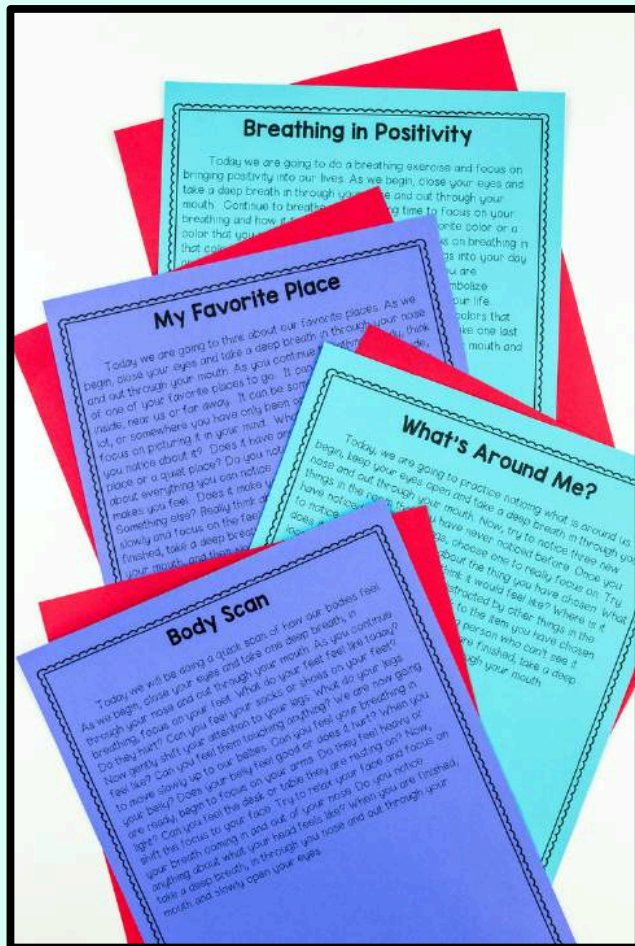


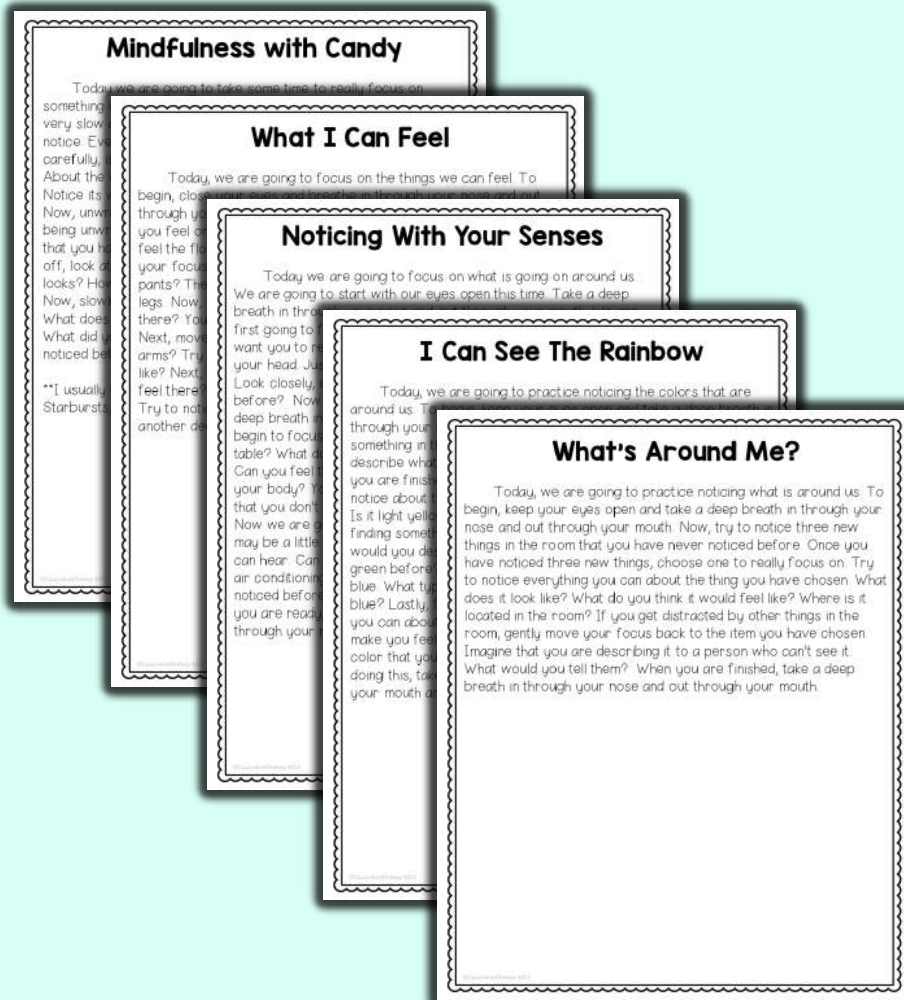
Use these 30 mindfulness scripts to help your students feel calm and focused!



They are perfect for...

- Morning meetings
- After recess
- The beginning or end of a lesson to help with transitions
- School announcements
- Coping skills lessons
- Students who could benefit from relaxation and stress relief
- Students who could benefit from being present in the moment
- Students who have ADHD

5 “Awareness Of Your Surroundings” Scripts



Students will practice being in the present moment by using their senses to observe their surroundings.

14 “Awareness Of Thoughts and Feelings” Scripts



Students will practice noticing their thoughts and feelings in a non-judgmental way.

4 “Breathing Exercises” Scripts

Breathing In Light

Today, we are going to breathe light into our bodies. To begin, close your eyes and take a deep breath in through your nose and out through your mouth. Imagine a ball of light is going into your toes, up through your stomach, filling your chest, and into your head. How does it feel? Does it feel warm? Something else? Take a deep breath in and then slowly exhale.

Hot & Cold Breathing

Today we are going to focus on our breathing and notice the ways that we can change our breaths. We will keep our eyes open.

For this exercise, we will breathe through our nose and mouth. Can you feel the temperature change when you breathe in and out? Notice the way your breath feels when you breathe slowly? Take a deep breath in and then slowly exhale.

Breath Focus

Today we are going to focus on our breathing. As we begin, close your eyes and take a deep breath in through your nose and out through your mouth. Notice the way your breath feels when you breathe slowly? Take a deep breath in and then slowly exhale.

Breathing in Positivity

Today we are going to do a breathing exercise and focus on bringing positivity into our lives. As we begin, close your eyes and take a deep breath in through your nose and out through your mouth. Continue to breathe deeply, taking time to focus on your breathing and how it feels. Now, think of your favorite color or a color that you really like. When you breathe in, focus on breathing in that color. Let this symbolize bringing positive things into your day and into your life. When you exhale, imagine that you are breathing out a color that you don't like. Let that symbolize breathing out the negative things in your day and in your life. Continue to breathe deeply, focusing on breathing the colors that you have chosen in and out. When you are finished, take one last deep breath in through your nose and out through your mouth and slowly open your eyes.

Students will practice using deep breathing strategies to be calm and relaxed.

What Others Are Saying...

“I love practicing mindfulness with my students, but am no expert! I love having the scripts to use...it allows me to practice mindfulness without adding another thing to my plate. Highly recommend for all grade levels!”
– Debra J.

“I have loved having these on hand to read to kids in individual and group sessions. They seem to respond well to the scripts, which tend to be just the right length.” – Kelsey B.

“This was exactly what I needed for our class meetings on mindfulness. My students enjoyed these practices and I liked to lead them, too! Thank you for creating this resource.” – Rosemary E.