

- **Mindful Line Drawing**
  - Take out a 4 x 6 index card (or small piece of paper) and a pen
  - Set a timer for 2 minutes
  - Draw one continuous line without touching or crossing itself
  - After the 2 minutes, take a look at your drawing and focus on your breath for 10 inhalations and exhalation
- **Brain Massage**
  - Sit up tall and roll your shoulders back.
  - With your fingertips, lightly tap your forehead and the area around your eyes.
  - Place your fingertips on top of your head and gently squeeze and massage your (entire) head.
  - Place 2 fingers on your temples and make small circles for 10 breaths.
- **Memory Minute**
  - Sit up tall and roll your shoulders back.
  - Take a deep breath and visualize a blank piece of paper.
  - Sit quietly for one minute as you relax your brain and focus on your breath.
- **POP Check**
  - *Pause*: Sit up tall and close your eyes or focus on a spot in front of you. Think about how you are feeling at this moment.
  - *Own-it*: place your fist by your heart and 'own' how you feel with your thumb. If you feel happy, relaxed, excited: thumbs up. If you feel worried, tired, nervous: thumbs to the side. If you feel angry, sad, or sick: thumbs down.
  - *Practice*: Pick a quick self-regulation activity (for example, those listed here!) to help get focused and ready to learn.
- **Centering Breath**
  - Find your feet
  - Roll your shoulders back
  - Find your breath
  - Focus on your breath for the next 10 inhalations and exhalations
- **Seated Arm Stretch with Rotation**
  - Sit up tall and roll your shoulders back.
  - Interlace your fingers and press palms up towards the sky for a Seated Arm Stretch.
  - Add a twist by turning your head and upper body to the right on an exhale. Repeat, by turning to the left.
- **Seated/Standing Lateral Stretch**
  - Sit up tall and reach your arms up towards the sky on an inhalation.
  - With your left hand, grab your right wrist and lengthen your spine.
  - On an exhale, gently pull your right arm over to the left, stretching your right side-body.
  - Inhale back to center and switch sides.
- **Standing Shakeout**
  - Stand tall in Mountain Pose in your personal space.
  - Lift your right arm up and safely shake it out for 8 counts. Repeat on the left side.
  - Carefully shake out the right leg for 8 counts. Repeat on the left side.
  - Switch back to the right arm and shake it out for 4 counts. Repeat on the left side.

- Carefully shake out the right leg for 4 counts. Repeat on the left side.
- Switch to the right arm and shake out for 2 counts. Repeat on the left side.
- Carefully shake out the right leg for 2 counts. Repeat on the left side.
- Alternate between shaking out your right arm, left arm, right leg, left leg for 1 count 4 times, then jump back to Mountain Pose.
- Option to repeat and pick up the tempo.

- **5 Finger Breath**

- Sit up tall and roll your shoulders back.
- Place your pointer finger at the base of your thumb on your opposite hand.
- Inhale as you trace your finger up. Exhale as you trace your finger down.
- Trace each finger on one hand. Then repeat on the opposite hand.

- **20-20-20 Exercise**

- Sit up tall and roll your shoulders back.
- Focus on a still point 20 feet away from your screen.
- Hold your focus for 20 seconds.
- Practice strategy every 20 minutes.

- **4 Fold Paper Activity**

- Fold a sheet of paper into 4 quadrants. Journal or draw about the following questions:
  - When have you flipped your lid this past week?
  - How were you feeling before you flipped your lid, and what was your trigger?
  - How did you feel after, when you were using your rational thinking brain again?
  - What strategy can you use to self-calm next time?

- **Equal Breath**

- Sit up tall and roll your shoulders back.
- Inhale to a slow count of 4 as you draw your shoulders up by your ears.
- Exhale to a slow count of 4 as you lower your shoulders away from you ears
- Repeat for 10 breath cycles

- **Energizing Arm Massage**

- Sit up tall and roll your shoulders back.
- Place your right fingertips on your left shoulder.
- Lightly tap from your shoulder to your wrist. Switch arms.
- Place your right hand on your left shoulder.
- Massage your arm by gently squeezing as you move down to your fingers. Lightly pull each finger (try not to crack or pop your knuckles) of your left hand. Switch arms

- **‘Dance, Dance, Freeze’ + Yoga Flow**

- Stand tall in Mountain Pose in your personal space
- Cue students to ‘Dance’ and cue students to ‘Freeze’
- Variations: dance in slow motion/super fast, dance on a high level/low level, do your favorite dance: robot, floss, raise the roof, etc.
- Yoga Poses: Mountain Pose, Starfish Pose, Horse Pose, Tree Pose

- **Cotton Ball Breathing**

- Make cup with your hands and place a cotton ball in your palms
- Blow on your cotton ball for the next 10 breaths trying to make it move/float in your hands
- Variation: place the cotton ball on the edge of your palm and gently blow the cotton ball from the palm to the fingertips. Repeat 5 times.
- Social Variation: Face a partner and hold up your hands fingertips-to-fingertips. Using your controlled breath, pass the cotton ball into your partner's hands.

