

**MINDFUL MONDAY - MINDFUL OF BODY: HEAD, SHOULDERS, KNEES, AND TOES****Review Last Week:**

“Last week, we spoke about making good choices. Part of making good choices is making good choices for ourselves. Do you remember any good choices you can make for yourself?”

“One good choice we can make for ourselves is paying attention and being kind to our bodies. Sometimes parts of our bodies might not feel so good. By focusing on them, we can recognize what might be going on, and we can work on finding a way to feel better.”

**Mindful of Body: Head, Shoulders, Knees, and Toes**

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

Ask the students if they know the song “Head, Shoulders, Knees, and Toes.” Explain to them that this song can be a great tool to check in with their bodies.

Either show the video below and/or lead them through the mindfulness strategy here:

Have them start by touching/massaging their scalps and noticing the sensations it brings up. Next, ask them to squeeze their shoulders and give themselves a hug. Encourage them to compare how their shoulders felt before and after squeezing them.

Then, move on to the knees. Students can shake them or squeeze/massage them. Next, ask them to rub their toes and feet and notice the sensations here. You can give them pointers by asking them whether it feels comfortable or uncomfortable, whether it makes their bodies feel good or does it tickle, etc.

“This is a great way to check in with our bodies at any time. It doesn’t take long, and we can practice this strategy anywhere. It helps us focus our thoughts on one specific body part and how that body part feels at that moment. And those feelings can change, too.

On the weekend, your shoulders might feel nice and relaxed, but then on Monday, they could feel a little sore after practicing sports or studying. That’s okay. Being aware of those changes helps us to do the right things for our bodies. For example, if you notice that your shoulders or legs are really sore from exercise, then it might be a good idea to take a break to give them some time to recover.

Let’s try to practice this check in at least once a day!”