60 Seconds of Mindfulness: *A toolbox of activities for the classroom*

Make a gratitude list	Mindful Breathing: say in on the in breath, out on the out breath	Mindful Listening: Listen to the sounds in the environment	Write with your non-dominant hand	Take a Safari/Nature Walk	healthymindspace.com ∞
Heartfulness: Picture someone you love. Be in the moment with them. Send love.	Mindful Walking: Walk the classroom without shoes on	Mindful Breathing: Count every breath in/out until the time is up	Mindful Listening: Listen a chime led by students. Raise a hand as the sound comes to an end	Body Scan: while seated on the floor-scan from your head to your toes.	Super Hero Pose Choose a favorite superhero and hold that pose with strength
Do 1 minute of physical activity. Count your heartbeat for the next minute.	Heartfulness: Think of someone you don't always get along with. Send love & peace	Yoga Pose Choose a favorite yoga pose and hold that pose with strength	Mindful Breathing: Place your hand on your belly. Feel it fill and deflate	Mindful Listening: Listen to the drum of an instrument	Mindful Bodies: Squeeze and relax the body, slowly on repeat for the minute
Spidey-Senses Hold an object. Study it with all 5 sense and share.	Dragon/Lion Breaths Breath in and back out with your tongue out	Mindful Breathing: In-In-Out In-In-Out	Mindful Walking: Walk the hallways silently & observe	Mindful Eating: Eat your snack in silence and focus just on the engaged senses	Mindful Listening: Play relaxing sounds (ocean, rain, wind)
Positive Affirmations: Repeat positive words (I am safe, I am peace, I am love, etc)	Finger Trace Spread your fingers wide and trace around the fingers with the right hand. Repeat	5 things you can see 4 you can touch 3 you can hear 2 you can smell 1 you can taste	Body Scan: Remain still in a chair . Scan from your toes to your head. Notice how the body parts feel	Silent Superman: Lay on your belly and engage in the Superman pose in silence.	Mindful Breathing: Focus on negative emotions and release tension through the breath