



brain breaks

Pre K-5th Grade

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Alternate Nostril Breathing

K-5

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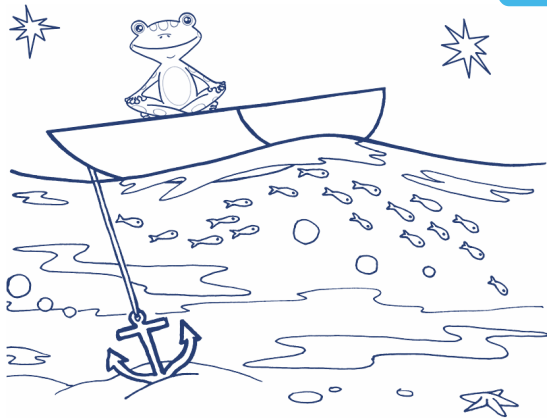


1. Let's start with a few deep breaths through the nose.
 2. Inhale and close the right nostril by pressing the side of the nose with the right thumb.
 3. Exhale out the left nostril.
 4. Inhale through the left nostril.
 5. Close the left nostril by pressing the side of the nose with your right pinky and fourth finger. At the same time, take your thumb off of your right nostril.
 6. Exhale out the right nostril.
 7. Inhale through the right nostril.
 8. Close the right nostril with your thumb again and exhale through the left (removing the pinky and fourth finger).
 9. This is one round. Complete 2 or 3 rounds by repeating steps 2 through 8. End on a left exhalation.
 10. Take a few regular breaths.
 11. Notice how you feel.
-
- The hand movements will take some practice to feel comfortable.
 - If thumb and pinky are too hard for learners to coordinate, you could use right thumb to close right nostril and left thumb to close left nostril.
 - Once your learners have mastered the hand movements, helpful verbal cues are: inhale right, close, exhale left. Inhale left, close, exhale right.
 - This exercise can take 1 to 3 minutes.

Anchor Breathing

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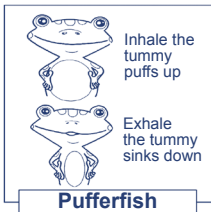
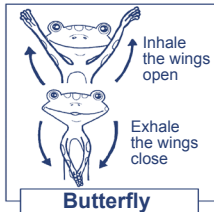
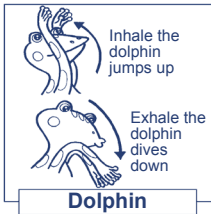
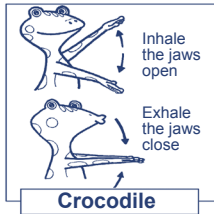


1. Sit down and get comfortable.
2. Rest your hand on your chosen breathing space: tummy, chest, or just under your nose.
3. Do your breathing and keep your attention on your breathing space.
4. When your attention wanders, gently bring it back to your breathing space.
5. Can you be mindful of your breathing for 5 breaths? For 1 minute?

Animal Arms

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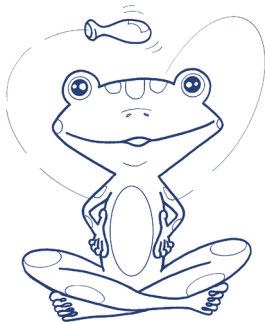


- Combine the exercises in a sequence, or just choose one or two to do at a time.
- If you have a harmonica, use the harmonica tone to indicate inhale and exhale.
- Count slow breaths and use an even tone of voice.

Balloon Breathing

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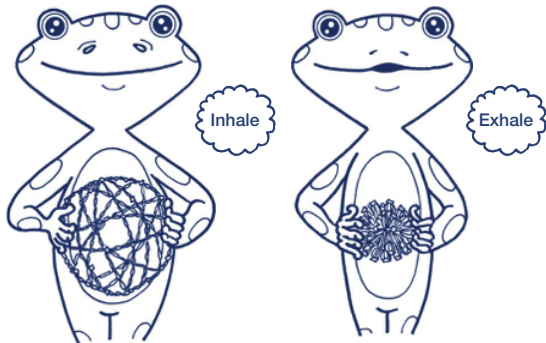


1. Rest your hands on your tummy and imagine it's a big balloon.
2. Breathe in to fill the balloon with air.
3. Breathe out to empty the balloon of air.
4. Repeat three times.
5. Notice how you feel in your body. In mindfulness, there's no right or wrong answer; just notice what you are feeling right now.

Breathing Ball

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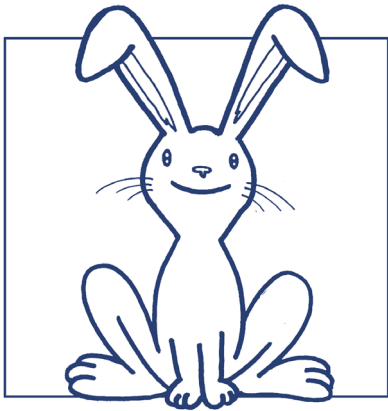
1. Start in Seated Mountain.
2. Take a breath in as the ball opens.
3. Breathe out as the ball closes.
4. Can you breathe in time with the breathing ball?

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- This is generally a favorite and keeps the children's attention.
 - We use a Hoberman Sphere as a breathing ball.
 - You can have children take turns leading a few rounds with the breathing ball.
 - Be careful to keep fingers safe!

