

MINDFUL MOMENTS

Mindfulness means paying attention to your breathing, feelings, senses, or actions. Try a mindful moment card when you need to pause and recharge your body or brain.



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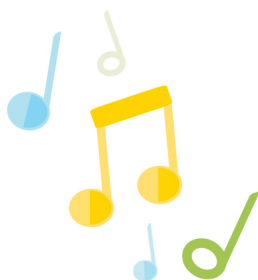


BELLY BREATH

Get into a comfortable position and close your eyes. Inhale through your nose. Feel your belly fill up. Exhale through your mouth. Repeat 5 times.

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SOUNDS GOOD

Close your eyes and listen. Do you hear many things? Or maybe you just hear your breath. Focus on one sound and sway with the rhythm.

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SAY CHEESE

Close your eyes, relax your face, put your chin down. Slowly start to smile. Start with a tiny smile and work up to the biggest smile possible. As you do, lift your head and open your eyes. End facing the sky with your eyes wide and your smile big!

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