



Bobbing Otters

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: [Bobbing Otters Visualization](#)

VOCABULARY

Visualize, imagine, calm, sea otter, seaweed (You may want to show the class a picture of a sea otter before beginning as students may be unfamiliar with this animal. You could also show them the mindful coloring picture ahead of time to offer a visual).

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 to be 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

Step 3	“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.”
Step 4	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 a sea otter wrapped in seaweed, floating in the ocean. You are gently and peacefully riding an ocean wave, up and down, up and down. As you breathe in, imagine you are riding the wave up, as you breathe out, imagine you are riding the wave down. Continue just like that, breathe in as you ride the wave up, and breathe out as you ride the wave down. Now, as you continue to breathe, picture in your mind, what do you see around you? Are you floating by yourself? Are you with your family or friends? Are you close to shore or are you far out at sea? Really get a good picture in your mind. Is it a sunny day? Can you feel the sun warming your body? Or is it a cloudy cool day? (Use all 5 senses to guide students through the visualization. What do they hear? See? Smell? Taste? Feel?) If your mind starts to wonder, that is ok. Just come back to your visualization with the breath. Breathe in and breathe out. Just enjoy being in this peaceful space. 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.
Step 5	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.
Step 6	Have a brief reflection. How did that feel? What were some of the sounds you heard? What did you see? Was it hard or easy to visualize your sea otter?
Step 7	Bobbing Otters Mindful Coloring





MAKE IT YOUR OWN!