Bunny Rabbit Breath

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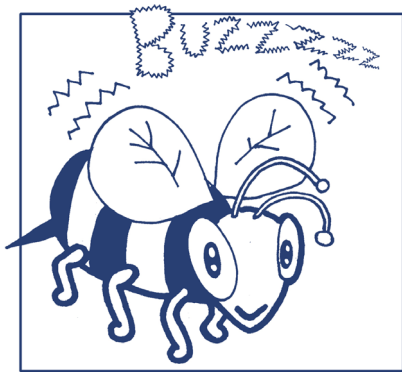


1. Sit down and get comfortable.
2. Take a big breath in through your nose.
3. Exhale in small, fast sniffs.
4. Can you keep the bunny rabbit breath going for 10 seconds?
5. What do you notice?

Buzzing Bee Breath

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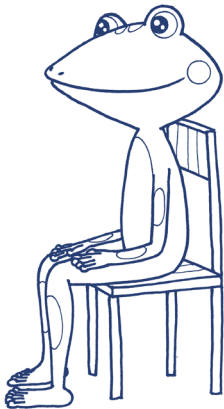
Breathe

1. Sit down and get comfortable.
2. Take a slow breath in.
3. *Buzzzzz* as you breathe out.
4. Try to extend your exhale.
5. What do you notice?

Even In, Even Out

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Breathe

1. Start in Seated Mountain with a tall spine, relaxed shoulders, and eyes gently closed.
2. Breathe naturally through the nose.
3. We are going to focus on making our inhales and exhales even.
4. Inhale deeply through the nose and exhale through the mouth for a count of 1.
5. On the next breath, let's count to 2 on the inhale and the exhale.
6. Repeat, continuing to extend the breath up to a count of 5.

Lion Breath

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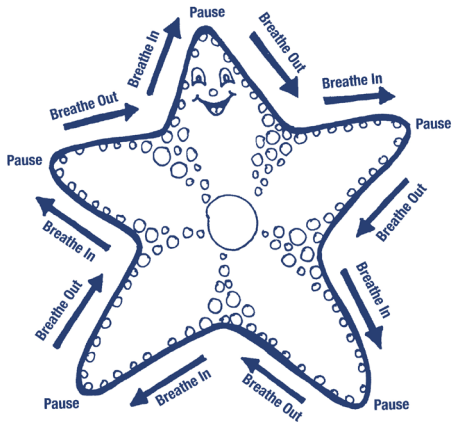
1. Sit on your knees or in a chair, tall and confident like a lion.
2. Place your hands (or paws) on your knees.
3. Take a deep breath in, filling your lungs with air.
4. With a strong exhale, stick out your tongue as far as you can and make an “ahh” sound.
5. Repeat 3–4 times and try to make your last “roar” silent.

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- Use this sequence in the afternoon/midday to release tension.

Starfish Breathing

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Breathe

1. Make a starfish with one hand, fingers spread wide.
 2. Put the index finger from the other hand on the outer base of the thumb.
 3. We are going to trace the outline of our starfish hand. Keep looking at your pointer finger while you do your breathing.
 4. Inhale (finger traces to top of thumb).
 5. Exhale (finger traces down the other side of thumb).
 6. Repeat until you have traced the outline of the starfish hand.
-
- Learners are synchronizing their movement, breath, and gaze. On the inhale, index finger and eyes trace upward along a finger; on the exhale, index finger and eyes trace downward along a finger. Each upward movement is coupled with an inhale, whereas each downward movement is coupled with an exhale.
 - After Starfish Breathing, you can have learners rest their hands on their chest, continuing to breathe mindfully, as they silently recall three things for which they are thankful.

Seated Mountain

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Move SEATED EXERCISES

1. Sit with feet together and pointed forward.
2. Place your arms straight at your sides or hands resting on side of chair or lap.
3. Sit up nice and tall. Let your shoulders relax.
4. Take deep breaths in and out; feel the floor beneath the feet.

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- If on the floor, start with crossed legs. Sit up nice and tall. Let your shoulders relax. Take deep breaths in and out.

Chair Boat



K-5



Move SEATED EXERCISES

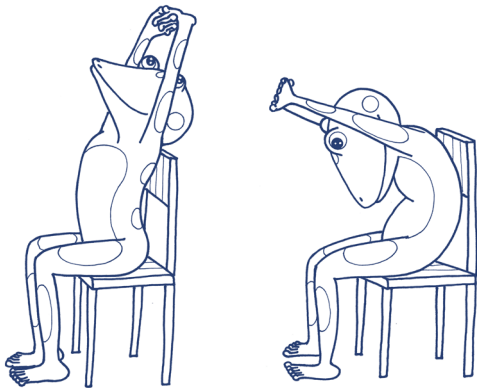
1. Slide your chair back from your desk so that your knees are not under your desk.
2. Start in Seated Mountain.
3. Hold on to the seat of the chair or the back of the chair with both hands.
4. Inhale, lift both feet off the ground. Keep your knees touching and stay balanced. Take 3–5 relaxed breaths. If this is difficult, you can lift one foot at a time.
5. See if you can lift your knees a little higher and stay balanced.
6. If you feel steady, see if you can stretch both arms out straight in front of you, shoulder height, parallel to the floor.
7. Exhale, put your feet back on the ground and return to Seated Mountain.

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- If practicing on the floor, simply substitute Boat.
 - To modify, try lifting one foot at a time.

