

Montecito Union School District

# Mindfulness Resource Cards



MUS Mindfulness Resources

## Feeling Happy



- ▶ Ask your students to sit in a comfortable posture in their chairs, as you turn off the lights and ask students to close their eyes.
- ▶ Over the course of three minutes, calmly read the following script:
  - ▶ As you breathe in, allow a gentle smile to cross our face.
  - ▶ As you breathe out, let go of all of the tension in your body and mind.
  - ▶ Enjoy the continued feeling of the smile and tension release as you breathe.
- ▶ After three minutes, ask students to describe how this practice made them feel.

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## Feeling Sensations



- ▶ Ask your students to sit in a comfortable posture in their chairs, as you turn off the lights and ask students to close their eyes.
- ▶ Over the course of three minutes, calmly read the following script:
  - ▶ Observe your breath as it enters and leaves your nostrils. Notice the cool sensation as you breathe in and the warm sensation as you breathe out.
  - ▶ Try to stay focussed on this sensation.
- ▶ After three minutes, ask students to describe how this practice made them feel.

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## Becoming Grounded



- ▶ Ask your students to sit in a comfortable posture in their chairs, as you turn off the lights and ask students to close their eyes.
- ▶ Over the course of three minutes, calmly read the following script:
  - ▶ As you breathe in, notice how your chest rises and falls.
  - ▶ As you breathe in, your chest rises...and as you breathe out...your chest falls.
  - ▶ Focus on the rise and fall of your chest for a short time.
- ▶ After three minutes, ask students to describe how this practice made them feel.