

MINDFULNESS MOMENTS- SEMESTER 2

Gratitude Reflection



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

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Color Hunt



Quietly find 5 things that have that color. Write down the names, patterns, placement and purpose of the color and items.

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Mind 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 release your thoughts and feel heavy.

Ocean Waves



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

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Breathe Ladder



Inhale for 1, exhale for 1. Next round: inhale for 2, exhale for 2. Next round: inhale for 3, exhale for 3. Next round: inhale for 4, exhale for 4. Next round: inhale for 5, exhale for 5.

