

## ***Helpful Phrases***



- ✓ Notice (Come back to) your breath.
- ✓ Let your whole body be still.
- ✓ Feel the ground under the soles of your feet.
- ✓ Feel where your body connects (touches) with the chair.
- ✓ Let your breathing be normal. In and out.
- ✓ Notice your thoughts and blow them away.
- ✓ Be present in this moment.
- ✓ Imagine you have a string attached to the top of your head and it is being gently pulled up to the sky. Your neck is long like a giraffe. The string comes loose and your head gently relaxes on the top of your neck.
- ✓ Notice the warm air go in through your nose. Notice the cool air go out.
- ✓ If you are having trouble focusing, find your breathing anchor point to help you. (hand on belly, chest, in front of nose)
- ✓ Notice your inhale (breath go in), the exhale (the air go out) and the pause in-between the two.
- ✓ I notice lots of energy in the room. Anyone else notice that? (Then work with it with a movement mindful concept to help show how that energy can be shifted.)
- ✓ Anyone feel sleepy? It is completely normal. That is why we have a straight, mindful body. It helps keep us present. If you felt sleepy, try sitting taller next time.

## ***Helpful Tip***

If children have trouble focusing, you could give them something to hold. A focus rock may do the trick. A small, smooth stone. The children could paint the stone or write a meaningful word(s) on it like joy, happiness, gratitude, breathe, thankful, love and so on and use them for each formal practice.

## **More Helpful Phrases**

*Remember to use short specific phrases/sentences.*

*Remember to leave space between suggestions.*

### ***During a mindful practice session:***

Let your eyes close. (vs. Close your eyes)

Let your body be still. (vs. Be still)

Let's get our mindful bodies on. (vs. Get into your mindful bodies)

Is anyone confused?

Are the instructions unclear? (vs. Does everyone understand)

I noticed... (shows your mindful awareness!)

What I really liked...

There are times in our day for everything. Playing, learning, laughing, creating, sharing, reading, eating, sleeping. And there is a time to practice mindfulness.  
What time is it now?

### ***When responding to student observations:***

Was it a good feeling or a bad feeling?

Did you like it or not?

Yes, that is ok.

Yes, that happens sometimes.

And was that ok for you?