Wellness Activities for the Classroom

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Free Mindfulness Apps

Headspace
Calm
Insight Timer
Breathe, Think, Do Sesame
DreamyKid
Stop, Breathe & Think Kids: Focus, Calm & Sleep
Relax Melodies
Smiling Mind
Kids Yoga Deck
Breathing Bubbles
emotionary
Gonoodle
Live Well
Grounding Exercise

Purpose:
To keep students focused on the present and the here-and-now and in reality.

Grounding exercises can be helpful in managing overwhelming feelings and intense anxiety. They can help individuals regain their mental focus.

Grounding helps to keep your mind and body connected and working together.
Calming Count Box

Purpose:
To teach children that they can calm their bodies and minds with mindfulness and refocus their attention on a simple

Directions:
- Use an old Kleenex box and cover it with duct tape. You can use whatever you’d like to fill the box for the counting.
- In this example we used 20 cotton balls.
- When a student is starting to throw a fit or having a hard time following directions you can have them dump out the 20 items and count them as they put it back in box until they calm down!!
Create your own colorful fruit kebab!

Please use gloves to handle any of the fruit you are not eating yourself.

As you enjoy your kebab, examine and discuss your fruits’ colors using the “How to Eat a Rainbow” handout.

Continue the discussion about colors by examining the Color Psychology handout.

Discuss at your table what your favorite colors are and why.

Supplies:
- Skewers
- Fruit in a variety of colors
- Plastic gloves
- Disposable table cloths (it can get messy)
- Handouts (see next slide)
Colorful Kebabs & Color Psychology (cont.)

How to EAT a Rainbow

A "rainbow diet" meaning a diet abundant in all the nutritional colors (i.e. orange, red, green, blue, indigo, purple, yellow) is essential for optimal health. The nutrients you’ll receive from eating the nutritional rainbow act as powerful antioxidants that inhibit and repair damage from carcinogenic activity. This can protect you from several cancer types & diseases.

What does each color group have to offer?

Red - Scavenge free radicals, reduce inflammation in the arteries lowering cardiovascular diseases; prevent damage that alters gene expression which ultimately promotes cancer growth.

Orange - Boost the immune system, naturally empowering the body to handle stressors like free radicals that cause oxidative damage and initiate cancer development.

Green - Rich in folate and contain carotenoids that form lutein & zeaxanthin, stimulate detoxifying enzymes and pathways for chemoprevention, contain the life-giving compound chlorophyll.

Blue, Indigo & Purple - Prevent genetic damage, stimulate apoptosis in cancer cells, reduce inflammation, and inhibit cancer activity such as uncontrollable cell proliferation, scavenge free radicals and chelate metals from the body; activate the production of glutathione and support detoxification pathways.

White - Purify the blood, detoxify the liver, regulate healthy cellular growth, and reduce inflammation; destroy viruses, bacteria, and fungi and inhibit cancer growth.

Discover how to incorporate this in your diet.

www.thetruthaboutcancer.com/rainbow-diet-cover
Laughter is good for the mind, body and soul!

Take a minute as a table to relax, share some jokes and have a few laughs. Select from the following provided:

- Mad Libs
- Cartoons
- Funny Stories
- Jokes
Mind in a Jar

- **Purpose:**
  - To teach children that they can calm their bodies and minds with deep breathing

- **Supplies needed:**
  - Jars
  - Water
  - Glitter

Have your students pick three colors of glitter: one to represent thoughts, one to represent feelings, and one to represent behaviors (or “urges to do things”).
Rock Painting

Take some time to get creative!

Think about a word that inspires you.

This is a word that you will guide you, personally and professionally in the next year.

If you have extra time, make one for a friend and experience the joy of giving!

*Spray our rock with a Mod Podge sealant for extra shine and durability,
Create PEACE rocks

stones

http://awesome.ly/awake.com
Calm Down Kits
Classroom “Safe Zones” or “Safe Spots”
Stress Balls

- **Purpose:**
  - To help students manage their stress by physically squeezing out their tension.