Chair Cat/Cow



K-5



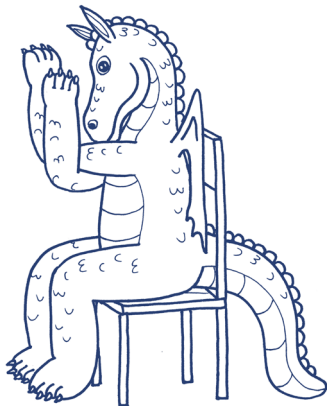
1. Sit in Seated Mountain with hands on knees.
 2. As you inhale, stretch your arms overhead and interlace your fingers. Reach the center of your chest up toward the ceiling and lift your chin so that you are looking at the ceiling. (Cow)
 3. As you exhale, in one movement bring your hands forward, round your spine, and drop your chin toward your chest. (Cat)
 4. Repeat for several breaths:
Inhale, arms up, gaze lifts, chest up. Exhale, round the spine, chin tucks, hands forward.
 5. Return to Seated Mountain.
-

- You can have young learners moo like a cow and meow like a cat. Just make sure to do a few rounds moving with the inhale and exhale first.
- If on the floor, learners can come to hands and knees. Inhale, the belly drops down toward the floor and look up toward the ceiling (Cow). Exhale, look at your belly button and round your spine (Cat). Repeat for several breaths.

Chair Eagle

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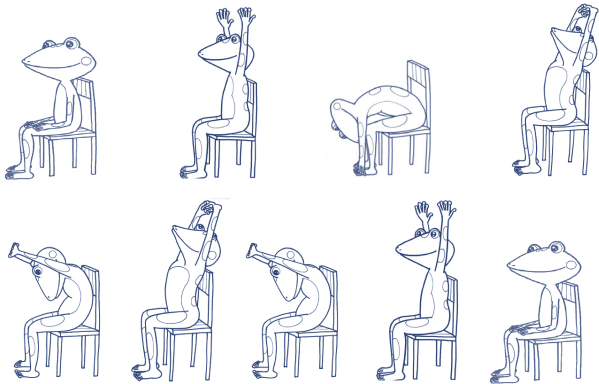


1. Sit in Seated Mountain.
 2. You can keep both feet on the floor or cross your right thigh on top of your left.
 3. Inhale as you raise your arms up to the sides with elbows bent and palms facing forward (cactus arms).
 4. Exhale and cross your left elbow on top of your right. Touch the backs of your hands together. If it feels comfortable, bring your palms together.
 5. Inhale, lift your elbows up until you feel a comfortable stretch.
 6. Look at your thumbs and take 3 relaxed breaths.
 7. Release on an exhale.
 8. Repeat on the other side (both feet on the floor or left thigh on top; right arm on top.).
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- If practicing on the floor, you can substitute Standing Eagle, or sit with crossed legs and simply do the Eagle arm positions.

Chair Recharge Sequence



K-5



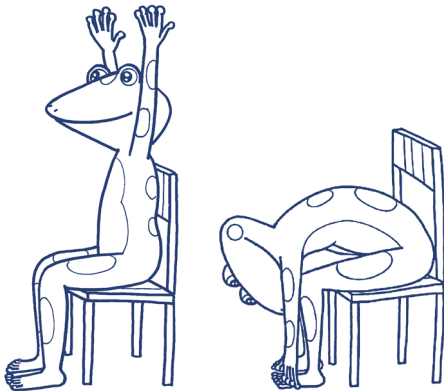
Move SEATED EXERCISES

1. Begin in Seated Mountain with your feet flat on the floor.
 2. Inhale, raise your arms overhead and look up at your hands.
 3. Exhale, fold your body over your legs.
 4. Inhale, arch your back and look up.
 5. Exhale, round your back and look toward your navel.
 6. Inhale, arch your back once more and look up.
 7. Exhale, round your back and again look toward your navel.
 8. Inhale, raise your arms overhead and look at your hands.
 9. Exhale, return to Seated Mountain.
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- Use this sequence to reenergize learners first thing in the morning or after lunch.

Chair Sunrise/Sunset



K-5

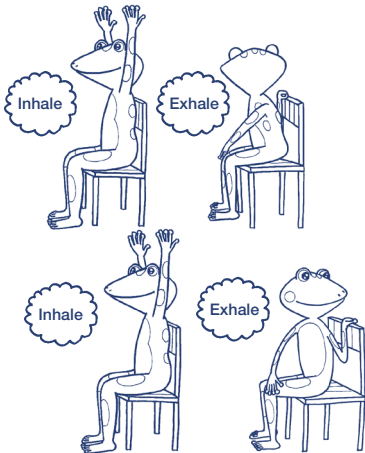


1. Sit in Seated Mountain.
2. Inhale, reach arms up overhead. Reach up through the tips of the fingers.
3. Exhale, fold forward. Your belly will touch your legs. Put your hands on your shins, your ankles, or the floor. Let your head and neck relax.
4. Inhale, sit up tall and stretch arms overhead again.
5. Exhale, return to Seated Mountain.
6. Repeat several times.

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- If seated on the floor, start with legs crisscrossed. As the learners exhale, have them stretch their arms in front of them until their hands touch the floor. You can also do this exercise standing from Mountain pose.

