

Mindfulness Strategies & Movements

5-Step Mindfulness Exercise for the Classroom

Mindfulness 5-4-3-2-1

Focus on the world around you.

At this moment, what are:

5 things you see

4 things you hear

3 things you can touch

2 things you can smell

1 thing you can taste

Source: [Rogers Behavioral Health](#)

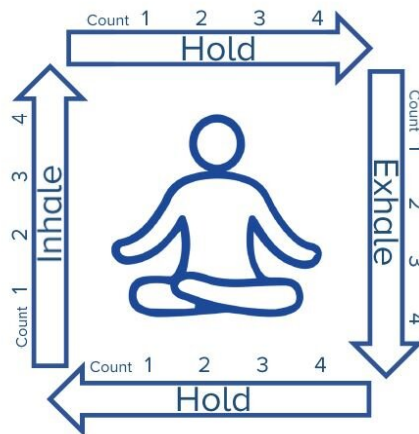
4-Square Breathing

Inhale while counting 1, 2, 3, 4

Hold breath while counting 1, 2, 3, 4

Exhale while counting 1, 2, 3, 4

Square Breathing



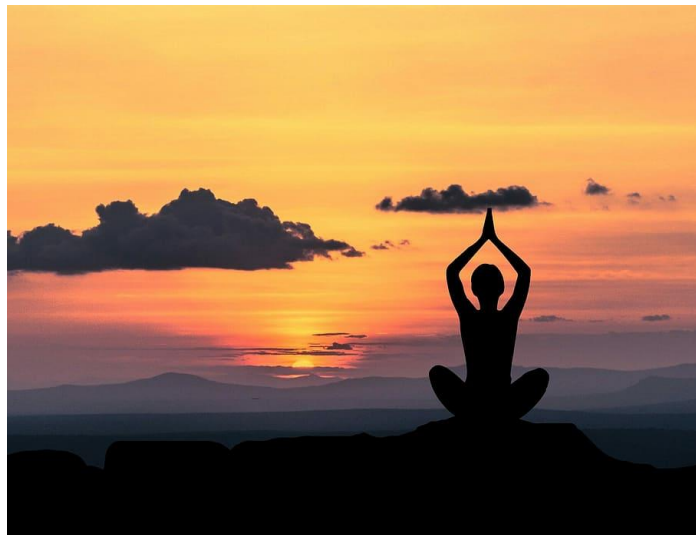
Body Scan

How to do it:

- Use your attention to find your breath in your body.
- Starting from either your feet or your head, move your attention through your body and notice your experience. Scan for tension in your feet, lower back, stomach, shoulders, face, jaw, forehead, or wherever you feel tension.
- As you scan each area, breathe into the area and release tension and bring in new energy.
- Expand your awareness to your entire body and move from your head to your feet.

Ideas of when and where to try it:

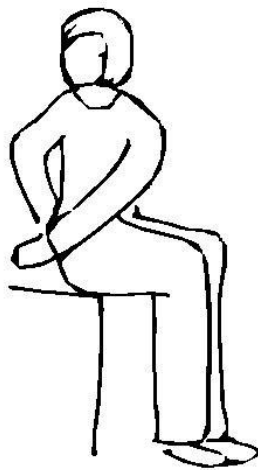
- While seated in class
- Before tests
- Before athletic events
- Before speaking in public
- Before getting out of bed in the morning
- Before falling asleep
- While standing in line
- During social events



Mindful Movements

Movement can help ground you and relieve tension.

1. **Seated Twist:** From the seated position, with your back straight, hips facing forward, and feet on the floor, grab the left side of your chair with your right hand and put your left hand on the upper back of the chair. Keep your shoulders as level as possible, twist your upper body as far to the left as possible. As you hold this position, breathe for 3 or 4 breaths. On the next exhale, slowly allow your body to rotate back to the center.



2. **Seated Tree:** Sit with your feet flat on the floor and your hands in your lap. Feel your neck and head balanced on your spine. Inhale and raise both arms above your head, interlacing your fingers together. Exhale slowly as you bend to the right without moving your hips. Breathe deeply while holding the posture. On the last exhale, return to center.



Mindfulness Apps

1. Calm
2. Mindfulness Training App
3. Stop, Breathe & Think
4. 11 Stress Busting Apps: [Click here](#) (can access this link on the Sophomore Counselor Canvas page by finding this document under the SEL Supports module)

LT Virtual Calming Room

You can access the virtual calming room by:

1. [Clicking here for the Virtual Calming Room](#)
2. Going to the Sophomore Counselor Canvas page and clicking on the link in the SEL Supports module