

# Mindful Brain Breaks

Big Life Journal

When you are being **mindful**, you are paying attention to what you are seeing, hearing, tasting, smelling – everything in this moment, **right now**.

Being mindful is a great **SUPERPOWER** to have because it can help you feel calm, focus, and even become healthier!

And like with anything else, the more you **practice** the better you become at it. So start practicing being mindful using these **Mindful Brain Breaks**!

## How to make Mindful Brain Breaks on popsicle sticks

- 1 Print and cut out the connected circles.  
Do not cut where the circles connect.



- 2 Fold the connected circles so they become two sides of one. Place a tip of a popsicle stick or straw in the middle between the circles.



- 3 Tape or glue closed.

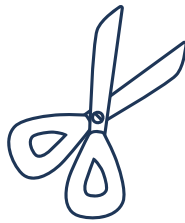




## 5 Finger Breathing

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Stretch your hand out like a star. With your pointer finger on your other hand, start at the bottom of your thumb and slowly trace your thumb while breathing in through your nose. Then, breathe out through your mouth as you slide down the other side. Keep going until you've traced your entire hand.



## PAINT

Big Life Journal

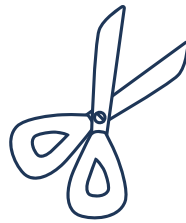
Imagine you are holding a paintbrush in your hand. In the air, draw an animal, a person, or anything else you would like!



## Hand on Heart

Big Life Journal

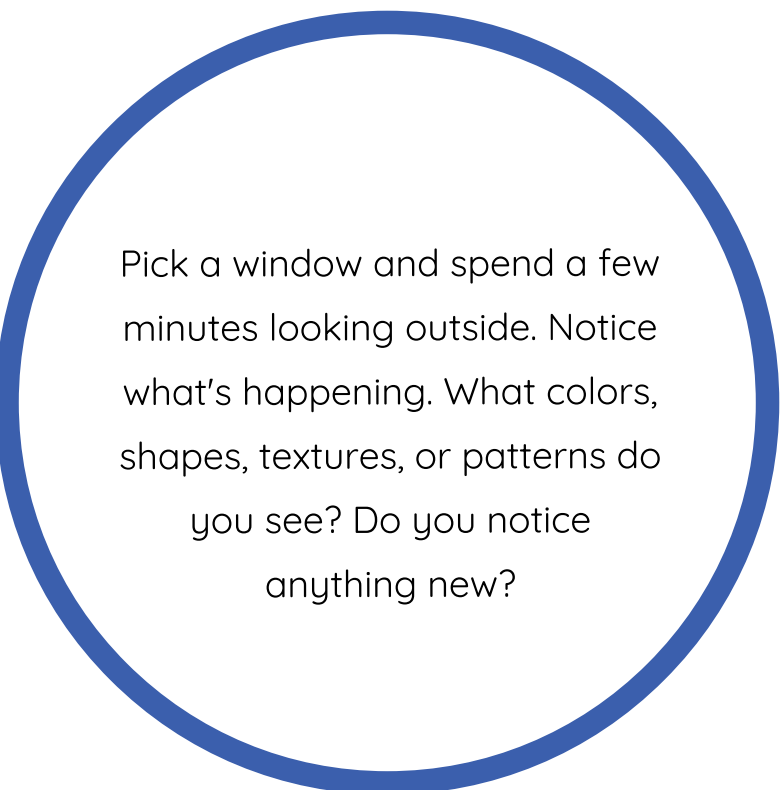
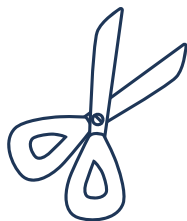
Either jump up and down or do jumping jacks for one minute. When you're done, place your hand on your heart. Pay attention to how your heartbeat and your breathing feel. Fast or slow?



## Spaceship

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Close your eyes and imagine you are in a spaceship. You can travel anywhere you wish! Begin counting down from 10 to 1... and then off you go! When you land at your destination, look around. Describe what you see in detail. Remember to take deep breaths! Then return back home feeling relaxed and calm.

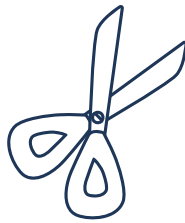




## Breathing Colors

 Big Life Journal

Close your eyes. Breathe in slowly through your nose and imagine you are breathing in a color (any color you'd like). Breathe out slowly through your mouth and imagine you are breathing out a different color. Repeat 2 times.



## Standing Like a Tree

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Stand up straight. Pretend your legs are the roots of a tree. Reach your arms up high as if they are the tree branches. Start swaying your body side to side as if you are a tree blowing in the wind.





Simon Says

Big Life Journal

Pick someone to be "Simon".  
Standing in front of the group, Simon  
tells players what they have to do.

However, the players must only  
follow commands that begin with the  
words "Simon Says." If Simon simply  
says, "jump," without first saying  
"Simon says," players must not  
jump. Those who jump  
are out.

