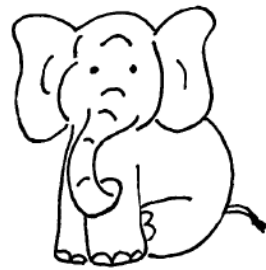


December Mindful Minute Calendar

This month slow down and have some fun. Take one minute everyday to pause, be mindful and enjoy the present moment.



Be Mindful

Our brain likes consistency and predictability. Taking just one minute each day to Pause, Breathe, Slow Down (PBS) and be mindful will help your stress level and get your students ready for learning.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PBS: Pause Breathe Slow Down & Smile 1	Hum a Song quietly with a friend 2	5 Breath Hug with either Guard Dog, Wise Owl or Ms. Elefante 3	Brain Button 4	Butterfly Breath 5	5 Senses Eye Scan Find 5 green objects 6	Mindful Eating Eat something Sweet Chew Slowly 7
Listen to two sounds around you and follow that sound until it ends. 8	Trace your Name in Rainbow Colors 9	Free Day Choose your own Mindful Activity 10	Open the window Feel the Fresh Air on your Face 11	Windmill Body Movement 12	Affirmation Tell a friend, "You've got this!" 13	Dance to your Favorite Song 14
Take a breath, think about your Favorite people. 15	Smile to three people near you 16	Compliment the person next to you 17	Free Day Choose your own Mindful Activity 18	Tell someone 3 things you are grateful for. 19	Affirmation Tell yourself, "I've got this!" 20	5- Breath Hug with Mom, Dad, a Sibling or a Pet! 21
Enjoy the smell of your favorite drink. 22	Elephant Shower Breath 23	Be Generous to someone in need. 24	Look at the sky for one minute and make a wish! 25	Free Day Choose your own Mindful Activity 26	Make time to visit a friend. 27	Shake your Sillies Out 28
Find 3 things in Nature that make you smile. 29	Think of something funny & tell someone. 30	Write a new affirmation for the New Year. 31				