

MINDFULNESS CALENDAR



SUN	MON	TUE	WED	THU	FRI	SAT
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

HAND OF PALM BREATHING

Find a comfortable position for you. Options to close your eyes or look at your hands. Take the fingertips of one hand to the base of the other palm. As you inhale through your nose, slowly slide your fingertips up your palm so the fingertips of the other hand are touching the other palm. Exhale and slide the opposite fingertip up. Continue this motion 5-10 times.



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FIND A COLOR

Relax and take a few breaths on your own. When I tell you to go, I'm going to give you 60 seconds to see how many [yellow] things you can find in the room.

Come back, raise your hands if you found more than 10 things.



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SAY THE ALPHABET BACKWARDS

Find a comfortable position, upright, but not uptight. You are welcome to close your eyes or softly look down. Try to say the letters of the alphabet backwards in your head. You can whisper or trace on your hand.

This is a great one when you really need to get your mind off something. It takes a lot of focus to do this one.



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COUNTING BREATH

Find a comfortable position, upright, but not uptight. You are welcome to close your eyes or softly look down. Exhale the breath where ever you are in the breath cycle.

On the inhale count 1, exhale 2. Inhale 3, exhale 4. Take a few more rounds of breath until you reach 10

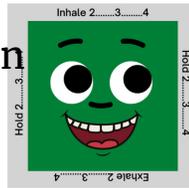


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SQUARE BREATHING

Sit in a way that feels comfortable, while staying alert. Place the palm of your hand up. You are going to use your other hand to draw a square in the palm of your hand. On the inhale draw a line -up, on the exhale draw a line over. Inhale draw your third line, exhale draw your last.

Guide students through one more time and then allow the 2 or 3 more squares on their own.



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STARFISH BREATH

Take your index finger to the base of your thumb. Slowly inhale through your nose and trace up your thumb. Exhale as you trace down your thumb. Keep going, tracing the whole hand, inhaling on the upward trace and exhaling on the downward trace. Trace your hand with your breath as many times as you like. Pause and notice how you feel.



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BALLOON BREATHING

Sit or stand with each finger touching its opposite fingertip on the other hand. The palms may be touching or a bit apart.

Breathe in slowly through the nose and expand the fingers apart, as if a balloon is blowing up in the hands. As you exhale slowly, bring your fingers back together.

Repeat 2-4 more times, for a total of 3 or 5 rounds. Notice how you feel.



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COOLING BREATH

With your mouth open like an "O", either with your tongue curled or the tip of your tongue resting on the roof of your mouth, taking an inhale through your mouth, feeling the cool air, then exhale slowly through your nose. Repeat 5-10 times.



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MOVEMENT TO STILLNESS

Stand up if you are able. Start by rubbing your palms together and creating some energy. Pause and place your hands over your eyes. Notice what that feels like. Now drum your hands on your thighs, making some noise. Pause and stand and notice any sensations in the body. You may continue with adding any other movements, noticing sensations in the body.



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HOT SOUP BREATH

Sit in a way that feels comfortable for you and start to slow your breath. If it feels good, close your eyes. Exhale wherever you are in your breath cycle.

On the inhale imagine you have a bowl of your favorite soup in front of you and take the smell in. On the exhale blow on it to cool it off. Inhale, deep breath, take it in, exhale slowly cool it off. Do this a few more times on your own.



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PROGRESSIVE MUSCLE RELAXATION

Starting with your toes, flex them up toward your face, breath in, and release as you breath out. Engage the muscles in your calves, inhale and release as you exhale. Continue to do this as you move up your body - thighs, buttocks, abdomen, fists, biceps, shoulders towards ears, entire face, and then whole body. Inhale as you tense the muscle and then exhale on the release of muscles and tension.



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ORIENTING - FIND 5 SENSES -

Take a long breath in through your nose. Now, find:

- 5 things that you can see.
- 4 things that you can hear.
- 3 things that you can feel.
- 2 things that you can smell.
- 1 thing that you can taste.

Take a few breaths and notice how you feel.



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ANCHOR PRACTICE

Just like an anchor holds a boat in place, even though it drifts away, we can use our senses to practice awareness. In this practice, you pay attention to sounds, then sensations that you feel, like the air on your skin or feet on the floor, and then to your breath. Choose an anchor that feels comfortable to you. Your mind will drift, again and again, and simply bring it back to your anchor.



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LION'S BREATH

Lion's breath helps relieve stress among other benefits. Breathe in through your nose. Breathe out strongly through your mouth making a roaring sound. If you like, open your mouth wide and stick out your tongue as you look up. Add in lion claws if you like as well. Repeat 3-4 times. Try this silently as a stealth lion's breath during times when being quiet is needed.



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SHAKING

Shaking is a way to release energy and tension and reset our brains and bodies. All mammals shake - it signals the brain to let go and relax. This is a stress or trauma-releasing exercise. Finding some music that suits you and shake your whole body. You might focus on what body part at a time or literally moving and shaking your entire body at once. Stop and notice how you feel.



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BEATS AND BARS

In this practice, you are simply listening to the music, noticing the beat, one instrument, the vocals, or alternating. When your mind wanders to thoughts, bring yourself back to paying attention to the beats or bars.



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MINDFUL LISTENING

Pause for a moment to listen to the sounds around you, with kindness and curiosity. Without thinking too much, see if you can notice and experience a sound or sounds. Maybe you hear a friend, a bird, the heating system, just slowly down to notice. How do you feel?



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HUMAN RAINSTORM

Begin by rubbing two fingers on palm - (light drizzle); then rub hands together (drizzle); next, tap two fingers from each hand together (soft rain); then, snap fingers (light pitter-patter rain); then, lightly clap hands (rain); Tap thighs (heavy rain); Stomp feet and tap thighs (downpour, thunder). Repeat actions backwards, as the rainstorm subsides. Pause and let hands rest at your sides with a breath in and out.



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STOP PRACTICE

Stop, actually stop what you are doing.

Take a breath, or a few.

Observe with curiosity and compassion.

Proceed mindfully.



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STILL CHILLIN

The goal of this game is to stay as still as possible. One person is "it", looking for movement in everyone else. The others try to remain as still as possible, only blinking or breathing. You may be silly and try to distract people and get them to move. Play until all but one or a few people remain still. Repeat as many times as you like.



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