

Daily mindfulness in the classroom

Implement daily mindfulness exercises in your classroom. Challenge your class to complete a daily mindfulness activity every day of the week. You can use this calendar below for some suggestions.

Each daily challenge can be completed using the Take 5ive Mindfulness exercises. You may also choose to use other suggested mindfulness exercises outlined in this booklet or use practices you already know.

Movement Mondays	Teacher's Choice Tuesdays	Whole School Wednesdays	Thoughtfulness Thursdays	Family Fridays
Choose a movement exercise from one of the Take 5ive movement videos to do together as a class.	Teachers choose one of the Take 5ive mindfulness practices or use one they already know.	Implement Take 5ive or other guided breathing exercise as a whole school. Use your school's PA system and take an all-school mindfulness break first thing in the morning or after lunch.	Students are given time during the day to complete a Take 5ive, Hoberman Sphere or mindful jar breathing exercise.	Send info home with students letting parents know their child is participating in mindfulness activities in class, and give them ideas for exploring this topic at home.



Take 5ive Mindfulness, a free resource offered through Children's Wisconsin's E-Learning program, is a series of videos that offer guided exercises to develop mindfulness. **Visit HealthyKidsLearnmore.com to get started.**