



Weekly Affirmations

Upper Elementary/Middle School



MINDFULNESS MOMENTS

MINDFUL SMELLING

“To start mindful smelling we are going to turn all of our senses off except for our sense of smell. Close your eyes. For 1 minute use only your sense of smell to see what smells you can pick up around you!” Ask the learners to share what they could smell.

MINDFUL HEARING

“To start mindful hearing we are going to turn all of our senses off except for our hearing. Close your eyes. For 1 minute use only your hearing to observe all the sounds you can pick up around you! Ask the learners to share what they heard.

MINDFUL TAPPING

“To start mindful tapping, hold your hand out with all 5 fingers spread. While taking slow, deep breaths in and out tap your fingers one at a time with your thumb starting with pinky. Repeat all 4 fingers 4 times. “

MINDFUL SOUNDS

“For mindful sound we are going to take a big breath in and on our exhale we are going to all make the same sound until we are completely out of breath”.(You can ask the learners for a sound or provide examples; (“s” sound “like you are letting air out of a balloon” “m” sound “like you are enjoying something really yummy”, “a” sound “like you are opening your mouth real wide!”)

PAINT THE ROOM

“Take a big slow deep breath in, on your exhale pretend you are painting the room with your breath any color you want and imagine the room being covered in your color!” (model blowing your breath around the room, looks like you are blowing a kiss. Say things like “Wow look at all the color!”

RAINBOW BREATH

“Stand tall and still. Let your shoulders relax and your arms hang by your sides. Breathe in as you raise your arms wide. Then reach high and let your palms turn to face each other. Let your hands float down as you breathe out. Keep your arms straight and imagine you are drawing a rainbow above you.

STRONG LIKE A STORM

Sit comfortably together with your backs straight. Take a few deep breaths together. Close your eyes. As you exhale, tell everyone to say “Just like the storm I am strong”. Breathe in again. Try to sit as still as possible as you repeat the mantra again.

POWER ON, POWER OFF

“Sometimes we can feel like we are too full of energy. You can practice controlling different muscles to manage your own energy, by turning them on and off. As you breathe in, turn the power ON in your face. Tightening all the muscles you can. When you breathe out, turn OFF and relax your face. Next breathe in and ball your hands into tight fists. When you breathe out release all the tension. Last breathe in and clench your feet and curl your toes. When you breathe out release and rest all of your muscles in your body.

GO WITH THE FLOW

“Going with the flow means accepting a situation as it is and not trying to change it right away. Imagine yourself as the water in a wiggly river. Notice how it has to take a different path at times, just like we sometimes need to do. Instead of getting annoyed or stuck, pause and look for little changes in what you can do. “



MINDFULNESS MOMENTS

CLAP FOCUS

“You can get to know what your attention can do by focusing it on something. Creating sensations can give you something to focus on. Try to focus your attention on how your hands feel. Now clap 3 times and stop. What sensations can you feel? See if you can zoom your focus in on one part, such as the tip of your right little finger. Now focus on your whole hand. Repeat as many times as needed!”

SPOTLIGHT FOCUS

“Focus your eyes and your attention on one object in the room. Maybe point to it with your finger as your eyes look there. Now, move your attention to another object, this time without pointing. If you start thinking about something else, bring your focus back to the object. Let your attention be like a spotlight. Look around and rest your attention on each object you find. Try it out on several items in the room.”

EXPANDING RIBS BREATH

“Your body breathes all of the time, so breathing is always with you. Checking in on breathing helps your mind focus on the present moment, on what’s happening right now. Try resting your hands on each side of your rib cage. Notice which way your ribs move when you breathe in, or inhale, and when you breathe out, or exhale”

HIGH FIVE BREATH

“This is a handy practice to help you feel calm by paying attention to your breath. Matching mindful movement with your breathing can be calming. Start at the outside edge of your thumb, breathe in and use your index finger to trace up to the top. When you breathe out slowly trace down the other side. Keep breathing in and out, tracing up and down for a total of five breaths until you reach the other side of your hand.”

ELEVATOR BREATH

“This exercise matches your breathing with movement. Sit tall, like a building. Stack your hands in front of you - the one below is the ground floor and the other is the elevator. As you breathe in raise the top hand up. Keep moving it until you finishing breathing in, then hold it. As you breathe out bring the elevator down again. Try to get your hands to meet just as you run out of air.”

