

○ MUSIC  city COUNSELOR

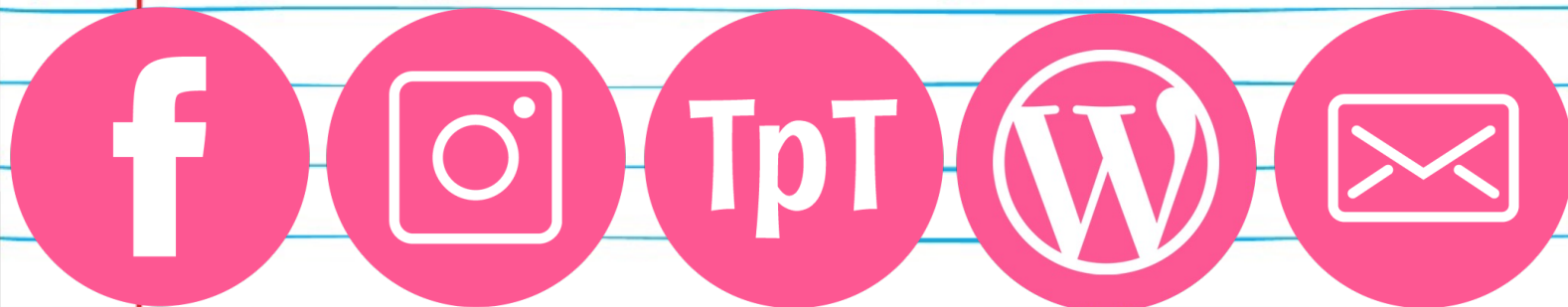
THANK YOU FOR YOUR
PURCHASE!



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*

LET'S CONNECT!



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

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

♥ **MEMBERSHIP:** www.counselorcollab.com

ASCA MINDSETS & BEHAVIORS

Mindset Standards:

- M1: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being

Behavior Standards:

- B-SMS 2: Self-discipline and self-control
- B-SMS 7: Effective coping skills
- B-SS 9: Social maturity and behaviors appropriate to the situation and environment

DIRECTIONS PAGE 1:

This lesson will take approximately 45 minutes to teach.

Sequence:

1. Review the PowerPoint or digital for Google Slides™ presentation with students.
2. Review the instructional posters with students.
3. You may choose to use the **yoga cards** to practice yoga poses, the **grounding cards** to practice being present by focusing on our five senses, or the **visualization cards** to ask students to imagine and "explore" 5 different "happy places."
4. Complete a **worksheet** or **coloring page** of your choice.

Presentation:

This presentation teaches PreK – 1st grade students all about **mindfulness**. It is very **experiential** in nature to engage our little learners. First, students learn what mindfulness means. Then, they learn about 3 ways to practice mindfulness: **grounding**, **visualization**, and **yoga**. As students go through the presentation, please ask them to practice the included exercises.

- **Grounding:** ask students to be present by focusing on their five senses. Close their eyes 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." How does each special place look, feel, smell, taste, and sound?
 - **Yoga:** Students learn and practice 6 different yoga poses.
- The presentation closes with a **reflection question**. Students can "turn and talk" and share their ideas with a partner.

DIRECTIONS PAGE 2:

Posters:

6 posters are included. Please use them in your instruction with students and display them in your space.

Yoga, Grounding, & Visualization Cards:

3 sets of task cards are included. You can use these in a variety of ways! You may choose to use them in centers, with small groups, with whole group, with individual students who need extra support, taped to students' desks, in your Calm Corner, etc.

- **Yoga cards:** this set of 11 cards teaches students 11 different yoga poses.
- **Grounding cards:** this set of 5 cards teaches students to be present by focusing on each of their 5 senses.
- **Visualization cards:** students can look at 5 different "happy places" and "explore" them by focusing on their five senses: how does the place look, feel, sound, smell, and taste? You may choose to use the grounding cards at the same time as the visualization cards to help students explore their 5 senses in each "happy place."

