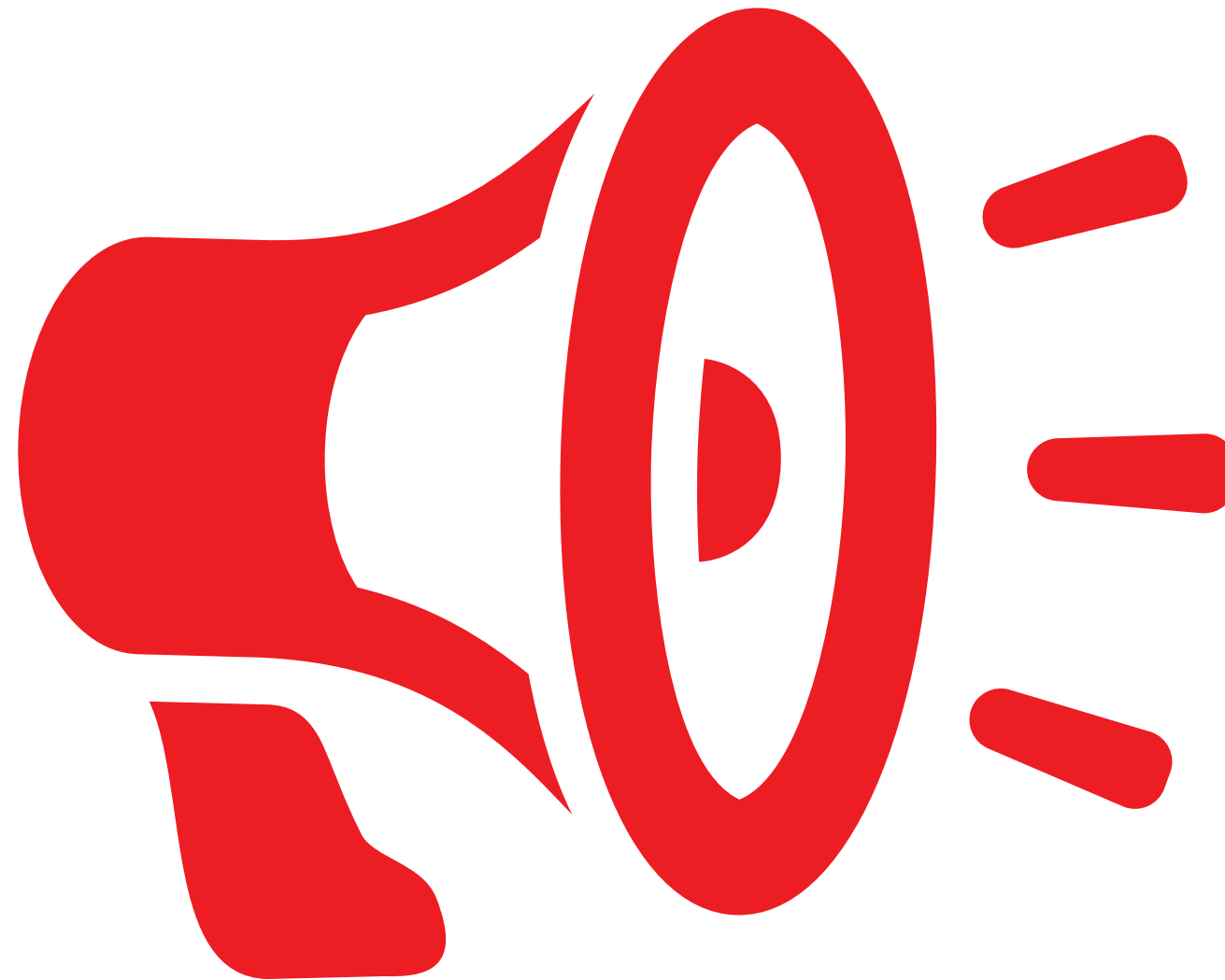


Amplify

To make bigger or louder.



Grades K-12



Better Breathing

Take a deep breath in, so deep your belly pokes out.

Count to 4 as you breathe in slowly and deeply.

Count to 4 again as you exhale slowly and quietly.



Grades K-5



Communication

Communication means sending and receiving messages or information.

Grades K-2



Communication

Communication means sending and receiving messages or information.

