



Morning Mindfulness Script

We will begin our school-wide morning mindfulness in just a moment. At this time, all students, staff, and visitors should pause what you are doing. Students, please take a seat in their classroom. I'll give everyone a few seconds to do this. (pause for 1 minute).

During this time, we ask that any students arriving late remain in the office or lined up outside your classroom door, **[insert locations for your school]** until mindfulness is over. Parents and visitors, we encourage you to participate or remain silent during this mindful moment.

To prepare for mindfulness, please get comfortable in your seat or standing position, place your hands in your lap or relax them at your side; close your eyes or keep your gaze down.

You will know that mindfulness is over when I say, "Thank you and have a calm and productive day."

We will now begin our morning mindfulness:

Select one of the mindfulness practices from the list below, or another brief mindfulness practice that you prefer. Make sure to consider whether it will work for a range of grade levels

If you are having trouble getting the mindfulness audio to play read the Tech Free Script below. Make sure to go low and slow: lower the volume and tone of your voice and a slow calm pace of speech.

After mindfulness is over:

Thank you and have a calm and productive day.

*Adapted from Brennen Humphrey, formerly Orozco Community Academy

Suggested Mindfulness Practices

Fablefy- 3 Minute Body Scan: https://www.youtube.com/watch?v=ihwcw_ofuME&t=9s

GoNoodle- Find Peace: <https://www.youtube.com/watch?v=bYIRFzl4WA>

Stop, Breathe & Think- 3 Minute Mindful Breathing:
<https://www.youtube.com/watch?v=SEfs5TJZ6Nk&t=1s>

Calm.com- 3 Minute Body Scan: <https://app.www.calm.com/program/whzlxMJxVR/body-scan>

Calm.com- 3 Minute Loving Kindness Meditation: <https://app.www.calm.com/program/9Qq5JZy/loving-kindness>

Calm.com- Take 90 Practice (90 seconds): <https://app.www.calm.com/program/VJsXZ7SLH/take-90>

“Tech-Free” Scripts

We will focus attention on our breath as we allow our thoughts and sensations to come and go.

While seated, place your feet flat on the ground and try to sit up tall.

Close your eyes if you feel comfortable.

Let your shoulders drop down and away from your ears.

Rest your hands gently on your belly with the fingertips of both hands lightly touching.

Breathe in smoothly through your nose, and exhale slowly through your mouth.

Let's take three mindful breaths.

Slowly breathe in and notice your belly push your fingertips gently apart as you fill your lungs with air.
(pause)

When you breathe out, notice your belly relax back towards your spine as you release your breath.
(pause)

Breathe in and focus on the feeling of your breath slowly filling your lungs. (pause)

Breathe out and feel your breath slowly leaving your body. (pause)

It's normal for your mind to wander. Simply notice that your mind has wandered and gently bring your attention back to your breath.

You can imagine that your belly is a balloon. Breathe in and slowly fill the balloon with air. (pause)

Breathe out and watch the balloon slowly deflate. (pause)

Now bring your attention to the present moment as you open your eyes and begin your class.

Additional Scripts can be found here: [http://www.toolsforpeace.org/wp-content/uploads/2015/12/SBT Mindfulness Activities For The Classroom.pdf](http://www.toolsforpeace.org/wp-content/uploads/2015/12/SBT_Mindfulness_Activities_For_The_Classroom.pdf)