



One–Minute Mindfulness Activity Cards

The Mindful English Classroom Feb 2018

What is Mindfulness?

Mindfulness is a tool that allows an individual to develop greater self-awareness, self-regulation and increased focus.

Why should we practice mindful activities in the classroom?

Many studies have shown that mindful exercises have positive benefits for children. They can increase attention span, develop social skills, enhance focus, promote happiness, and improve mental and emotional health.

How to use the cards

The included exercises can be done as whole-group, learning stations, or with individual students. They can be used to start the day or as a transition between academic exercises.

Instructions

These cards can be used for whole group instruction, activity centers, or individual student use.

These one minute exercises are meant to be done in conjunction with a set up and feedback. The entire activity should take between 5–10 minutes.

Set-up: Before starting any activity students should stand or sit still and breathe deeply through their nose (1–2–3–4–) and fully out through their mouths (1–2–3–4).

Activity: Follow directions on card.

Feedback: Take time for students to reflect and share the experience they had during the exercise.

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Compassionate Heart

Spend one minute writing down all the things you like about yourself. What are you most proud of?

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Self Love

Sit in a comfortable spot and close your eyes. For one minute send kind wishes to yourself.

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Gratitude

Pick the name of a family member and for one minute write down all the reasons you are grateful for them.

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Mindful Movement

Walk across the room in slow motion. Try to be as slow as possible. How do you feel after you stopped?

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Goal Setting

Sit comfortably and close your eyes. Picture yourself achieving a goal that you have been working on. Imagine every part of the finished product.

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Mindful Focus

Pick an object in the room. Focus on it without distraction for one minute.

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Physical Literacy

Take a deep breath and tighten your body on the inhale and release with a big sigh on the exhale. Take a deep breath and exhale without tightening. Notice the difference. Repeat.

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Mindful Empathy

Sit comfortably and close your eyes. Picture your favorite animal. For one minute breathe like your favorite animal.

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Physical Focus

Sit comfortably and close your eyes. Listen to your heartbeat for one minute. On each beat imagine your heart pushing the blood through your veins.

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Calming Thoughts

Repeat the following affirmation to yourself for one minute. You can also repeat it throughout the day.
"I am a peacemaker. Peace lives in me."

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Emotional Development

Sit comfortably and close your eyes. Think about how you are feeling. Happy? Sad? Angry? Think about how you know how you feel.

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Mindful Listening

Sit comfortably and close your eyes. Find three sounds. What are they? Have you noticed them before?

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Physical Awareness

Sit comfortably and close your eyes. Place a small object in your hand. Focus on how the object feels in your hand. Do you feel something you hadn't noticed before?

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Body Awareness

Stand up and begin shaking your hands, then your legs, then shake your entire body. Stop after one minute. How does your body feel?

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Mindful Motivation

Sit comfortably and close your eyes. Think of a task you have been avoiding and want to accomplish. Silently repeat, "I can do this."

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Mindful Mantra

Repeat the following affirmation for one minute. You can also repeat this throughout the day. "I am focused and ready to work"

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Mindful Breathing

Sit comfortably and close your eyes. Breathe normal and focus on your breath for one minute. Pay attention to when it enters and leaves the body.

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Wishing Well

Sit comfortably and close your eyes. Think of someone and send them well-wishes. Picture them and say to yourself, "I wish you well." It can be the same person or different people.

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Self-Centering

Sit comfortably and close your eyes. For one minute think about things you like to do. Try to separate what you like to do from what other people want for you.

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Active Listening

Find a partner. Listen to the other person talk for one minute. Listen without interrupting or judging the other person. Nod to show understanding. Take turns. You can also repeat back to the person what they said to show you were actively listening.

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Compassionate Heart

Spend one minute writing down all the things you like about yourself. What are you most proud of?

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Mindful Eating

Get a small food item (raisin, grape, small cracker), Place in your mouth. Close your eyes and for one minute, focus on the taste and feel of the item in your mouth.

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Mindful Imagination

Sit comfortably and close your eyes. Picture yourself in a forest. Activate your senses. What do you see, hear, feel, smell and touch?

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Daily Gratitude

Think of five things you are grateful for and write them down. Each time you do this activity think of five new things.

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Mindful Observation

For one minute look around the room that you are in. Choose five items. Silently, focus on each item and name them. Observe what color they are and where the item is located in the room. Is there anything you haven't noticed before?

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Mindful Scents

Close your eyes. Identify two smells in the room? What are they? Do they compliment each other? Do they remind you of anything?

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Mindful Melody

Listen to a song for 30 seconds. What instruments could you identify? Can you repeat the beat? What else did you hear?

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Mindful Relaxation

Sit comfortably and close your eyes. Starting from your head, relax the muscles in your body. Say to yourself, "Relax my head, relax my face, etc.." until you reach your feet.

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