









MASK+Mindfulness



CALENDAR ★ ELEMENTARY

Mindfulness for me, mindfulness for you, it helps you to take the time to remember what to do...

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Go outside and put your feet in the grass	Stop and notice your body sensations	Close your eyes and think of the sound of the ocean waves	Say the Mindfulness Mantra 	Think of your favorite color and picture all things of that color	When you eat dinner tonight.. take time to feel the food in your mouth.	Go outside and lay in the yard and close your eyes and listen to the sounds.
Thank three people today.	 Go outside and feel the sun on your face	Color a picture on how you are a good friend	Teach them to body scan - wake up and have them scan down their bodies to see how they are feeling.	Pack their lunch with an orange and have them close their eyes and focus on the smelling the orange peel.	Go on a rainbow walk. Have them identify items outside of the colors of the rainbow.	 Write down three things you are grateful for
Get out playdough and close your eyes and feel how it feels	Close your eyes and count your breaths 	Write down three amazing things about yourself. Post somewhere you can see and read everyday	<i>Eat mindfully.</i> Take small bite and notice the texture, taste and smell	Notice seven things that are beautiful in the world 	Muscle Relaxation Tell your child to lie down. Then, tell them to tighten and then relax specific muscle groups one at a time — starting with their feet and Keep going until you get up to their head	<i>Savor the flavor.</i> Encourage them to take time eating a certain food. Focus on smell, texture and taste.
Strike a yoga pose. Youtube has many yoga videos for kids. Encourage yoga time to connect mind, body, spirit.		When your frustrated take a deep breathe first before you respond	Before you get out of bed... say three things you are thankful for.	Pick five crayons and color five thick lines. Focus on each color and write or say how they make you feel or think of.		Plant a garden or just get a pot and plant seeds. Water everyday and watch it grow.
Go outside and close your eyes and listen to all the noises - write them down after	Close your eyes and focus on your beating heart.	Stop and smell — close your eyes and focus on the scents in the room. Go outside and stop and smell the roses.	When you are walking down the hall today smile at three people and tell your parents who they were.	 Write down three things you are grateful for		