

Mindfulness Weekly – One-Minute Mindful Break



Let's make a fresh start in the new school year! How about incorporating mini mindful breaks into your daily routine? MindfulnessBox.com shares 21 one-minute mindfulness exercises in this article: <https://mindfulnessbox.com/one-minute-mindfulness-exercises/> to help you reduce stress, slow down, and bring attention back to the present moment. You can also print out the pdf with the link below and keep it visible in your office or classroom as a reminder to take a mindful break: <https://mindfulnessbox.com/wp-content/uploads/2022/04/21-One-Minute-Mindfulness-Exercises.pdf>. The exercises (e.g., mindful hug and yawn and stretch) are simple yet wonderful for you and your students of all ages, so create this healthy habit with your students together!