Chair Sunrise Twist

K-5

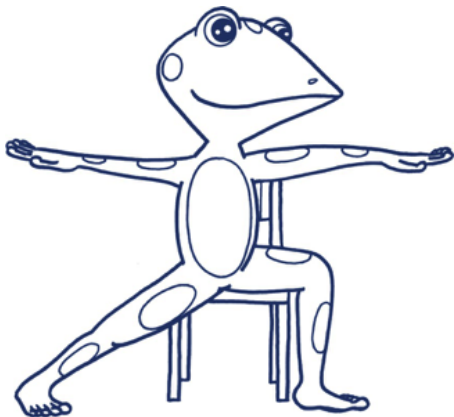


1. Sit in Seated Mountain.
2. Inhale, stretch arms overhead for Seated Sunrise.
3. Exhale, twist to the right, placing left hand on right knee and right hand on right hip or the back of the chair. Keep right shoulder relaxed. Take a few breaths here.
4. Inhale, back to Seated Sunrise.
5. Exhale, twist to the left, placing right hand on left knee and left hand on left hip or the back of the chair. Keep left shoulder relaxed. Take a few breaths here.
6. Inhale back to Seated Sunrise.
7. Exhale to Seated Mountain.

Chair Surfer

K-5

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breaks



1. Sit in Seated Mountain, toward the front of your chair.
 2. Keeping the knee bent, lift your right leg and point your right knee to the right. Put your right foot back on the ground, keeping it directly under your knee. Right toes point to the right.
 3. Stretch your left leg out to the left, keeping your leg straight and your foot on the ground. Left toes point to the front.
 4. Inhale, stretch your arms out to the sides at shoulder height in a T position.
 5. Look out over your right fingertips and take 3 to 5 relaxed breaths.
 6. Inhale, come back to Seated Mountain.
 7. Repeat on the other side.
-
- If practicing on the floor, you can substitute Standing Surfer: start standing with feet wide apart, toes pointing straight ahead. Turn right toes out to the right and bend right knee. Stretch arms straight out in a T position. Do your breathing.

Chair Twist

PreK-5

Pure
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1. Sit in Seated Mountain.
2. Inhale, sit up tall.
3. Exhale, touch your right knee with your left hand and put your right hand on your hip (or the back of the chair).
4. Inhale, sit up tall.
5. Exhale, look over your right shoulder.
6. Stay still and take 3 relaxed breaths.
7. Inhale, come back to Seated Mountain.

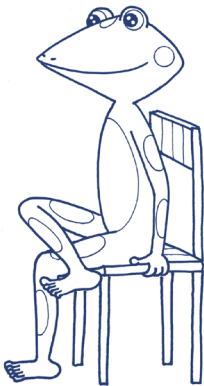
8. Exhale, repeat on other side.
-

- When teaching learners, if you are facing them, make sure you mirror them (i.e. use your right hand when you instruct them to use their left hand).
- If seated on the floor, start with crossed legs and follow the same directions.

Seated Figure Four

K-5

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breaks



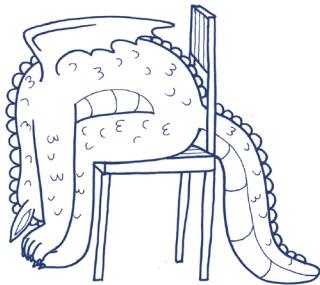
1. Begin in Seated Mountain.
 2. Inhale, cross the right ankle over the left thigh, just above the knee. Place the right hand on the right thigh and the left hand on the right foot.
 3. Exhale, fold torso forward and relax the head down. Take 2 to 3 breaths here.
 4. If it's easier, you can hold the legs of the chair as you fold forward.
 5. Inhale, come back to Seated Mountain.
 6. Switch legs and repeat on the other side.
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- Use this sequence to release the back, which can get tired from sitting.

Seated Forward Bend

K-5

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breaks



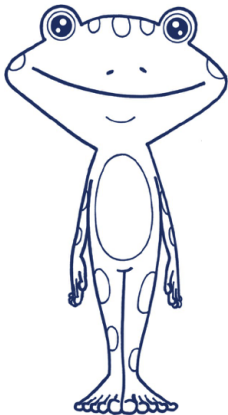
1. Sit in Seated Mountain with feet flat on the floor. Inhale and sit tall, making your back as long as possible.
2. Exhale, reach both feet slightly out in front of you and fold over your legs, sliding your hands down your legs toward your shins. Take 2 to 3 breaths here.
3. Inhale and come back up to Seated Mountain.
4. Repeat as many times as needed.

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- Use this move as a quick pick-me-up or to restore energy when it seems to be low.

Mountain

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breaks



1. Stand with feet together and pointed forward.
2. Let your arms rest at your sides.
3. Stand up nice and tall.
4. Lift your chest up, belly in.
5. Take deep breaths in and out; feel the floor beneath the feet.

Big Toe

K-5



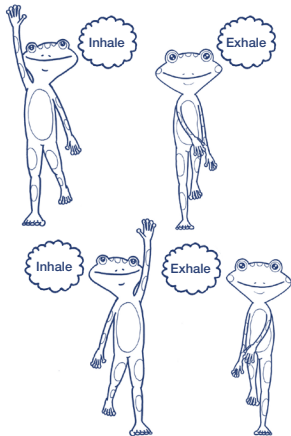
Move STANDING EXERCISES

1. Begin in Mountain.
2. Step your feet apart.
3. Hold up both hands with your peace sign fingers pointing up.
4. Straighten the arms, point your peace sign fingers toward your feet and exhale, fold forward. See if you can touch your ankles or your toes with your peace sign fingers.
5. It is okay to slightly bend your knees.
6. Make sure you are comfortable.
7. Relax your head and neck.
8. Take 3 to 5 breaths in Big Toe.

