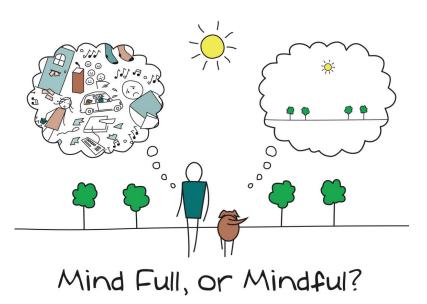
"Sometimes it feels really good to stop and pay attention to what's around me."

THE END





DFYF Service Project created by Emma Wince, senior at Thomas Worthington HS



WHAT IS MINDFULNESS?

Mindfulness is simply... *noticing what is happening right now.*

Mindfulness is taking notice of how your body feels and what you see, smell and taste. Maybe you even feel emotions in your body, perhaps through a tightness somewhere, or a good sensation.

Mindfulness is also noticing what your mind is doing.

WHAT DO I FEEL?

Mindfulness can help you to calm down when you're sad, angry or frustrated.

Mindfulness helps you deal with tough emotions, and mindfulness can make you happy and feel good.



MINDFUL POSING

Purpose: Help students feel strong, brave, and happy

 The Superman: this pose is practiced by standing with the feet just wider



than the hips, fists clenched, and arms reached out to the sky, stretching the body as tall as possible

• The Wonder Woman: this pose is struck by standing tall with legs wider than hip-width apart and hands or fists placed on the hips

5-4-3-2-1

Purpose: Grounding or "coming back to the present"

- See, hear, feel, smell, taste
- Shift your focus from the anxiety to your surroundings
- Interrupt unhealthy thought patterns
- Sensory awareness (rooted in mindfulness)



THE HEARTBEAT EXERCISE

- Jumping jacks for one minute
- Close your eyes and feel your heartbeat and feel your breath
- What do you notice?



PROGRESSIVE MUSCLE RELAXATION

- Talk about how it feels when you're upset
- Uncooked pasta and cooked pasta
- Tense your feet by curling your toes...like you're digging your toes into the sand at the beach
- 1...2...3...4...
- Relax and take a deep breath in and out
- 1...2...3...4...
- Tense your legs by pulling your toes up...like a puppet with its strings being pulled
- 1...2...3...4...

•

1...2...3...4....

• Tense your stomach...and imagine that a puppy was going to step on your stomach



- Tense your hands by making fists...like you're trying to squeeze all the juice out of a lemon
- 1...2...3...4...



- Tense your arms...like you're showing off your muscles
- 1...2...3...4...
- Tense your shoulders by pulling them up...and imagine that you're a turtle going into its shell



- 1...2...3...4...
- Tense your face by scrunching it up as much as you can

• 1...2...3...4...



MINDFUL JAR

PURPOSE:

Teach you how strong emotions can take hold, and how to find peace when these strong emotions feel overwhelming.

First, get a clear jar and fill it almost all the way with water. Next, add a big spoonful of glitter glue or glue and dry glitter to the jar. Put the lid back on the jar and shake it to make the glitter swirl.

• Imagine that the glitter is like your thoughts when you're stressed, mad or upset.

- See how they whirl around and make it really hard to see clearly?
- That's why it's so easy to make silly decisions when you're upset because you're not thinking clearly.
- Don't worry, this is normal and it happens in all of us (yep, grownups too).

Put the jar down in front of you. Watch what happens when you are still for a couple of moments.

- See how the glitter starts to settle and the water clears? Your mind works the same way. When you're calm for a little while, your thoughts start to settle and you start to see things much clearer.
- Deep breaths during this calming process can help us settle when we feel a lot of emotions.