



# Sig 72 Wellness Activities for PLCs

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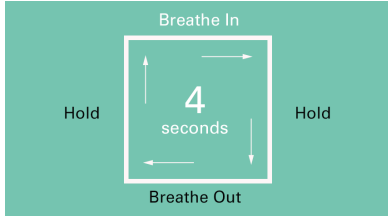

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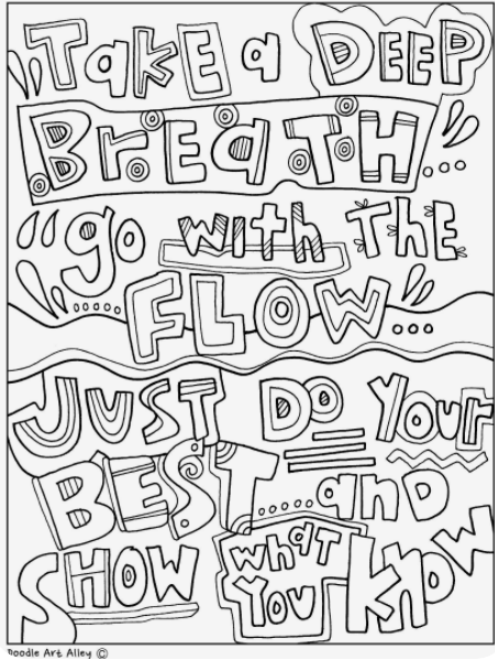
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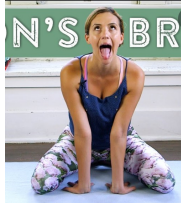
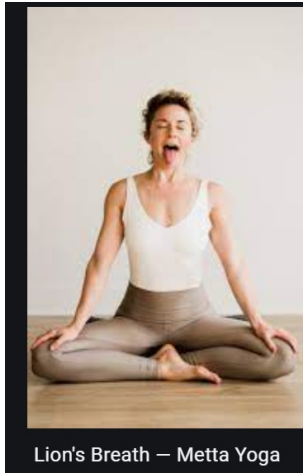
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Strategy	Directions	Resources / Tags
5x5 Mindfulness	Close your eyes and take a moment to use your five senses. What can you hear, feel, smell, taste, and see?	<div>GoZenPlus_5x5Mi...</div> #noticing
Rainbow Breathing		<div>Rainbow Breathing</div> #breathing
Sun Spiral Breathing		<div>Sun Spiral Breathing</div> #breathing
Gratitude Journal	Each day, write down 3 things that you are grateful for.	
Flower/Candle Breathing	<ol style="list-style-type: none"> <li>1. Hold the left hand in a fist (ask student to imagine it is a flower)</li> <li>2. Hold the right hand in a fist (ask student to imagine it is a candle)</li> <li>3. Inhale. Pretending to sniff the flower.</li> <li>4. Exhale. Pretending to blow the candle.</li> </ol> <p>Encourage the student to breathe deeply, to really smell the flower. Then tell them to exhale completely, to really really blow the candle out.</p>	<a href="#">Youtube Resource</a> #breathing
Box Breathing		#breathing
Finger Tracing Belly Breathing		<a href="#">Finger Tracing: Mindful Breathing for Students</a> #breathing
Mindful Minute Activities	These mindful meditations cards help students appreciate the here and the now!	<div>GoZenPlus_20Min...</div>