Brain Balance Sequence

PreK-5

Pure
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breaks



1. Inhale, take the right arm overhead and move the left foot slightly behind, placing only your toes on the floor.
2. Exhale, lift the left leg, knee bent, and touch the right hand to the inside of the left knee.
3. Inhale, return the right arm overhead and the left foot slightly behind, placing only your toes on the floor.
4. Exhale, again lift the left leg, knee bent, and touch the right hand to the inside of the left knee.
5. Repeat on the other side.

Chair

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brain
breaks



1. Stand in Mountain with feet together.
2. Inhale, bend both knees. Reach arms overhead and look up at thumbs. Squeeze your knees together and feel your thigh muscles working.
3. Take 3 to 5 relaxed breaths.
4. If it is comfortable, you can press your palms together overhead.
5. Exhale, return to Mountain.

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- Variation—Kangaroo Pose: Hands in front of body, elbows bent. Have learners take little hops, trying to land feet in same place. This will be VERY activating.

Eagle



K-5

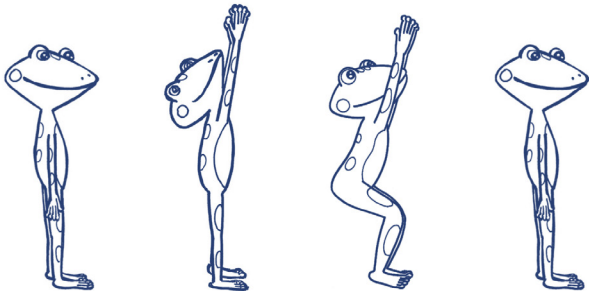


1. From Mountain, step feet apart and bend knees slightly.
 2. Start to shift weight to left leg.
 3. Inhale: Keep knees bent, cross right thigh over left, and let right toes touch the floor on the outside of the left foot.
 4. Wrap left arm on top of right arm. Bend elbows and press backs of hands together.
 5. If you are steady, lift right foot off of the ground. If it is comfortable, tuck right foot behind left calf.
 6. See if you can touch palms together. Lift elbows and fingers upward.
 7. Look at an unmoving point and balance for 5 breaths.
 8. Exhale: Unwind into Mountain.
 9. Repeat on other side.
-
- The focus of Eagle is on keeping steady and being balanced in the pose. Have learners stop anywhere along the way if they start to wobble or feel discomfort. Remind learners to keep their focus on their breathing and to back out a little bit if they are holding their breath or the breath becomes too fast or too shallow.

Mountain/Chair Strength Sequence

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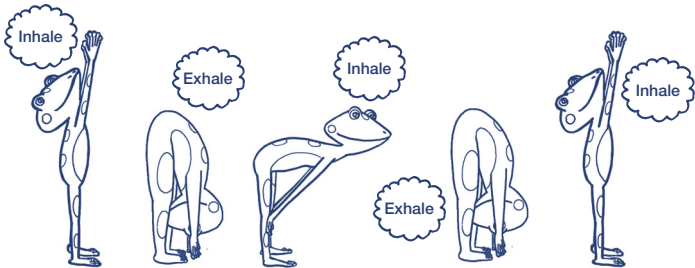
1. Begin in Mountain.
2. Inhale, raise your arms overhead.
3. Exhale, bend your knees and sit back as though you were going to sit in an imaginary chair.
4. Hold for 3 breaths.
5. Inhale, come back to Mountain.

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- Increase hold to 5 breaths as stamina increases.
 - This sequence can be used to strengthen the lower back and legs. It's also re-energizing after sitting in a chair for a while.

Recharge Sequence



K-5



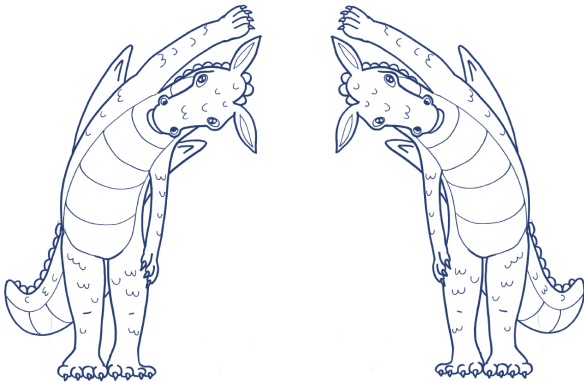
Move STANDING EXERCISES

1. Begin standing in Mountain with feet slightly apart, hands at your sides.
 2. Inhale, take your arms overhead and look up.
 3. Exhale, fold over your legs, bending the knees slightly to allow the hands to rest on the shins, the feet, or the floor.
 4. Inhale, place hands on shins, then straighten legs and look up.
 5. Exhale, fold over the legs once more.
 6. Inhale, come all the way up to standing with arms overhead and look up.
 7. Exhale, return to Mountain.
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- This sequence can be done behind or in front of desks/chairs. It's useful for reenergizing learners when they get tired.

Standing Half Moon

PreK-5

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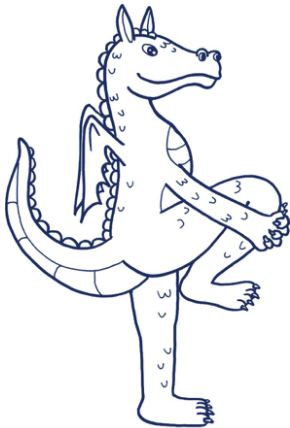
1. Begin in Mountain.
 2. Inhale, take feet slightly apart. Lift left arm overhead alongside left ear and press right arm into right side.
 3. Exhale, lean to the right. Gaze straight ahead or down toward the feet.
 4. Inhale, return to the center.
 5. Exhale, lower left arm.
 6. Inhale, lift right arm overhead alongside right ear and press left arm into left side.
 7. Exhale, lean to the left. Gaze straight ahead or down toward the feet.
 8. Inhale, return to the center.
 9. Exhale, lower right arm and step feet together into Mountain.
 10. Repeat as many times as needed.
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- Use this sequence to awaken in the morning or to revive after lunch.

