

7 DAYS OF MINDFULNESS CHALLENGE

Let's try to stay mindful during this time of remote learning. Practice these strategies, five minutes or more per day!

Monday

Scan your body. Lay down or sit comfortably. Squeeze every muscle in your body for a few seconds and then release them. Notice how your body feels afterwards.

Tuesday

Raise your arms straight up overhead. Stretch it out, then bend and touch your toes. Stretch your arms to the side and move them in circles.

Wednesday

Practice belly breathing. Place one hand on your chest and one on your belly. As you inhale feel the belly expand like a balloon, and deflate as your exhale.

Thursday

Wake up your muscles and keep them active during this time. Do 10 jumping jacks and 10 sit ups or as many as you can do. Remember to breathe!

Friday

Eat your favorite snack mindfully! Slowly eat, noticing the taste, texture, scent and feel of the food, really enjoy it.

Saturday

Turn on your favorite song and just dance! Be silly, be creative and have fun. Have a virtual dance party with your friends!

Sunday

Name three things you are grateful for. Pick of these items and write a journal entry about it. Try doing this before bed for a restful sleep.