- **Mind Vacation (Guided Relaxation)**

- Imagine your favorite special place where you feel calm and peaceful.
- Picture all of the details that make up your special place: sounds, smells, people, etc.
- Take 3 slow deep breaths.
- Notice how relaxed you feel being in this special place. Know that you can return whenever you wish.
- Variation: draw or journal the details of your special place

- **4-5 Breath**

- Sit up tall and roll your shoulders back.
- Bring awareness to your breathing.
- Inhale for the count of 4 and Pause.
- Exhale for the count of 5 and Pause.
- Repeat 3-4 times.

- **Tippy Toe Breath**

- Stand tall in Mountain Pose
- Inhale your arms up over your head and try to balance on your tippy toes (lift your heels off of the floor)
- On an exhale, slowly bend your legs into chair pose (keeping your heels lifted) and reach your arms forward.
- On the next inhale, reach your arms up towards the ceiling as you straighten your legs in your tippy toe stretch.
- Repeat 3 times.
- Modification: keep your heels on the floor the entire time and just move arms and bend legs with breath.

- **Movement with Slide Whistle Seated (Levels: High, Middle, Low)**

- Sit up tall, roll shoulders back, find your breath.
- When the sound/ pitch of the slide whistle goes up, match the movement and direction of the sound by extending your fingers and arms high
- When the sound/ pitch of the slide whistle goes down, match the movement and direction of the sound by lengthening your fingers and arms down.
- When the slide whistle stops part way up, match the movement and direction of the sound with fingers and arms.

- **Movement with Slide Whistle Standing**

- Stand up tall, roll shoulders back, find your breath.
- When the sound/ pitch of the slide whistle goes up, match the movement and direction of the sound by extending your fingers and arms high and standing up on tippy-toes.
- When the sound/ pitch of the slide whistle goes down, match the movement and direction of the sound while keeping feet on the floor, bending knees and lowering down in a squat position.
- When the slide whistle stops part way up, match the movement and direction of the sound by bringing the body into a corresponding position between high/low.

- **Vertical and Horizontal Eye Tracking**
  - Sit up tall and roll your shoulders back.
  - Place one hand on your desk or lap, and the other hand to your heart (thumb to chest).
  - On an inhale, with your palm and fingers flat and straight (pointing up towards the ceiling), draw a line going up and allow the gaze to follow your fingers (try to keep your head in place and just move the eyes).
  - On an exhale, draw a line going down with the fingers and allow the eyes to follow. Repeat.
  - Try the same idea moving side to side - draw a horizontal line and only track your hand with the eyes (keeping the head in place). Repeat.
  - Take a moment to close your eyes and take 3 deep breaths to allow your eyes to rest.
- **Body Scan**, pp. 31-33, *Everyday Self-Care for Educators*
  - Sit up tall and roll your shoulders back. Begin to bring awareness to your body.
  - Feel your feet heavy on the floor. Try to relax your legs.
  - Notice your shoulders and arms and release any tension you may be holding on to.
  - Check in with the throat and jaw and release any tension
  - Continue to breathe and notice your whole body present in this moment.
- **Standing or Seated Sunrise Breath**
  - Sit up tall and roll your shoulders back OR stand tall in Mountain Pose
  - On an inhale, reach our arms up over your head
  - On an exhale, bring your arms down by your side
  - Repeat 3 times slowly moving your arms with your breath
- **Zen Tangle**
  - On an index card or small sheet of paper, draw half moons around the edge of the border trying not to pick up your pen or pencil
  - Once the border is complete, continue to draw half moons slowly working your way from the border to the center of the index card
- **I's & L's**
  - Make an 'I' with one hand by sticking out your pinky finger
  - On the other hand, make an 'L' by sticking out your thumb and index finger
  - Try to switch (hands) the "I" and "L" at the same time
  - Repeat 5-10 times.
- **Tippy Toe Breath**
  - Stand tall in Mountain Pose
  - Inhale your arms up over your head and try to balance on your tippy toes (lift your heels off of the floor)
  - On an exhale, slowly bend your legs into chair pose (keeping your heels lifted) and reach your arms forward.
  - On the next inhale, reach your arms up towards the ceiling as you straighten your legs in your tippy toe stretch.
  - Repeat 3 times.
  - Modification: keep your heels on the floor the entire time and just move arms and bend legs with breath.
- [Loving Kindness Meditation](#)
- **Neck Stretch**
  - Sit up tall and roll your shoulders back.
  - Place your right hand to your desk or lap, and your left hand on the top of your head