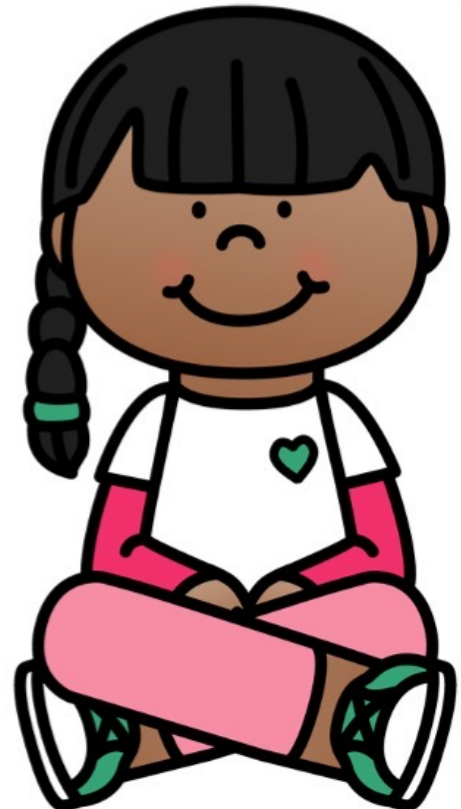
Worksheets & Coloring Pages:

Assorted worksheets and coloring pages are included to close the lesson. Please choose those that best fit the needs and abilities of your students and the amount of time you have.

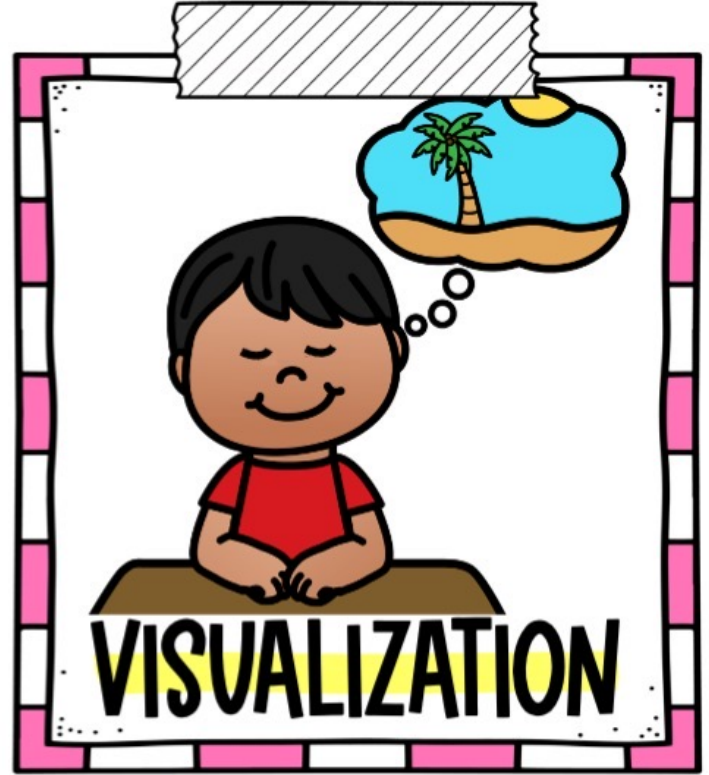
Questions, suggestions, or comments? Please contact me any time at laura@musiccitycounselor.com. I'm here to help!