Power Pose!	Strike a Power Pose for 2 minutes!	 GoZenPlus_Power... #movement
Child's Pose	Spread knees as wide as your mat. Let your belly rest between your thighs and rest your head on the floor. This pose can be done for as long as needed. It helps soothe the brain.	#yoga #movement #breathing
Walking Meditation	A form of meditation you practice while walking in a straight line or circles	#meditation
Body Scan Meditation	 <p><b>Body Scan Meditation</b></p> <p>1: Take ten deep breaths to relax</p> <p>2: Focus on the sensations in your body in the following order:</p> <p><b>BENEFITS:</b></p> <ul style="list-style-type: none"> <li>Improved sleep</li> <li>Anxiety relief</li> <li>Stress relief</li> <li>Greater self-awareness</li> <li>Boosts self-compassion</li> <li>Reduced pain</li> <li>Reduced cravings when quitting smoking</li> </ul> <p>Head, Face, Neck, Shoulders, Upper back, Lower back, Abdomen, Pelvis, Upper legs, Lower legs, Feet</p> <p>Repeat in reverse</p>	#meditation
Positive Affirmations	 <p><b>Morning Affirmations</b></p> <ul style="list-style-type: none"> <li>"I have unlimited power."</li> <li>"I am living to my full potential."</li> <li>"I am happy and free because I am me."</li> <li>"I am learning to trust the journey."</li> <li>"I am a powerful creator."</li> <li>"I acknowledge my own self-worth."</li> <li>"I am willing to act and face my fears."</li> <li>"I trust my intuition."</li> <li>"I will celebrate each goal I accomplish."</li> <li>"I am energetic and enthusiastic."</li> <li>"Confidence is my second nature."</li> </ul>	#affirmation
Five Sense Scavenger Hunt	<ol style="list-style-type: none"> <li>Listen. Name one thing that you hear when you listen with your ears.</li> <li>Look. Name one thing that catches your attention</li> </ol>	#noticing

	<p>when you look around.</p> <ol style="list-style-type: none"> <li>3. Smell. Name a scent that you notice when you take a sniff with your nose.</li> <li>4. Touch. Name an object that you enjoy feeling with your hands.</li> </ol>	
Bubble Blowing	<ol style="list-style-type: none"> <li>1. Demonstrate blowing bubbles and figuratively putting your thoughts and feelings inside them. For instance, "I feel nervous. I'm going to put that feeling in a bubble and let it float away."</li> <li>2. Point out how our thoughts and feelings are just like bubbles: They come up, and they drift away in the breeze. Sometimes they even pop.</li> </ol>	#noticing #selfawareness
Coloring		<a href="#">Anti-stress (Relaxation) – Printable coloring pages</a> #art #creating
Mindful Movement with Music	<p>Mindful movement involves moving the body along to music without thinking about executing dance moves or appearance. It's simply free-flowing music interpretation.</p>	#movement #sound


