



WINTER MINDFULNESS

December 2020

Ms. G

Mindfulness not only helps us control our worries, but it also helps us enjoy and appreciate moments that we may otherwise miss.



MINDFULNESS CHOICE BOARD

Take a look at the slides to practice different mindfulness activities over break!



SETTLE YOUR SNOW



IMAGINE YOU
ARE HOLDING A
SNOWGLOBE.



SLOW DOWN YOUR
BREATH AND FOCUS ON
WATCHING THE SNOW
FALL TO THE BOTTOM.

TREE BREATHING

Trace your finger along the tree and inhale and exhale with me.



INHALE



EXHALE

HOLD

Picture a nice
warm drink!

WARM YOUR HEART



Think about what
warms your heart and
what makes you happy!

GINGERBREAD MINDFULNESS

**Pretend you just made
Gingerbread Cookies....
Use Your Senses:**

1. What do you smell?
2. What do you see?
3. What do you feel?
4. What do you taste?



SPIRIT OF GIVING



- Give an early present this month and write someone special a note to let them know you appreciate them!

SNOWBALL BELLY BREATHING

01

Lay down on your back
somewhere comfy

02

Pretend you have a snowball on
your belly. You can put a stuffie,
ball, or something else on your
stomach to make it more real.

03

Watch the snowball (or object)
rise up and down as you take
slow deep breaths!





THANKS!

Does anyone have any questions?

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