Stork



K-5



Move STANDING EXERCISES

1. Begin standing in Mountain, hands at hips.
2. Keep your eyes focused on a point 3 feet in front of you.
3. Stand firmly on the left foot.
4. Pull up the right knee and hold it with your right hand.
5. Take 3 to 5 breaths here.
6. For a challenge, on the exhale open the knee out to the right and turn your gaze over your left shoulder. Take 3 to 5 breaths here.

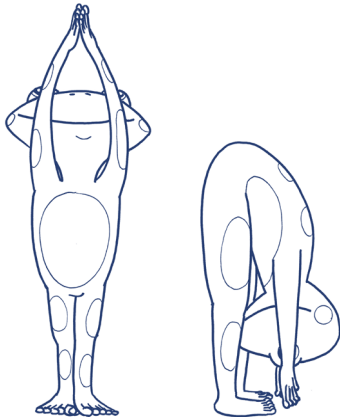
7. Inhale, come back to center.
8. Exhale, return to Mountain.
9. Repeat on the other side.

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- If learners are wobbly, as they stand firmly on the left foot they can keep right toes on the ground for support, with right knee bent. If they feel steady, they can lift the right foot up for one breath to start building balance.

Sunrise/Sunset

PreK-5

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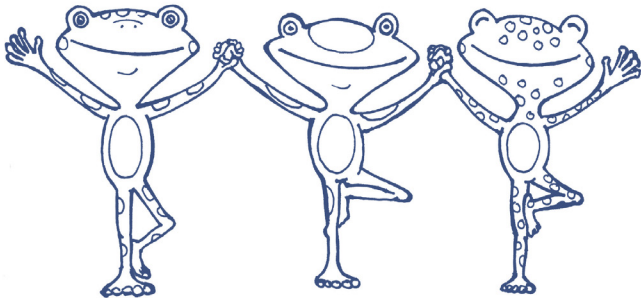


1. Start in Mountain.
2. Inhale, reach your arms up overhead (this is Sunrise).
3. As you exhale, fold forward. Put your hands on your shins, or your ankles, or maybe the floor (this is Sunset).
4. Inhale, all the way back up to Sunrise.
5. Exhale, hands down for Mountain.
6. Repeat a few times. Notice how you feel.

Tree

PreK-5

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breaks

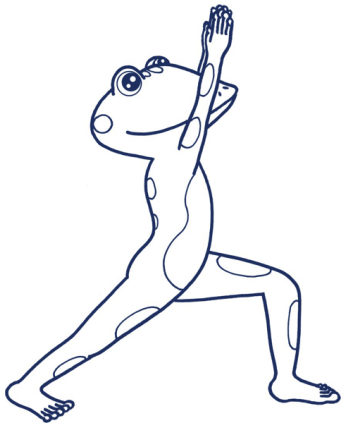


1. Begin in Mountain and bring hands to hips.
2. Keep your eyes focused on a point 3 feet in front of you.
3. Shift your weight to your left foot.
4. Bend your right knee and lift up your right heel.
5. Point your knee out to the side. Keep your weight on your left foot. Take a few breaths here.
6. If you feel steady, place the bottom of your right foot to the inner calf. Take a few breaths here.
7. If you are still steady, you can move the foot to the inner thigh, using your hand if you need to.
8. Inhale, raise arms overhead as if you were spreading branches. Try to balance for 5 to 10 breaths.
9. Exhale, return to Mountain. Repeat on the other side.

Warrior



K-5



1. Start in Mountain.
2. Inhale, step your left leg back. Point your left toes toward the left (at about a 45-degree angle). Your right toes point straight ahead.
3. Exhale, bend your right knee until it is just above the ankle.
4. Reach your arms overhead. If it is comfortable, press palms together.
5. Look at your hands and take 3 to 5 relaxed breaths.
6. Exhale, step back to Mountain.
7. Repeat on other side.

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- It works well to give references in the room (e.g. point your back foot toward the door) when giving learners movement cues.

Wave Sequence



K-5



1. Begin in Mountain.
2. Inhale, step your left foot wide to the side. Exhale, turn your right foot out and bend the right knee. Inhale, raise both arms to a T-shape at shoulder height. Exhale, hold for 2 breaths. This is Surfer.
3. Inhale, take your left arm back toward your left calf and raise your right arm straight up toward the ceiling. Exhale here. Look up at your hand and take 2 breaths.
4. Inhale, return to Surfer.
5. Exhale, place your right arm on your right thigh and raise your left arm overhead. Look toward your left hand and take 2 breaths. This is Wave.
6. Inhale, return to Surfer.
7. Exhale, step your feet together into Mountain.
8. Repeat on the other side.

-
- This sequence can be used to invigorate learners when they tired or lethargic.

Bell Game

PreK-5

Pure
brain
breaks



- Have learners sit at their desks and do mindful breathing.
- The teacher walks around the room and rings a chime in front of a learner who is demonstrating relaxed focus on the breath.
- That learner now has a turn to walk around the room and observe their peers, then ring the chime in front of another learner who is demonstrating relaxed focus on the breath.
- If learners are doing well, you can introduce a second bell as a challenge.

