



# High School

Name: \_\_\_\_\_

Date: \_\_\_\_\_

## Mindfulness

Strategy	Explanation	Reflection
Meditation minute	Sit comfortable, close your eyes and focus on your breathing for one minute.	
4 square breathing	Breathe in for 4 seconds. Hold for 4 seconds. Breathe in for 4 seconds. Hold for 4 seconds. Repeat.	
grounding	Find 5 things you can see, 4 things you can touch, 3 things you can hear, 2 things you can smell, take one deep breath in through your nose and out your mouth.	
body scan	Sit comfortably in your chair. Close your eyes. Breathe in and out of your nose. Feel your feet flat on the floor. Without moving them, relax your feet. Bring your attention to your legs. Relax your legs. Move your attention to your belly. Relax your belly. Notice your lower back. Relax your lower back. Bring your attention to your shoulders. Relax your shoulders. Feel your arms, hands, and fingers relaxing. Feel your jaw, eyes, and forehead relaxing. Notice your whole body. Let your whole body relax. Now, slowly wiggle your toes. Slowly wiggle your fingers. Keeping your eyes closed, gently sit up straight and take a deep breath in, hold it, and exhale slowly. Notice how you feel. Slowly open your eyes.	
Other:		