<h2>Effective Time Management</h2>	<p><b>Effective Time Management Tactics</b></p> <ul style="list-style-type: none"> <li>___ Break down tasks into 60-90-minute segments, add 15-20-minute break</li> <li>___ Set a timer for every 25-30 minutes</li> <li>___ <b>OHIO (Only Handle It Once):</b> for tasks that take &lt; 10 minutes</li> <li>___ Identify a <b>work theme for certain days</b> of week</li> <li>___ Keep and use a <b>notebook</b> to write down important ideas/thoughts</li> <li>___ <b>Limit checking email, making calls</b> (2-3 times planned each day)</li> <li>___ <b>Do the harder tasks early</b> in the day/your best work time</li> <li>___ <b>Set a deadline</b> to complete the task</li> <li>___ <b>Reward</b> yourself for completing a task</li> <li>___ <b>Schedule a Healthy Routine</b> (exercise, family rituals, commuter activities, down time)</li> <li>___ <b>All your items have a home</b> (so no hunting at the last minute)</li> <li>___ <b>Mono-task Cognitive Jobs</b> (finish one before starting another)</li> <li>___ <b>Eliminate Distractions</b> (limit media, keep friends only, 2-minute timer)</li> <li>___ <b>Contend with Other Demands</b> (say "no" nicely, delegate, check shifting priorities with others)</li> <li>___ <b>Counter Procrastination</b> (personify, short intervals to do, schedule "down time")</li> </ul>	<p>#productivity</p>
<h2>Scanning My Body</h2>	<p><b>Scanning My Body</b></p> <p>Get Comfortable Focus on Breathing Slowly Breathe deeply so that the breath goes all the way to your feet Notice the Sensations in Each Body Part as you Inhale Several Breaths Let the Sensations Go as you Exhale</p> <p style="padding-left: 40px;">How Does My Left Foot Feel? My Ankle? My Leg? My Joints? My Other Leg? My Pelvis? My Back? My Fingers? My Hands? My Arms? My Shoulders? My Chest? My Neck? My Head? My Face?</p> <p>Notice how your Whole Body Feels as you Breathe Slow and Deep</p>	<p>#meditation #breathing #noticing</p>
<h2>Relieve Stress with these 7 Yoga Poses</h2>	<ol style="list-style-type: none"> <li>1. Standing Forward Bend</li> <li>2. Cat-Cow Pose</li> <li>3. Easy Pose</li> <li>4. Head to knee forward bend</li> <li>5. Bridge Pose</li> <li>6. Corpse Pose</li> <li>7. Child Pose</li> </ol>	<p><a href="#">7 Calming Yoga Poses For Stress Relief   Fountainhead</a></p> <p>#yoga #movement</p>
<h2>YoMind - Mindfulness with JusTme - 7 short videos for students, teachers, or both.</h2>	<p><b>Video Titles:</b></p> <ol style="list-style-type: none"> <li>1. Using Breath as Anchor</li> <li>2. Balanced Breathing</li> <li>3. Mindful Listening</li> <li>4. Kindness for Self and Others</li> <li>5. Body Scan</li> <li>6. Finger Tracing</li> <li>7. Clench and Release</li> </ol>	<p><a href="#">Mindfulness with JusTme</a></p> <p>#breathing #meditation</p>

<p>Lion's Breath</p>	<p>Here's how to do lion's breath:</p> <ol style="list-style-type: none"> <li>1. Find a comfortable seated position.</li> <li>2. Lean forward slightly, bracing your hands on your knees or the floor.</li> <li>3. Spread your fingers as wide as possible.</li> <li>4. Inhale through your nose.</li> <li>5. Open your mouth wide, stick out your tongue, and stretch it down toward your chin.</li> <li>6. Exhale forcefully, carrying the breath across the root of your tongue.</li> <li>7. While exhaling, make a "ha" sound that comes from deep within your abdomen.</li> <li>8. Breathe normally for a few moments.</li> <li>9. Repeat lion's breath up to 7 times.</li> <li>10. Finish by breathing deeply for 1 to 3 minutes.</li> </ol>	  <p>Lion's Breath — Metta Yoga</p> <p>#breathing #yoga #movement</p>
<p>2 hard, 3 soft (forgot the actual name)</p>	<ol style="list-style-type: none"> <li>1. Hold 2 fingers like a peace sign and push down while breathing out hard x2</li> <li>2. Hold two fingers up and sway hands back and forth until all the way down while breathing slowly</li> </ol>	<p>#breathing</p>
<p>Muscle Relaxation  (works well with getting kids to sleep)</p>	<ol style="list-style-type: none"> <li>1. Get comfortable</li> <li>2. Take deep breaths</li> <li>3. Squeeze the muscle in different body parts and hold tight for 10 seconds.</li> <li>4. Count down in soft, calming voice</li> <li>5. Then let go and feel it melt to relaxation.</li> </ol>	<p>Relaxed muscles need less oxygen. When you are relaxed your breathing and heart will slow down. This all works together to help you feel calm and relaxed.</p> <p>#breathing #noticing</p>
<p>Owl Breathing</p>	<ol style="list-style-type: none"> <li>1. Deep breath in and take your eyes, head, and neck to the left</li> <li>2. Make an owl sound all the way to the other side</li> <li>3. Go back to center</li> <li>4. Deep breath take your eyes, head, and neck all the way to the right</li> <li>5. Make an owl sound all the way to the other side</li> <li>6. Back to center and repeat 2x</li> </ol>	<p><a href="#">Owl Breathing</a> #breathing</p>