Grades 3-5



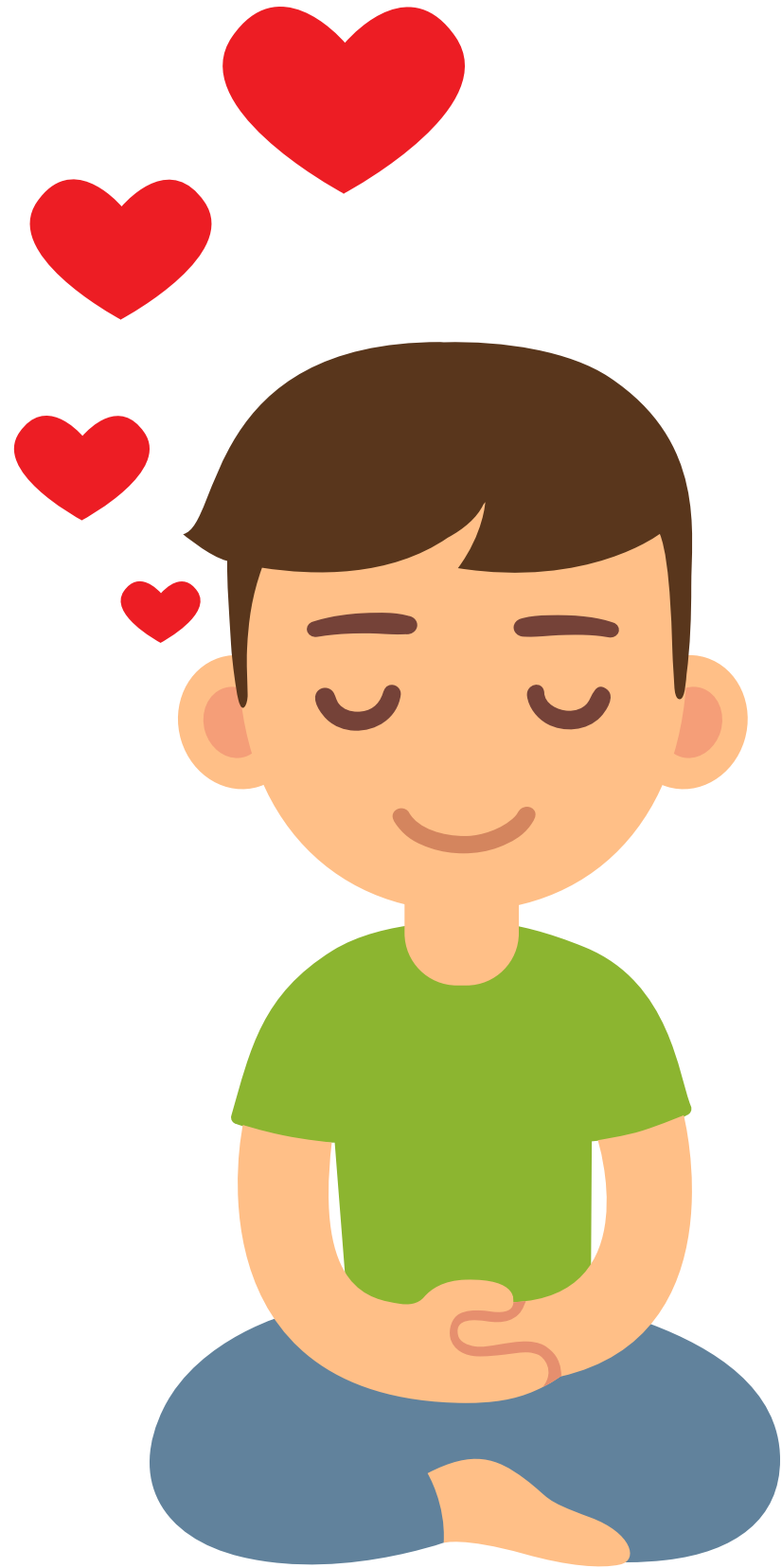
Gratitude



The feeling of being thankful and showing thanks for things in your life.