- Gently guide your head over to the left, stretching the right side of your neck for 5 slow breaths.
- The, turn your gaze over your left shoulder, and breathe for 5 more breaths.
- Gently return to center and switch sides.
- **Shake out with music and yoga poses**
  - See directions for Standing Shake Out (session 1)
  - Add: Starfish Pose, Horse Pose, Jumps, etc.
- **Alternate Nostril Breathing**
  - Sit up tall and roll your shoulders back.
  - Block your right nostril with your right thumb and exhale
  - Then block your left nostril with your middle finger and inhale
  - Repeat for 5-10 breaths.
  - Switch hands / nostrils: Left thumb to left nostril on the exhale
  - Middle finger to right nostril on the inhale
  - Repeat for 5-10 breaths.
  - Once complete. Breathe out of both nostrils and notice how you feel.
- **Self-Care Wheel Assessment**, pp. 34-35, *Everyday Self-Care for Educators*
  - Supplies: Self-Care Wheel, paper, pen/pencil
  - Draw a line down the middle of a piece of paper. On each side of the line, draw two circles.
  - Divide the two circles into 5 pie pieces/ sections.
  - Label each pie piece/section with the following categories: Relational; Physical; Intellectual; Emotional; Spiritual
  - In one circle, create a list of energy expenditures for each category.
  - In the other circle, create a list of energy replenishers for each category.
  - Look at both lists to determine which areas have the fewest replenishers and most expenditures. These will be your priorities on which to focus for a self-care plan.
- **Write & Rip**
  - Think about something that is weighing you down or might be making you feel upset
  - Write or draw your thought on a small piece of paper
  - On a strong exhale, rip the paper as your practice letting go of your negative emotions
- **Mindful Eating [activity](#)**
- **Movement Activity: Name & Gesture**
  - Form one large circle, respecting your neighbor's personal space.
  - Pick a student leader to start the activity. They will say their name as they perform a movement. It can be either a small gesture such as a hand wave, or a big movement such as a jumping jack or dance move.
  - The rest of the group will repeat the student leader's name and movement all together.
  - Continue to go around the circle, learning everyone's name and gesture.
  - Modification: Sound & Gesture, or share your 'Spirit Animal' for today
- **"Reflect on Your Color" activity: Cooling Down Your Classroom p. 63**
  - Worksheet [\(link\)](#)

- **Bee's/Snake's Breath**
  - Take a big inhale through the nose
  - Exhale out through the mouth as you make a buzzing sound (like a bee) or a sssss sound (like a snake)
  - Modification: Open/close a breathing ball for a visual cue
- **Owning My Story Journal**
  - P.71, *Everyday Self-Care (Middle School Edition)*
- **Hip Hop Arm Trick**
  - Call and response clapping to a rhythmic pattern
- **[Walk/Stop](#) Energizer**
- **Test Prep Journal**
  - Replace negative thoughts with positive thoughts
- **Self-Regulation/Emotional Regulation [Meditation](#), and Movement**
- **[Gratitude Journal](#)**
- **Numbers Game**
  - 1 - Slow Motion Walks
  - 2 - Warrior II
  - 3 - Tree
  - 4 - Horse
  - 5 - Safe Touch
- **Secret Note**
  - Think about something that you need to remind yourself of today to be your best self
  - On a small piece of paper, finish the sentence:
  - "I Give myself permission..."
  - Keep in a safe place so that you
- **[Five-part Breath](#)**
- **"I Teach Because..." [video](#) and online support: [website](#), [FB Group](#)**
- **Common Ground**
  - Either through a virtual poll, or physically walking to a corner of the room - pick an answer that you associate with (ask easy community-building questions: for example, your favorite meal, your preferred vacation, favorite kind of chocolate, etc.)
- **Rocks, Pebbles, and Sand Story: [YouTube video link](#)**
- **Reflections on Stress Management**
  - [Ansley Article](#)
  - **Red Letter Day:** journal/draw about your perfect/ideal day. What 2 items from your Red Letter Day can you practice in the next 2 weeks?
- **Meditation for stress reduction/balance**
  - <https://www.know-stress-zone.com/guided-meditation-script.html>
  - <http://meditatetoday.org/2013/03/guided-meditation-script-creating-balance/>

- [Relax and Lighten from Cooling Down Your Classroom, pg.87](#)
- Holding Whom I Am, from Cooling Down Your Classroom Page, pg. 60
- **Class Catalyst Cares**
  - To register, visit: <https://classcatalystcares.com>