POSTERS

HOW TO PRACTICE MINDFULNESS

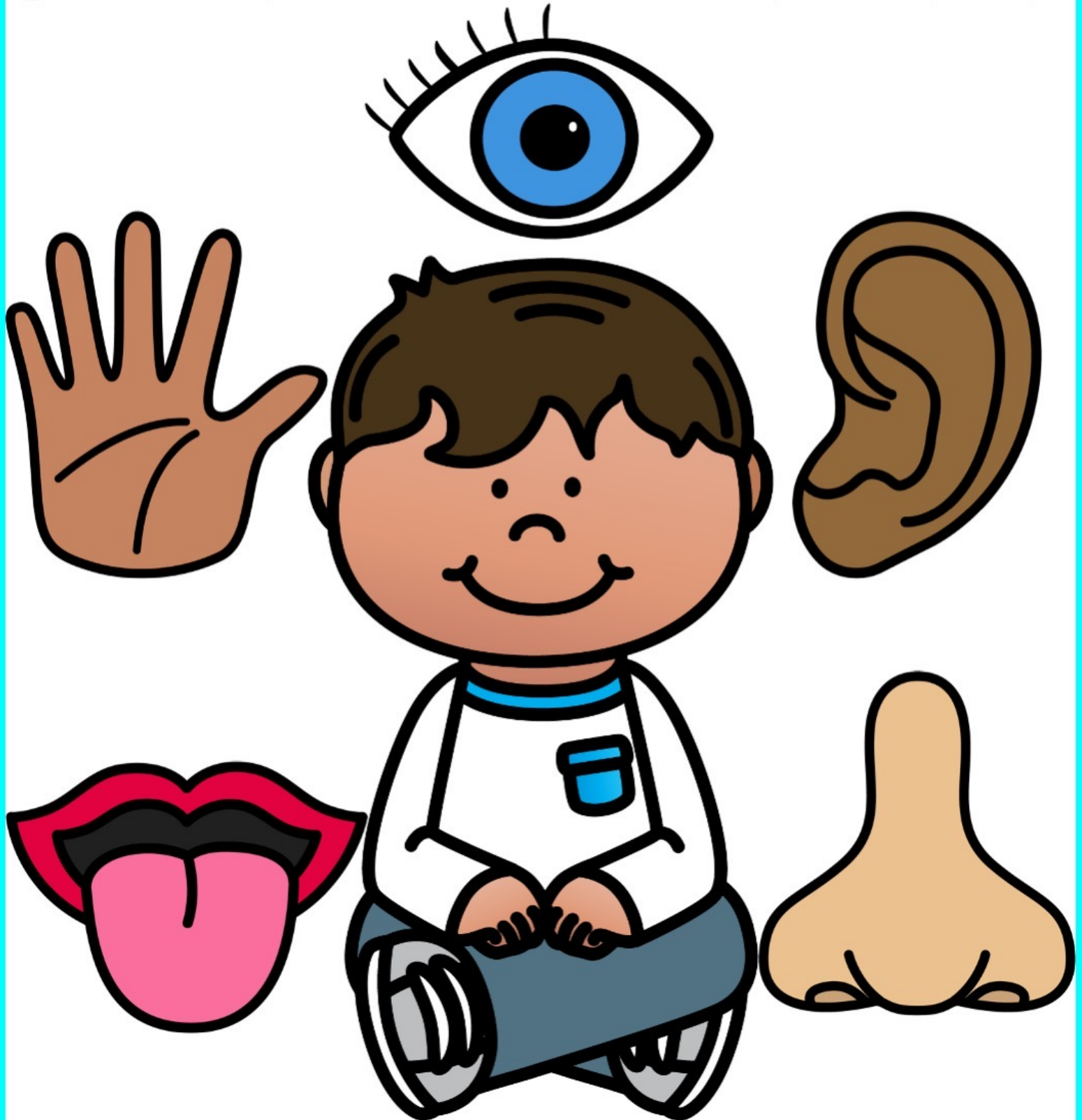


3 WAYS TO PRACTICE MINDFULNESS



GROUNDING

FOCUS ON THE 5 SENSES



VISUALIZATION

IMAGINE A HAPPY PLACE



YOGA POSES

STRETCH, EXERCISE, CALM



Sun salutation pose



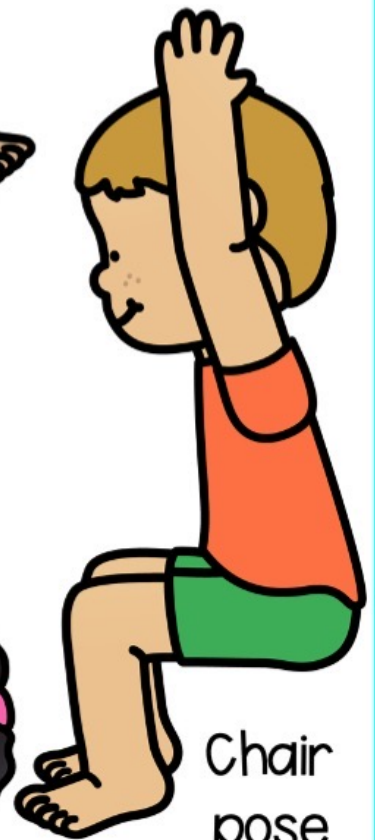