Mindful Walking



K-5

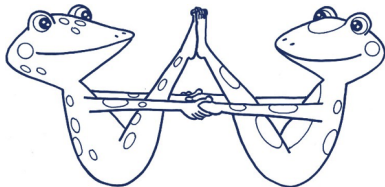
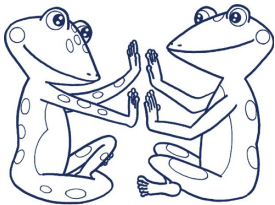


1. BREATHE IN as you lift your foot to take a step.
2. BREATHE OUT as you lower your foot to push off the ground.
3. Notice when your foot touches the ground.
4. Notice when your foot leaves the ground.
5. Can you notice each step?

-
- It can help to play relaxing music as the learners engage in mindful walking.
 - Instruct learners not to talk or make eye contact while they are doing mindful walking.
 - Learners keep their eyes focused on the ground out in front of them. They focus their attention on the feeling in their feet and notice their breathing.
 - You can encourage them to use their imagination: They are walking in sand, in snow, on a balance beam, etc. This will encourage attention to movement and fun!

Mirror Movement

K-5



- Have learners partner up.
 - If you need to set ground rules for safety depending on your space and the number of students, set them now (e.g., No running; Keep one foot on the ground at all times; Keep enough space between yourselves and other groups).
-

1. We are going to play a game called Mirror Movement.
2. One of you is going to be partner A, and one of you is going to be partner B.
3. For the first round, partner A is going to be the leader, and partner B is going to be the follower. Then we will switch roles.
4. We will be playing in complete

silence—no talking at all!

5. Partner A, your job is to move in connection with your breathing.
 6. Partner B, your job is to mirror all of the movements that partner A does.
-

- Ring a bell or otherwise indicate it is time to start.
- Let A partners lead for 2 or 3 minutes. You can let them go longer, depending on their age and the time that you have for the exercise.
- Ring a bell or otherwise indicate that it is time to stop and switch roles.
- Let B partners lead for an equal amount of time.
- Ask learners, “Why is mirror movement being mindful?”

Statue



K-5



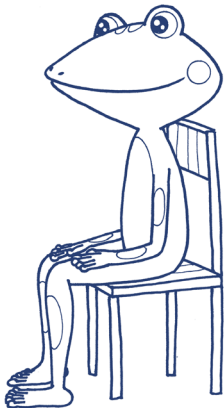
1. Start in Mountain Pose.
2. Stay still until you hear a movement direction, such as “Statue, bend your knees to squat” or “Statue, bend forward from your hips.”
3. Once you follow the movement direction, the challenge is to stay absolutely still, holding that position until you hear the next movement direction.
4. Remember to do your breathing as you stay as still as a statue!

-
- Once learners are familiar with the game, you can give learners a chance to lead.
 - Try movements that bring awareness to different joints of the body.
 - Make sure to include several seconds of stillness before mindfully transitioning to a new posture.
 - Instruct learners to steady their breath and their gaze to help them balance in more challenging positions.

Mindful Minute

PreK-5

Pure
brain
breaks



Rest

Have learners sit in Seated Mountain. Take about one minute to have learners bring their attention to the present moment. Start by having learners bring their attention to the breath, noticing its qualities (e.g. fast, slow, warm, cool, shallow, deep...). For the rest of the Mindful Minute, you can keep your attention on the breath, or use one of several techniques: a quick body scan, noticing feelings, or focusing attention on sounds in or outside of the room.

Attitude of Gratitude

PreK-5

Pure
brain
breaks



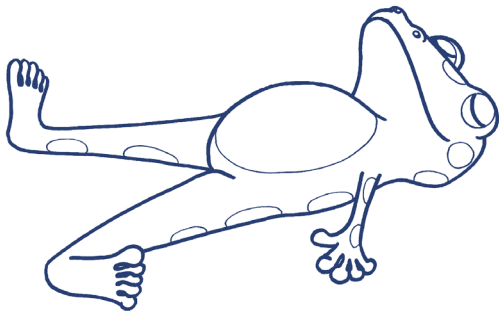
1. Sit comfortably, and if you like, you can close your eyes.
2. Think of something or someone in your life for which you are thankful or grateful. It can be anything or anyone!
3. Take a few moments to just appreciate this thing or person.
4. Now think of another thing or person for which you are grateful.
5. Take a few moments to appreciate this thing or person.
6. Notice how you feel.

-
- As you introduce this exercise, you might want to model an example for learners before bringing them through the exercise.
 - This is a nice exercise for taking a few responses from learners after the exercise is finished.

Guided Rest, Part 1

PreK-5

Pure
brain
breaks



Rest

1. Lie down on the floor on your back. Spread your feet apart. Turn your palms up to face the ceiling and close your eyes.
2. Put your attention on your forehead. Feel your forehead relax.
3. Put your attention on your eyes. Feel your eyes relax. Repeat for ears, nose, and mouth.
4. Put your attention on your cheeks and jaw. Feel your cheeks and jaw relax.
5. Put your attention on your neck. Feel your neck relax.
6. Put your attention on your shoulders. Feel your shoulders relax.(Repeat for arms, wrists, hands, and fingers.)
7. Put your attention on your chest. Feel your chest relax.
8. Put your attention on your back. Feel where your back touches the floor (or the chair).
9. Put your attention on your belly. Notice how the breath moves the belly softly up and down.
10. Put your attention on your hips. Feel your hips relax. (Repeat for legs, knees, ankles, feet, and toes.)
11. Bring your awareness to your breathing and notice where you feel the breath in your body. Maybe you notice it in your nostrils. Maybe you feel it in your chest. Maybe you feel it in your belly.

