

**BRAIN / BODY THURSDAY - CONNECT COLORS TO HOW WE FEEL****Welcome students to Mindful ME time**

Encourage them to find their Mindful Body posture so that they are ready to listen and learn. Practice one full round of Rainbow Breath together.

“Today, we are going to connect colors to how we are feeling in our bodies. I want you to think of your favorite color. How does that color make you feel? We will practice a meditation today about colors and feelings.”

[Teacher can share a favorite color, how it makes them feel, and why. Note that it might feel different for someone else.]

Play Color Check-In video below or read the instructions here:

[Students always have the option to keep their eyes open if closing them is uncomfortable. In that case, ask them to focus on an unmoving object in front of them. Students can be seated, standing, or lying down.]

“We are going to imagine parts of our body and notice what color we imagine in that part of our body and how that makes us feel. When you are comfortable and still, close your eyes or find a nice spot in front of you to look at.”

“Let’s start with your legs. What color do you imagine for your legs right now? How does that color make you feel? Say that word inside your own mind.”

“Place your hand on your belly. What color do you imagine for your belly right now? How do you feel when you imagine that color? It might be the same as your legs. It might be different. Say that word in your mind.”

“Now, let’s move to our heart. What color do you imagine for your heart? How do you feel when you imagine that color?”

“What color do you imagine for your throat or neck? Is it different, the same? How does that color make you feel? Say that word in your mind.”

“Thinking of your face and head, what color do you imagine? How does that color make you feel?”

Let’s take three breaths together, [take breaths] and when you’re ready, open your eyes.”

Ask students what colors they noticed in different parts of their bodies and how the color made them feel. Remind them that there is no right/wrong answer and that people associate different colors with different sensations.

“We do this exercise so that we can Feel, Connect, and Act to Heal. By checking in with our bodies and thinking about colors, we are paying attention to how our bodies FEEL.

We can decide if we want to shift how we feel, either in a part of our body or all over. We CONNECT the mindful tools (breaths and poses) we’ve been learning each day to help us shift from feeling tense, tight, or angry in a body part, to feeling more relaxed, calm, and happy (ACT TO HEAL.)”