	7. Really make those owl sounds	
Guide Imagery	<ol style="list-style-type: none"> <li>1. Find a comfortable place to sit or lie down. Close your eyes.</li> <li>2. Start by just taking a few deep breaths to help you relax.</li> <li>3. Picture a setting that is calm and peaceful. This could be a beach, a mountain setting, a meadow, or a scene that you choose.</li> <li>4. Imagine your scene, and try to add some detail. For example, is there a breeze? How does it feel? What do you smell? What does the sky look like? Is it clear, or are there clouds?</li> <li>5. It often helps to add a path to your scene. For example, as you enter the meadow, imagine a path leading you through the meadow to the trees on the other side. As you follow the path farther into the meadow you feel more and more relaxed.</li> <li>6. When you are deep into your scene and are feeling relaxed, take a few minutes to breathe slowly and feel the calm.</li> <li>7. Think of a simple word or sound that you can use in the future to help you return to this place. Then, when you are ready, slowly take yourself out of the scene and back to the present. Tell yourself that you will feel relaxed and refreshed and will bring your sense of calm with you.</li> <li>8. Count to 3, and open your eyes. Notice how you feel right now.</li> </ol>	#meditation #visioning
Loving Kindness Meditation	For one minute, repeat 'May I be happy, may I be well, may I be filled with kindness and peace.' You can substitute "you" for "I" and think of someone you know and like, or just send love to all people.	#meditation
Turn Down the Volume	Society can be so loud and imposing. Between the endless ringtones and chimes of mobile devices, to the music in the coffee shop, we rarely spend time in quiet. Set aside 5-30 minutes each day and turn off the television, the radio, and your phone, while giving your mind the gift of quiet. After all, the most interesting moments in life are the ones you can't capture in 140 characters or less.	#sound

Game of Fours	<p>Notice four things in your day that generally go unnoticed. For example, fire up your senses and appreciate the sound of children giggling while riding their bikes, the fresh scent of soap in your shower, your coworker's hearty laugh, or the brightest flowers in your garden.</p>	#noticing
Engage in Handwork	<p>Handwork is any kind of work or hobby that involves using your hands and some level of concentration. A few examples of handwork might be knitting, needlework, embroidery, weaving, crochet, beading, origami, mosaic art, wirework, whittling, soap carving, quilting, bookmaking, and calligraphy.</p> <p>Through the practice of handwork, you develop a connection between the sensorial experience, mental focus, and the act of creation. The focus required isn't so complex that it's overly challenging. On the contrary, these activities can be deeply relaxing and fulfilling.</p>	<p>Beads to put on pipe cleaners, calligraphy practice pages, thread to make friendship bracelets, etc.</p> <p>#creating #focus</p>
Mindful Sounds	<p>For this mindfulness activity for kids, you will need something that makes a bell sound. There are some great meditation apps that have recorded bell, meditation cymbals, and singing bowl sounds, however, if you can have one of these small instruments in real life, the sound is much better!</p> <ul style="list-style-type: none"> <li>• Begin this practice with three deep breaths</li> <li>• Give the following instructions before ringing the bell: <ul style="list-style-type: none"> <li>– When I ring the bell, concentrate on the sound that you hear.</li> <li>– Pay attention to whether you hear it louder in one ear than you do in the other.</li> <li>– Keep your eyes closed until the sound is completely gone.</li> <li>– If you notice your thoughts wandering, just bring your attention back to the sound of the bell.</li> <li>– After you open your eyes, remain silent until you hear my voice again.</li> </ul> </li> <li>• Students close their eyes, while the teacher rings the bell.</li> <li>• The activity is finished when the sound has completely dissipated.</li> </ul>	<p>Bell or chime</p> <p>#meditation #sound</p>