Grades K-5





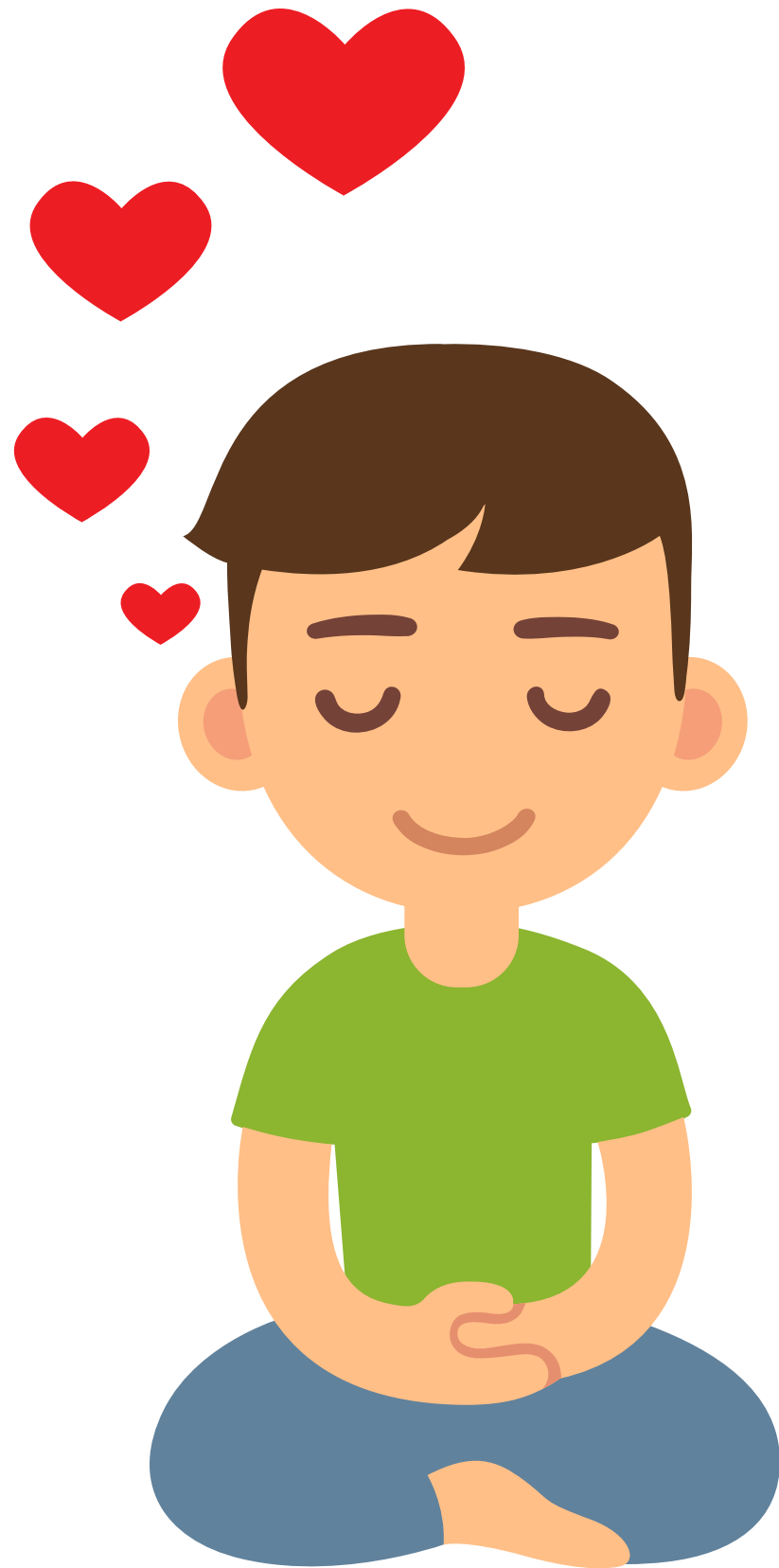
Kindful Minute

**A Mindful Minute while
sending kind thoughts to**

- **Yourself**
- **Someone you know**

Grades K-2





Kindful Minute

A Mindful Minute while sending kind thoughts to

- Yourself
- Someone you know
- Everyone in the world

Grades 3-5



Mindfulness (or Self-Awareness)



Paying full attention.

**Slowing down to
notice what you're
doing.**

Focused and relaxed.

Grades K-5



Mindful Minute



Close your eyes.

Focus on breathing.

**Notice what is
around you.**

Grades K-5



Mindful Movie

- Close your eyes.
- Do Better Breathing 3 times (or as many times as you like).
- Imagine a place that is peaceful to you and pretend you are there.
- Add as many details as you can. Try using the 5 senses.
- Spend time in your movie.
- Once you're done notice how you feel.

Grades 3-5



Muscle Relaxation



Start at your head and work down to your feet.

Squeeze each muscle tight and hold that position.

Relax the muscle.

Grades K-5



Reflection

is taking time to think about

- **Something you may have learned,**
- **Your feelings, or**
- **Your behavior**

Grades K-5



Respectful Listening



Make eye contact.

**Be quiet while
the other person
speaks.**

**Think about what
is being said.**

Grades K-5



Respect

Respect means that you are kind enough to think about others' feelings before you act.

Grades K-2



Respect

Respect means that you are kind enough to consider other people's feelings, wishes, rights, or traditions before you act.

Grades 3-5



Self-Care



Taking care of your mind and body.

- **Eating healthy foods**
- **Getting enough sleep**
- **Moving your body**
- **Doing things you like**

Grades K-5



Teamwork



Teamwork
means that we
work together to
achieve a goal.

Grades K-5