WAVES OF BREATH

“Notice how your breath moves in and out like waves on the shore. Your breathe is always with you and it is a great place to rest your attention to help you feel calm. Try imagining your breath moving like smooth waves rolling in and out at the beach. Keep the picture of the ocean in your mind and watch the waves come in and go out. Try taking on bigger-than-usual breath with the next wave coming in. Imagine this wave going father out than the smaller waves before it.”

HUG PRACTICE

“Let your body help you feel love and care. Try giving yourself a hug as a reminder to care for yourself. Sit tall and spread your arms wide. Look up slightly and breathe in. Think about all the people who care for you. Breathe out and wrap your arms around yourself for a hug embracing all the love with a gentle hug.”

YAWN TO RESET

“At times, we can all feel down. Maybe our emotions are stuck on sad, nervous, disappointment, or mad. It can be hard to figure out what we need. A yawn to reset might help. Try to create a BIG YAWN and let all your negative feelings out with your breath!”

AUG 1 - 2

I BELONG HERE.

AUG 5 - 9

I AM A POSITIVE INFLUENCE ON OTHERS.

AUG 12 - 16

I AM COURAGEOUS AND CAN OVERCOME WHAT I FEAR.

AUG 19 - 23

**I ACCEPT AND LOVE MYSELF WHILE STILL
STRIVING TO IMPROVE**

AUG 26 - 30

I CAN CONTROL MY OWN HAPPINESS.

SEPT 2 - 6

I STAND UP FOR WHAT I BELIEVE IN.

SEPT 9 - 13

I AM SURROUNDED BY LOVE AND SUPPORT.

SEPT 16 - 20

I AM FREE TO MAKE MY OWN CHOICES.

SEPT 23 - 27

I CAN MAKE A POSITIVE DIFFERENCE IN THE WORLD.

SEPT 30 - OCT 4

IT IS ENOUGH TO GIVE MY BEST.

OCT 7 - 11

I HAVE MANY UNIQUE TALENTS.

OCT 21 - 25

EVERYDAY IS A FRESH START.

OCT 28 - NOV 1

I AM FREE TO BE MYSELF.

NOV 4 - 8

I AM WORTHY OF ALL THE GOOD THINGS IN MY LIFE.

NOV 11 - 15

I AM BRAVE ENOUGH TO TRY NEW THINGS.

NOV 18 - 22

MY IDEAS ARE VALUABLE.

NOV 25 - 29

I HAVE MANY THINGS TO BE GRATEFUL FOR.

DEC 2 - 6

I AM LOVED FOR WHO I AM.

DEC 9 - 13

MY BRAIN AND BODY ARE POWERFUL.

DEC 16 - 20

I DON'T NEED TO COMPARE MYSELF TO OTHERS.

JAN 6 - 10

I HAVE A BEAUTIFUL AND CREATIVE MIND.

JAN 13 - 17

**I AM GRATEFUL FOR ADVERSITY BECAUSE IT
ALLOWS ME TO GROW.**

JAN 20 - 24

I AM SAFE AND CARED FOR.

JAN 27 - 31

I AM PATIENT WITH MYSELF AND OTHERS.

FEB 3 - 7

MY STRENGTH IS GREATER THAN ANY STRUGGLE.

FEB 10 - 14

I CAN FORGIVE MYSELF AND OTHERS.

FEB 17 - 21

I AM COMMITTED TO MY GOALS.

FEB 24 - 28

**MY EMOTIONS AND FEELINGS ARE VALID AND
SHOULD BE LISTENED TO.**

MAR 3 - 7

I CAN MAKE THIS AN AMAZING DAY!

MAR 17 - 21

I AM SURROUNDED BY LOVE AND SUPPORT.

MAR 24 - 28

I RESPECT MYSELF AND OTHERS.

MAR 31 - APR 4

I SURROUND MYSELF WITH PEOPLE WHO BRING OUT THE BEST IN ME.

APR 7 - 11

I LET GO OF WORRIES THAT DRAIN MY ENERGY.

APR 14 - 18

I AM AN UNSTOPPABLE FORCE OF NATURE.

APR 21 - 25

I CAN BE WHATEVER I WANT TO BE.

APR 28 - MAY 2

I AM GRATEFUL FOR EVERYTHING I HAVE IN MY LIFE.

MAY 5 - 9

I AM KIND TO OTHERS AND MYSELF

MAY 12 - 16

I AM A VALUABLE MEMBER OF MY COMMUNITY

MAY 19 - 23

I AM ALWAYS CHANGING AND GROWING.