4-7-8 Breathing	<p>The following steps should all be carried out in the cycle of one breath:</p> <ol style="list-style-type: none"> <li>1. First, let your lips part. Make a whooshing sound, exhaling completely through your mouth.</li> <li>2. Next, close your lips, inhaling silently through your nose as you count to four in your head.</li> <li>3. Then, for seven seconds, hold your breath.</li> <li>4. Make another whooshing exhale from your mouth for eight seconds.</li> </ol>	<p><a href="#">4-7-8 Breathing: How It Works, How to Do It, and More</a></p> <p>#breathing</p>
Gratitude Circle	<p>Everyone's name is placed on a notecard or slip of paper. Everyone sits in a circle. One person pulls a name out and says something they appreciate about that person.</p>	#gratitude
Guided Meditation	<p>Guided Meditation from Cosmic Kids Yoga</p>	<p> Time Out (Peace O...</p> <p>#meditation</p>
Tell Me Something Good	<ol style="list-style-type: none"> <li>1. Watching this video from <a href="#">Youtube</a></li> <li>2. Everyone has to say something that is going well or positively</li> </ol>	#positivity
Alternate Nostril Breathing	<p>To practice alternate nostril breathing:</p> <ul style="list-style-type: none"> <li>• Sit in a comfortable position with your legs crossed.</li> <li>• Place your left hand on your left knee.</li> <li>• Lift your right hand up toward your nose.</li> <li>• Exhale completely and then use your right thumb to close your right nostril.</li> <li>• Inhale through your left nostril and then close the left nostril with your fingers.</li> <li>• Open the right nostril and exhale through this side.</li> <li>• Inhale through the right nostril and then close this nostril.</li> <li>• Open the left nostril and exhale through the left side.</li> <li>• This is one cycle.</li> <li>• Continue for up to 5 minutes.</li> <li>• Always complete the practice by finishing with an exhale on the left side.</li> </ul>	<p><a href="#">Alternate Nostril Breathing: Benefits, How To, and More</a></p> <p>#breathing</p>

<p><b>Blind Contour Bookend</b></p>	<p>Grab a pen and paper.</p> <p>Identify someone you can see from where you are sitting.</p> <p>Take two minutes to draw this person while looking at them the entire time. Draw the other person without looking at the paper. Without lifting your hand.</p> <p>When time is up, look at your drawing.</p> <p>Think about what you felt as you were sketching and how you feel about your drawing now. Reflect on the following questions:</p> <ul style="list-style-type: none"> <li>• <i>Did you make a great drawing? (unlikely!)</i></li> <li>• <i>Did you laugh along the way? If so, what was the laughter about?</i></li> <li>• <i>What did the voice in your head say? What did it try to make you do?</i></li> <li>• <i>What's at the base of those feelings?</i></li> <li>• <i>Where's that coming from?</i></li> <li>• <i>When is it important to judge a piece of work, and when might it be important not to judge?</i></li> </ul>	<p>This exercise helps you get into the habit of separating the process of making and creating from the process of critiquing or judging.</p> <p>#deferjudgement #art</p>
<p><b>Micro-Mindfulness</b></p>	<p>First, find a notebook in which to write down what you notice during any of these activities. Then, starting in the morning, try one of these micro-mindfulness activities:</p> <ol style="list-style-type: none"> <li>1. Put It in Your Pocket (for a whole morning, don't reach for your smartphone while walking, in transit, or while waiting in line)</li> <li>2. Entering New Spaces (For a whole morning, before you walk through a door, pause and take one breath. Be aware of the differences you might feel in each new space you enter)</li> <li>3. Photo Free Day (See the world through your eyes, not your screen. For a whole day, do not take any photos with your phone. If taking photos is not your thing, then instead do not send any messages)</li> <li>4. Smile! (For a whole morning, allow yourself to smile)</li> </ol> <p>See image in the right column for activity-details. For the full benefit of this series, challenge yourself to do one of these activities per day over four consecutive days.</p>	<p>These exercises pair two powerful actions that are important for creative work: noticing and reflection</p> <p>#reflection #noticing</p>
<p><b>Talkers and Listeners</b></p>	<p>Do this group with at least 4 people.</p>	<p>This activity is about surfacing the unspoken assumptions between</p>

