



### Ice Cream Scoop

**Why we like it:** Visualizations bring calm and focus to any busy group of students. Students are learning to calm their amygdala and strengthen their prefrontal cortex.

**Duration:** 5 minutes

**Materials:** None

**Lesson Activities:** Optional-Mindful Coloring

**Video Link:** [Ice Cream Scoop Visualization](#)

#### VOCABULARY

Visualize, imagine, calm

#### MAKE IT A HABIT

Visualizations are a great grounding exercise after a busy activity such as recess or specials. They are also great before students are getting ready to do a long lesson or test that they will need a lot of focus.

#### PRACTICE IT

Set a goal- Try to do a visualization 1-3 times a week with students.

#### SEND IT HOME

After each visualization, there is mindful coloring. Send the mindful coloring home with a description of the visualization. Encourage parents to try it at home. Visualizations are great before bed!

#### Visualization Number 1 Ice Cream

Step 1

***As with all FocusedKids lessons, please modify as needed to make it work for you.***

Get students settled comfortably, in a circle, at desks, or around the room. Allow them to get comfortable in a space where they can focus. Turn down the lights to help with distractions.

Step 2

“Today we are going to do a visualization. We are going to get a picture in our mind to help us calm our mind and body and let go of any problems, or worries we may have right now. What part of our brain do you think we are calming right now? That’s right, Guard Dog. Get comfortable and close your eyes or look down (always offer the option to not close your eyes). This is so we can tune out the thing around us and just focus on the picture we are going to create in our minds.”**(Change this dialogue up as students get more practice and know what to expect)**





## 5 Minute FK Visualization

<p>Step 3</p>	<p>“When you hear the sound of the chime that will be our signal that our visualization has begun. I will ding the chime again at the end to help us come back to our classroom.”</p>
<p>Step 4</p>	<p>Visualization: Take a deep breath in through your nose and out through your mouth (do this 3 or 4 times). Great, now I want you to imagine that you are your favorite flavor of ice cream. Imagine a big scoop of your ice cream is plopped into a bowl. The bowl is nice and warm. Maybe it just came out of the dishwasher or maybe it is a hot day outside and the warm weather warmed your bowl. Imagine what your bowl looks like? What color is it? Is it a big bowl, a small bowl? Now, as soon as your ice cream lands in the bowl it immediately melts just a tiny bit. As you breathe in and then breathe out, imagine your body melting just a tiny bit like your ice cream. Keep breathing and with each breath out visualize your scoop of ice cream melting a little bit more and a little bit more. Notice how it takes the shape of the bowl. Notice is your scoop of ice cream a solid or is it more of a liquid? Keep breathing and imagining your ice cream until it is completely a liquid. Now notice your body. Does your body feel relaxed and melted towards the ground? Where in your body can you melt a little bit more just like your scoop of ice cream. Now stay in this space as you continue to breathe. Feel the calmness of your mind and body. Take a deep breath in and a deep breath out. Continue until you hear the sound of the chime. When you hear the chime you can slowly, with no rush and on your time, sit up, open your eyes and come back to our space here and now.</p>
<p>Step 5</p>	<p>Ding the chime. Encourage students to quietly and slowly come back to their space. Remind them to be respectful of everyone around them. We all are doing what we need right now and we are going to help our friend by being quiet and staying in our space.</p>
<p>Step 6</p>	<p>Have a brief reflection. How did that feel? What kind of ice cream were you? Was it hard or easy to visualize your ice cream scoop?</p>
<p>Step 7</p>	<p><a href="#">Mindful Coloring</a></p>





MAKE IT YOUR OWN!

