

# Mindful Monday Wellbeing Menu

## Junior Classes

### Mindful Monday

Daily mindful moments and activities help us to practice taking time to breathe, relax and be more present.

Breathing strategies help us to take time to check in before reacting when strong emotions occur. We then create the power to choose our responses.

Remember that if you want these strategies to work when you need them, then you need to practice them regularly.

Ms. McCann has recorded a wonderful mindful activity for you. Check out the website to find out!

## Wellbeing Choice Menu

### Reconnect with Nature

Look up at the night's sky and try to connect the dots between the stars with your finger.

Walk Barefoot



With a crayon and paper, do a leaf rubbing.

Get up early and watch the sunrise



Look up at the sky and try to figure out what shapes the clouds are making

### Mindful Breathing

#### Flower Breath



#### Leaf Breathing



## Sense Activities

### Touch: Feather Massage

Take a comfortable sitting position.

Rub a feather, leaf, blade of grass or twig very lightly around the palm of your hand. Feel the tingles and tickles as you move it.

Move it very slowly.

You could even close your eyes to focus your senses even more!

Now, move it around your fingers, up to your wrist and along the underside of your arm.

### Hearing: Listen to the sounds

Go outside and sit somewhere safe and comfortable. For 30 seconds, listen to the sounds of nature. After, tell someone what you heard.

You can tune into the sounds around you anytime, anywhere. Practice it indoors and outdoors. Just focusing on what you can hear and noticing what is all around you.