	<p>Define participants as either a talker or listener. Select the group that best fits how you are showing up right at this moment.</p> <p>With your fellow talkers (or listeners), go to a corner of the room that is separate from the other group.</p> <p>Take a few minutes to identify some of the similarities and differences among your group members in terms of how you participate as well as how you've observed how people in the other group participate when everyone is together. Come up with at least three questions to ask the other group.</p> <p>Bring the groups back together and arrange in two lines so you're each standing opposite a person from the other group (like a face-off). The first group poses their questions to the second group, and then vice versa.</p>	<p>people who talk more and people who talk less - whatever the reasons. It also helps create self-awareness and other-awareness.</p> <p>#selfawareness #empathy</p>
Remember That Time...	<p>This activity requires a partner.</p> <p>Round 1: Agree to Disagree (1-2 mins) With your partner, pretend that you are old friends who always disagree about details. While using your imagination, "recall" an activity - a fake shared memory. It can be boring or exciting; the only rule is that you can't say something that you have actually done together. One person starts off: "remember that time when we...". The other person says "yes" but disagrees about some of the details. Go back and forth, adding to your shared memory but continuing to disagree.</p> <p>Round 2: Agree to Agree It's the same game, with the same partner. But now, miraculously, you wholeheartedly agree about everything. Whatever your partner says is exactly right. It's important to make your partner look good in your shared fake memory. It's made up, so you might as well make them into a hero!</p> <p>Compare the two rounds. How did you feel?</p>	<p>This activity is like doing a few reps of the most fun mental exercise you can imagine. It will help you understand how to achieve a core principle of creative collaboration: building up ideas rather than cutting them down.</p> <p>#creating #activelisting</p>
How Are You Doing, Really?	<p>This activity requires a group (similar to picking stickies)</p> <p>Take a handful of sticky notes and write down one thing you are feeling on each note. Aim to go beyond what people think others might be totally comfortable hearing.</p>	<p>A less judgemental atmosphere is an essential condition for collaboration. This activity is a simple, friendly way to make</p>

	<p>Stick all of your “feelings” onto yourself where they’re visible. Walk around the room and find someone to connect with. Have a conversation about what’s on their notes, and then what’s on your notes. Actively listen to your partner and be mindful of the little risk they are taking. It’s a small one, but it’s a risk nonetheless.</p> <p>If there’s time, circulate some more and chat with someone else.</p>	<p>feelings that usually stay on the inside visible on the outside.</p> <p>#empathy</p>
Five Senses Exercise	<p>This exercise is called “five senses,” and provides guidelines on practicing mindfulness quickly in nearly any situation. All that is needed is to notice something you are experiencing with each of the five senses.</p> <p>Follow this order to practice the <b>Five Senses</b>:</p> <ul style="list-style-type: none"> <li>• Notice five things that you can see.</li> </ul> <p>Look around you and bring your attention to five things that you can see. Pick something that you don’t normally notice, like a shadow or a small crack in the concrete.</p> <ul style="list-style-type: none"> <li>• Notice four things that you can <i>feel</i>.</li> </ul> <p>Bring awareness to four things that you are currently feeling, like the texture of your pants, the feeling of the breeze on your skin, or the smooth surface of a table you are resting your hands on.</p> <ul style="list-style-type: none"> <li>• Notice three things you can <i>hear</i>.</li> </ul> <p>Take a moment to listen, and note three things that you hear in the background. This can be the chirp of a bird, the hum of the refrigerator, or the faint sounds of traffic from a nearby road.</p> <ul style="list-style-type: none"> <li>• Notice two things you can <i>smell</i>.</li> </ul> <p>Bring your awareness to smells that you usually filter out, whether they’re pleasant or unpleasant. Perhaps the breeze is carrying a whiff of pine trees if you’re outside, or the smell of a fast-food restaurant across the street.</p> <ul style="list-style-type: none"> <li>• Notice one thing you can <i>taste</i>.</li> </ul> <p>Focus on one thing that you can taste right now, at this moment. You can take a sip of a drink, chew a piece of gum, eat something, notice the current taste in your mouth, or even open your mouth to search the air for a taste.</p>	<p><a href="#">22 Mindfulness Exercises, Techniques &amp; Activities For Adults (+ PDF's)</a></p> <p>#noticing</p>

