MINDFULNESS MOMENTS- SEMESTER 2

Gratitude Reflection

Close your eyes and silently reflect on one person, place, or thing that brings you joy.

Color Hunt

d quietly find 5 things that have that
erns, placement and purpose of the
and items.

nd Dump

Spend 5 minutes writing about what's on your mind and taking up your focus. As you write, pay attention to your breathing and imagine that each word helps you re
heavy.

Ocean Wa

Imagine your breath flowing in and out like gentle waves on a beach.

Breathe Ladder

Inhale for 1, exhale for 1. Next round: in
going until you reach 5, the

SURVIVING in Secondary