

Mindfulness Lesson February and March

Today we are going to teach you 2 ways to become more mindful:

The first exercise is called Send Kind Thoughts:

Close your eyes and bring someone to mind. Imagine them happy and smiling at you. In your mind say to them: May you be healthy and strong. May you be happy. May you be peaceful.

Notice how your mind and heart feel when you do this. Notice how your body feels. Now try a self-hug and send kind thoughts to yourself! Say to yourself: May I be healthy and strong. May I be happy. May I be peaceful.

The next reminds us to be grateful:

Tonight when you are going to sleep, think of 5 things you are grateful for. Things like a friend who makes you happy, a pet, your family, the snow on the ground and sun in the sky, good food to eat, a wonderful school where you can learn and grow. Spend a minute or two thinking of the things you are thankful for. See how this makes you feel.

You can try this exercise out anytime, not just when you go to sleep. This exercise might help change your mood when you are feeling sad or angry.

These are 2 ways to help remind you how wonderful you are and that you are in control of your own emotions.