	<p>This is a quick and relatively easy exercise to bring you to a mindful state quickly. If you only have a minute or two, or don't have the time or tools to try a body scan or fill out a worksheet, the five senses exercise can help you or your clients bring awareness to the current moment in a short amount of time.</p>	
<p>Mindful Walking Down The Street Technique</p>	<p>One core process that can be influenced by mindfulness practice is our ability to observe our thoughts, emotions, and sensations without reacting to fix them, hide them, or solve them. This awareness creates room for choice between impulses, and action which can help develop coping skills and positive behavioral change.</p> <ul style="list-style-type: none"> <li>• In the first step of this intervention, the facilitator helps the client visualize a scenario in which they are walking down a familiar street when they look up and see someone they know on the other side of the street. They wave, however, the other person doesn't respond and continues to walk right past.</li> <li>• In the second step, the facilitator prompts reflection from the client by asking a series of questions: <ol style="list-style-type: none"> <li>1. As you were imagining, did you notice any of your thoughts?</li> <li>2. As you were imagining, did you notice any of your emotions?</li> </ol> </li> <li>• In the third and final step, the facilitator asks the client to reflect on the series of emotions and thoughts that came up, how this affects their behavior, whether the exercise was helpful, and for any final comments.</li> </ul>	<p><a href="#">22 Mindfulness Exercises, Techniques &amp; Activities For Adults (+ PDF's)</a></p> <p>#noticing</p>
<p>Observe a Leaf for Five Minutes</p>	<p>This exercise calls for nothing but a leaf and your attention.</p> <p>Pick up a leaf, hold it in your hand, and give it your full attention for five minutes.</p> <p>Notice the colors, the shape, the texture, and the patterns. This will bring you into the present and align your thoughts with your current experience.</p>	<p><a href="#">22 Mindfulness Exercises, Techniques &amp; Activities For Adults (+ PDF's)</a></p> <p>#noticing</p>
<p>Single-tasking</p>	<p>You likely (correctly!) guessed that single-tasking is the opposite of multitasking. All it requires is showing up fully to whatever task you're working on.</p>	<p><a href="#">Mindfulness Activities: Easy Mindfulness Exercises for Any Age</a></p>

	<p>If you're working on the computer, focus on one task at a time. As much as you may not want to, close all the browser tabs that aren't relevant to the project you're working on. This can help free up mental space and might even create laser-focus.</p> <p>To deepen the practice, focus on:</p> <ul style="list-style-type: none"> <li>-how you're breathing</li> <li>-how your body feels in your seat, or how your feet feel against the floor if you're standing</li> <li>-the sensation of the air or your clothes against your skin</li> <li>-the structure and posture of your body</li> </ul>	#productivity
Monkey see, monkey do	<p>This is a great mindfulness game to help kids increase body awareness and think about how they move in space. As the adult, take on the role of the monkey, and lead the kids through different positions.</p> <p>Try to shift your weight in unexpected ways, like standing on one foot, getting on all fours, or sticking one foot up in the air.</p> <p>Ask the kids what it feels like to be in each position. Is it hard to balance, or does it give them a big stretch?</p> <p>Let it be silly. When kids get moving, giggles will likely ensue. Just go with it. You can even ask the kids to pay attention to how their breath changes when they laugh.</p>	<p><a href="#">Mindfulness Activities: Easy Mindfulness Exercises for Any Age</a></p> <p>#selfawareness #movement</p>