Keep Warm
Wrap your arms around yourself to give yourself a hug. Take 3 deep breaths and notice how your body moves.

Cocoa Breathing
Take 3 deep breaths. As you breathe in, pretend that you are smelling a cup of hot cocoa. When you breathe out, pretend that you are cooling it off.

Look At My Mitts
Hold your hands out in front of you. Try to notice something new about your hands. Do you have any lines, cuts or wrinkles that you didn’t notice before? What are the differences between your right and left hands?

Winter Animal List
Focus your thoughts on making a list of winter animals. How many can you think of? What makes an animal a winter animal? If you get distracted, gently refocus your thoughts.

Life As A Snowman
Focus your thoughts on what life would be like as a snowman. What would you eat? Where would you go? What would you see? What would you do? If your mind wanders, redirect your thoughts.

Are You Cold?
Focus on your body temperature. Does your body feel cold? Does it feel warm? Where does it feel warm? Where does it feel cold?

Winter Words
Quietly and slowly say the following winter words: “brr” “winter” “snow” “cold” and “freeze.” Notice your mouth as you say these words. What does your mouth feel like and how does it move? How are the words different? How are they the same?

Melting Snowman
Pretend you are a snowman, sitting up tall. Then, let your body melt. Exhale as you relax your muscles and sink into your seat. Notice what your body feels like as you do this.
Objectives:
Students will practice mindfulness techniques such as guided imagery, deep breathing, and focusing on the present.

What’s Included:
p.2: Winter mindfulness cards

Directions:
Cut out the cards, and laminate if desired. These cards can be placed in a jar or basket and used as mindful brain breaks, or in a calming space. These cards can also be read by the instructor to a student, group, or class to promote calmness and mindfulness.

Discussion Prompts:
- Which mindfulness card was your favorite? Why?
- How did you feel when doing these mindfulness exercises?
- Is there a time each day when you could do one of these exercises?
- How do you think that doing exercises like these more regularly would help you?

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