

Why?

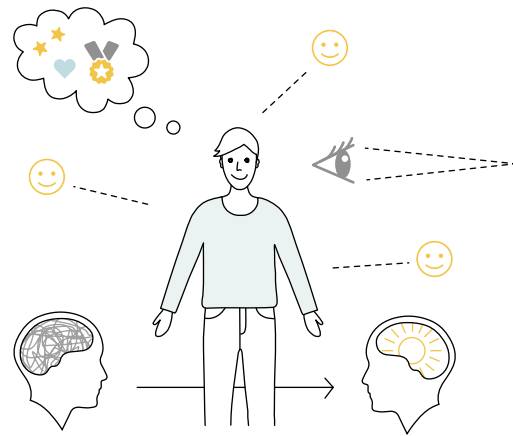
Mitigates the effects of bullying.

Enhances focus in children with ADHD.

Reduces attention problems.

Improves mental health and well-being.

Improves social skills.

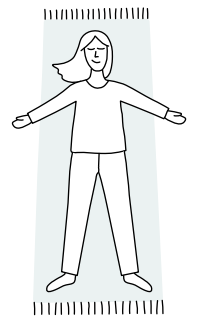


How?

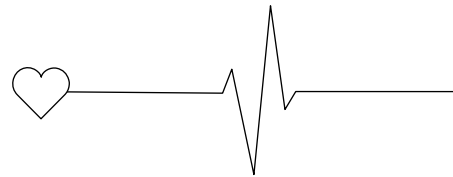
Mindful breathing. Focus on your breath, imagine a sail boat that rises and falls with each breath, envision your breath as a color, and pretend you're a fish breathing air for the first time!



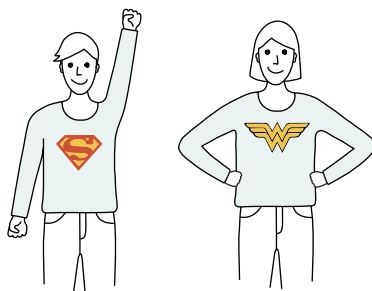
Body Scan. Lie back, close your eyes, squeeze every muscle as tight as you can, relax all of your muscles, and think about how your body feels.



Heartbeat exercise. Jump up and down or do jumping jacks for one minute, sit down and put a hand over your heart, close your eyes and pay attention to your heartbeat and your breath.



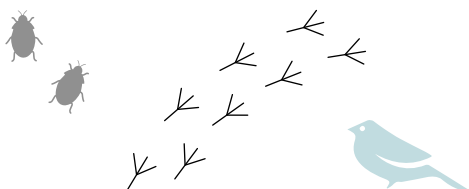
Mindful posing. Try the superman or the Wonder Woman pose and pay attention to how it feels, both physically and emotionally.



Spidey senses. Use all of your "spidey senses" - smell, sight, hearing, taste and touch - to notice what is going on around you.



The mindful jar. Fill a jar with water, add a spoonful of glitter, shake the jar to make the glitter swirl, and think about how your mind is like the jar - sometimes it's crazy and chaotic and you can't see very well, but when it's settled, the glitter sinks and you can see clearly.



Safari. Go on an exciting adventure on your next walk, put all of your senses to work, and notice all the birds and bugs and creepy-crawlies, anything that walks or crawls or swims or flies.