- **Supplies needed:**
  - Balloons
  - Glitter
  - Elmer's Glue
  - Water Bottle
  - Balloons
  - Water
  - Karo Corn Syrup
  - Beads or Water Beads
  - Flour
  - Funnel

Lots of different kinds of stress balls!

Basic Stress Balls
Glitter Liquid Balls
Beaded Stress balls
Recipe:

- One 2-4 oz glass spray bottle
- 10 drops of lavender essential oil
- (Optional) 1 Tablespoon of rubbing alcohol
- Distilled water

Directions: Pour alcohol into your spray bottle. Drop 10 drops of Lavender essential oil into the spray bottle. Screw on top and shake to mix. The alcohol serves as the “carrier oil” in this case and will evaporate when you spray it onto the pillow. Then re-open the bottle and add the distilled water until the bottle is full.
When you practice **calm breathing** you are using a technique that works to slow down your breathing, which combats upset, stressed, and anxious feelings. Learning to use calm breathing to regulate your emotions is important. Changing your breathing can help to minimize the negative effects of emotions.

Try out a few different strategies for calm breathing.

1. Lazy 8 Breathing
2. Square Breathing
3. Bubble Breathing

Feel free to also share any other strategies you use for calm breathing.
Lazy 8 Breathing

Trace the Lazy 8 with your finger starting at the star and taking a deep breath in.

As you cross over to the other side of the Lazy 8, slowly let your breath out.

Continue breathing around the Lazy 8 until you have a calm body and mind.
This activity encourages deep breathing for your body to relax. Imagine all of your worries. This exercise will help blow out those worry bubbles so you can feel more relaxed.

1. Hold your bottle of bubbles and think about anything that upsets you.

2. Imagine blowing that concern into the bubble as you blow into the bubble wand.

3. Picture the worry in the bubble as it drifts away.

4. When it pops, picture that this worry has popped outside of you and can't bother you anymore.

5. Continue blowing bubbles until you are relaxed and calm.
**SQUARE BREATHING**

1. Breathe in for 4 seconds
2. Hold for 4 seconds
3. Breathe out for 4 seconds
4. Hold for 4 seconds

1234
Breathe In

Hold

4 seconds

Hold

Breathe Out
Bubble Breathing

This activity encourages deep breathing for your body to relax. Imagine all of your worries. This exercise will help blow out those worry bubbles so you can feel more relaxed.

1. Hold your bottle of bubbles and think about anything that upsets you.
2. Imagine blowing that concern into the bubble as you blow into the bubble wand.
3. Picture the worry in the bubble as it drifts away.
4. When it pops, picture that this worry has popped outside of you and can't bother you anymore.
5. Continue blowing bubbles until you are relaxed and calm.
Step 1: CLEAR YOUR SPACE. Remove all cell phones and personal items from the table.

Step 2: Each person at the table can select one picture in the folder that calms them and/or brings them joy.
(1 picture per person)

Step 3: Turn on the music and spend 3 minutes enjoying the relaxing sounds while focusing on your picture.

Step 4: Discuss together how this exercise went for you.

Step 5: Your choice! Either play the Mindfulness Matters card game or check out the handout for a deeper dive into mindfulness practice.

Step 6: Keep a “How to Practice Mindfulness” handout for future use.
Reflection

Step 1: Take a moment to reflect on the last year.

Step 2: Select 1-2 questions from the deck of cards that you would like to think about and discuss at your table.

Step 3: Allow each person to share their question and response. Be sure to plan enough time for everyone at the table to share. (About 2 minutes per person.)
Discussion

1. Which wellness strategies do you like?
2. How can you incorporate them into your daily classroom routine?
3. How can you use these strategies to recover after a stressful event in your classroom?
4. How can you both model and give explicit instruction on these coping strategies to your students?
Questions?

Thank you for your time!

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