Guided Rest, Part 2

PreK-5

Pure
brain
breaks



Rest

13. See if you can get really quiet. Maybe you will even feel your heart beating inside your body.
14. Let learners rest in silence for a few moments.
15. Ring chime.
16. Slowly start to wiggle your fingers and toes. Take a deep breath in and stretch your arms overhead. As you exhale, relax.
17. Open your eyes and slowly return to a seated position.
18. Notice how you are feeling.

heads pointing toward the center. Learners may practice Guided Rest seated at their desks if lying down is not convenient.

- Using a soft stuffed animal as a “breathing buddy” can help learners relax. The breathing buddy can rest on the learner’s belly and help the learner to notice their breathing.
- You can shorten the exercise by leaving out some body parts.
- Learners who do not feel comfortable lying on their backs may lie on their bellies, although lying on backs is the ideal position for helping the body to relax in this exercise and should be encouraged.

-
- If space permits, have learners lie down in a circle with their

Listen to the Chime

PreK-5

Pure
brain
breaks



1. Start in Seated Mountain with hands in your lap.
2. Close your eyes.
3. I am going to ring the chime. Open your eyes when you NO LONGER hear the sound of the bell.
4. Ring the bell and wait until learners open their eyes (about 30 seconds).
5. Ring the bell again and start your next activity.

-
- This 1-minute exercise is useful for almost every single situation. It has a magnetic pull on human beings. Simply hit the bell once. Watch every learner turn to you.

Mind Jar

PreK-5

Pure
brain
breaks



- To begin, shake up a mind jar and hold it in front of the class so that all learners can see.
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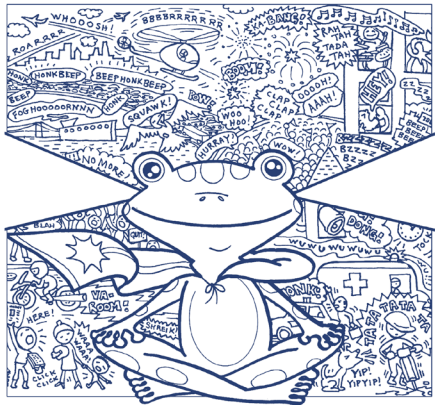
1. Sit in Seated Mountain.
2. Feel the breath moving inside of your body.
3. Keep taking relaxed breaths until the sparkles settle to the bottom of the mind jar.
4. Notice how you feel.

-
- You can share with learners that the mind jar can help whenever they feel upset or overwhelmed.
 - Imagine the glitter as your thoughts. When you shake the jar, imagine your head full of whirling thoughts. Watch them slowly settle as you calm down.
 - Remember, simply noticing when you feel stirred up can help you start to feel calm.

Mindful Listening



K-5



Rest

1. Close your eyes.
2. I'm going to set the timer to 45 seconds.
3. In your mind, list the items you (hear, feel, think) while we are sitting silently.

-
- At the end, have learners share their experiences.

One-Minute Reflection



K-5



1. Before leaving school, take a moment to pause and reflect on today.
2. Sit comfortably, either at your desk or on the floor.
3. Were there things you did today that you are proud of? Let them soak in for 20 to 30 seconds.
4. Feel good about your accomplishments.
5. Were there things you felt you could have done better or differently? It's okay to make mistakes or missteps.
6. Tomorrow, with a fresh mind and even breathing, you can try again.

Sleeping Crocodile

K-5

Pure
brain
breaks



Rest

1. Begin seated at your desk.
2. Cross your arms and rest your arms on your desk.
3. Let your head rest on your arms. You can keep your forehead down or turn your head to one side.
4. As you rest, notice your breathing. Where do you feel the breath the most?

-
- If on the floor, sleeping crocodile can be done lying on the belly. Instruct learners to cross arms, make a pillow with their hands, and lie down with their head resting on their hands.

STOP*



K-5



Rest

- STOP is an exercise designed to help learners practice self-regulation when they are experiencing strong emotions.
 - Learners learn to go through the four steps: S-T-O-P.
 - It is a good idea to practice this exercise when learners are not experiencing strong emotions, so that they will be able to implement it when they are.
 - The main focus is to hone learners' observation skills to help them make more mindful choices.
 - When we observe, we are just noticing what we feel in our bodies; we are not saying if something is good or bad.
- For further exploration, ask learners how the quality of their breath changes when they are laughing, sobbing, anxious, frightened, angry, relaxed, surprised, or startled.
 - Underscore two important features of mindfulness practice:
 1. Consistent practice—keep trying!
 2. Learn from unmindful moments, without being too harsh on yourself.

*Elisha Goldstein, "Stressing Out? S.T.O.P.," *Mindful*, May 29, 2013.

Thumb Staring



K-5



1. Start in Seated Mountain with hands in your lap.
2. Gaze softly down at your thumbs.
3. Try to keep your eyes on your thumbs until I ring the chime again.

do it? Did they experience any distractions?

- This exercise complements “Listen to the Chime,” except it focuses on the sense of sight more than the sense of hearing. You can offer both exercises and ask learners what feels different with eyes open versus eyes closed.

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- Ring the bell... and wait 30 seconds.
 - Ring the bell again and ask learners for feedback. Were they able to keep their gaze on their thumbs the whole time? If so, how did they