise/Yoga
Telephone Game
Quick Draw
"Walk Like a (insert animal)"
Sing-Along/Classroom Karaoke
I Spy/Scavenger Hunt
GoNoodle or Youtube Videos

MINDFULNESS ACTIVITIES

- Mindful Minute videos on youtube
- Mindful breathing exercises
 - Belly breath
 - Balloon breath
 - 4-7-8 technique
 - 5 finger breathing
- Yoga stretches
- Ear or hand massage
- Tapping
- Pleasant imagery
- Counting backwards
- Progressive muscle relaxation
- Stretching
- Meditation
- Body scan