

○ MUSIC  city COUNSELOR

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PURCHASE!



Hey y'all, Laura here! I so appreciate when you please take a moment to leave a review on my resources on my TpT Store. Thanks for your support! Enjoy the resource!

♥ *laura oathout*

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For helpful ideas, engaging resources, and freebies, please check out my website and membership!

○ ♥ **WEBSITE:** www.musiccitycounselor.com

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HI FRIEND, CLICK HERE:



to access the digital for
Google Slides™ presentation.

○ **General Google Slides Directions:**

1. Please sign in with your Google account.
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Mindfulness Lesson Directions:

- This presentation teaches students all about mindfulness. First, students learn what mindfulness means. Then, they learn 3 ways to practice mindfulness: grounding, visualization, and yoga.
- As students go through the presentation, please ask them to practice the grounding, visualization, and yoga exercises.
- **Grounding:** students focus on their five senses and think about what they see, hear, feel, taste, and smell right now.
- **Visualization:** students imagine 5 "happy places" and "explore" them by focusing on their five senses while "there."
- **Yoga:** Students practice 6 yoga poses.
- The presentation closes with a reflection question. Students can type directly in the text box that says, "Type here."
- A PowerPoint presentation and printables are also included.

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- Make copies for the purchaser's classroom AND share copies with other educators within your school building
- Reference (without distribution) this product in blog posts, seminars, professional development workshops, or other such venues provided there is both credit given to myself as the author and a link back to my TpT store included in the post/presentation

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Please contact me any time at laura@musiccitycounselor.com with questions, suggestions, resource requests, or comments. I'm here to help and would love to hear from you!

♥ Laura Oathout

THIS RESOURCE WAS MADE POSSIBLE THANKS TO:

