

# Mindfulness



## Brain Breaks

Created by Meredith Anderson

Please note: This FREE SAMPLE includes 4 cards. The rest of the cards and the circular cards are included in the [full paid resource](#).

## *Mindfulness Brain Breaks*

I have created these cards as a way to practice mindfulness in the classroom. Each pose has a corresponding guided meditation / instruction card to get you started. You may print the image cards full page if you want to hang these as posters OR print 4 pages per sheet. If you want to print 4 pages per sheet with the instructions on the back (optional), print the image sets first, then switch back to one page per sheet and print the corresponding cards on the back. For young children, you may wish to just read the instructions to the whole class.

These are great to do at the beginning of the day or any time you have had a major transition, such as after lunch/recess or a field trip. You may start this time by ringing a bell or chime so that the children know to start calming their breath.

I hope you enjoy these! Remember to move with the breath and never strain where your body does not want to go. For balancing poses, if you cannot balance, please modify the pose (by sitting, or keeping both feet planted) so that you do not fall down!

Warmly,  
Meredith





# Take Five





# Big Breaths



# Tree Pose



# Eagle Arms





## BIG BREATHS

First, just become aware of yourself breathing in and out. In a comfortable seated position, place your hands on your belly to feel the rise and fall of your breath.

Take a deep breath. **Inhale** through your nose. Then, with your mouth open wide, **exhale**. On the exhale, try to release any tension or worry you may have. You may choose to exhale loudly, either passing the air through your teeth, or sticking your tongue out and using a silent lion's roar breath.

Repeat several times, or until you find rhythm with your breath.

## EAGLE ARMS

Start in a comfortable seated position. **Inhale** and bring your arms out wide like an airplane. Extend your fingertips as wide as you can and lift your chest.

**Exhale** and cross your arms in front of you, left over right, giving yourself a hug. You can stay like this, or you can wrap your arms together as shown. Make an effort to keep your arms away from the body, so that there is space between your chest and your arms. Keep your chest and elbows lifted as you inhale and exhale through several breaths.

After your final inhale, exhale to release the arms back to rest, then switch arms and repeat.

## Take 5

You will be taking 5 deep breaths.

First, just become aware of yourself breathing in and out.

In a comfortable seated position, clasp your hands in front of you on a table or your lap. Try to focus on only your breath. When you are ready, close your eyes and take a deep breath **inhaling** through your nose, noticing the air as it passes in through your nostrils.

Release your breath as you **exhale** through your nose, again paying attention to your breath. You may try to imagine yourself in a favorite place. Repeat 4 more times.

## TREE POSE

Start in a standing tall position. **Inhale** as you slowly shift your weight to the right foot. **Exhale** as you extend your arms out wide for balance.

**Inhale as you** carefully peel the left heel off the ground, leaving the toes planted. You may keep your left toes planted or bring the bottom of your foot above or below your right knee as shown.

Your right leg is a strong rooted trunk. You can sway your arms or try to hold the pose with your eyes closed. Take several breaths, then repeat on the other side.



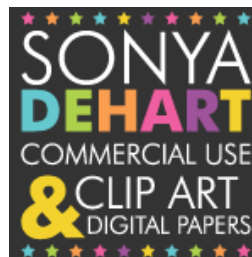
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