

BRAIN / BODY THURSDAY

Supplies: Flower Power Breath from A-Z Card Deck

Reading Connection: I Am Enough by Grace Byers



Learn Feel, Connect, Act to Heal

Welcome students to Mindful ME. Encourage them to find their Mindful Body posture so that they are ready to listen and learn.

Sharing Flower Power Breath

Review Flower Power Breath by showing the Flower Power Breath Card and practicing it for 3-5 breaths.

Play the Sharing Flower Power video (BELOW) or read the **discussion HERE:**

In our Mindful ME time each day, we use the tools we are learning to Feel, Connect, and Act to Heal.

First, notice how your body FEELS. Name the sensations you notice, "My shoulders feel tight. I'm feeling worried about my new classroom" or "My body feels tired right now. I need to rest or maybe I need to do something to energize my body."

Now CONNECT what you feel to one of our Mindful ME tools. "I'm feeling worried and my shoulders are tight. I know Flower Power Breath can help me when I'm feeling worried."

Then you can use your Mindful ME tool to ACT TO HEAL. "I'll try 3 Flower Power Breaths to see if they help me shift the way I'm feeling. Then I'll check in with myself to see how I'm feeling after I take my breaths." Know that one really important way to ACT TO HEAL is to ask someone for help or support.

Another great way to ACT TO HEAL is to share the tools you're learning. Flower Power Breath can be shared. Let's pick an imaginary flower and put it in our pocket or our pretend pocket. Now let's pretend to pull out a flower and take a Flower Power Breath.

This time when you pull out a flower, imagine sending it to someone you love. Smell your flower and then blow the petals to the person you love. Imagine that they catch the flower petals you sent. How does doing that make you feel?

Remember that you always have Flower Power breath with you. You can pull it out of your pocket and use it whenever your body needs it. You can also share your flowers with someone else who might need them.

If time allows, read several pages from ***I Am Enough***. Point out the illustration where the students are sharing flowers.