Warrior pose



Airplane pose



Cat pose



Chair pose

YOGA POSES

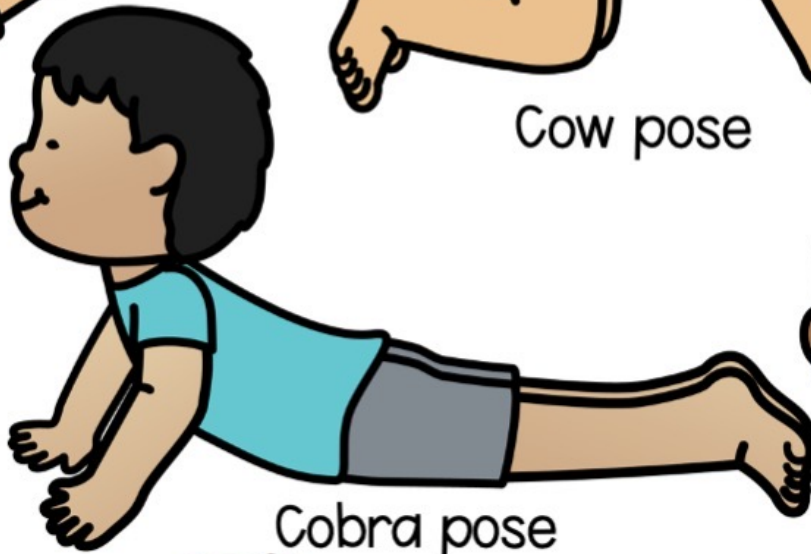
STRETCH, EXERCISE, CALM



Boat pose



Cow pose



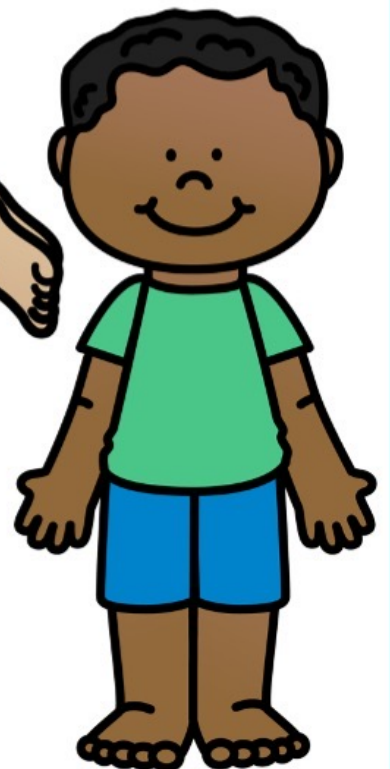
Cobra pose



Tree pose



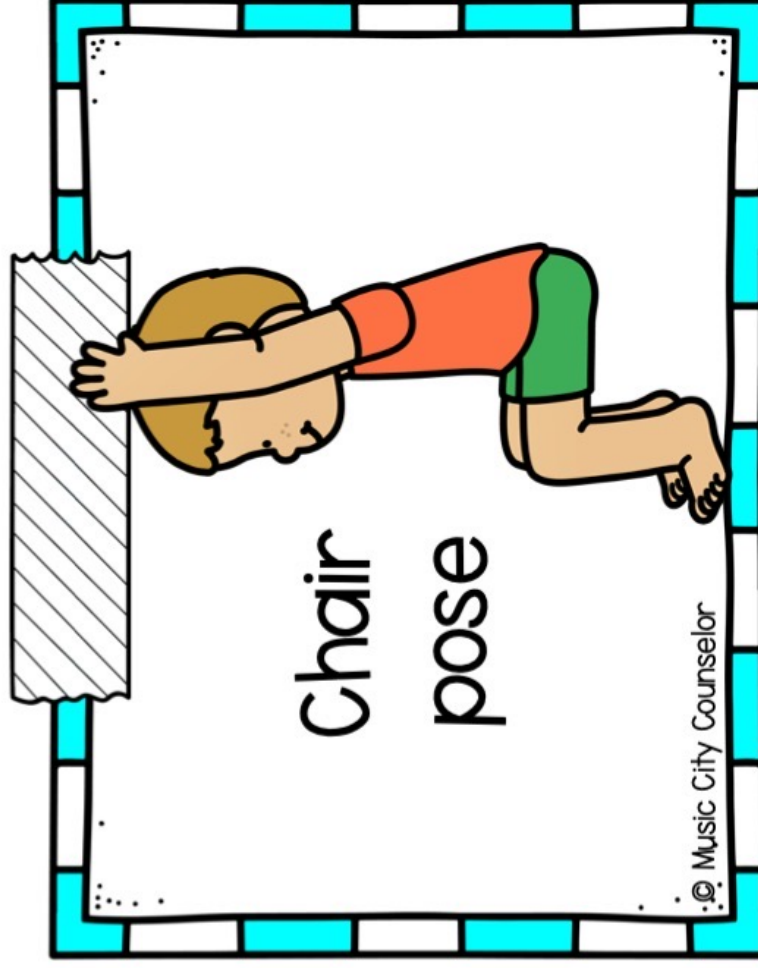
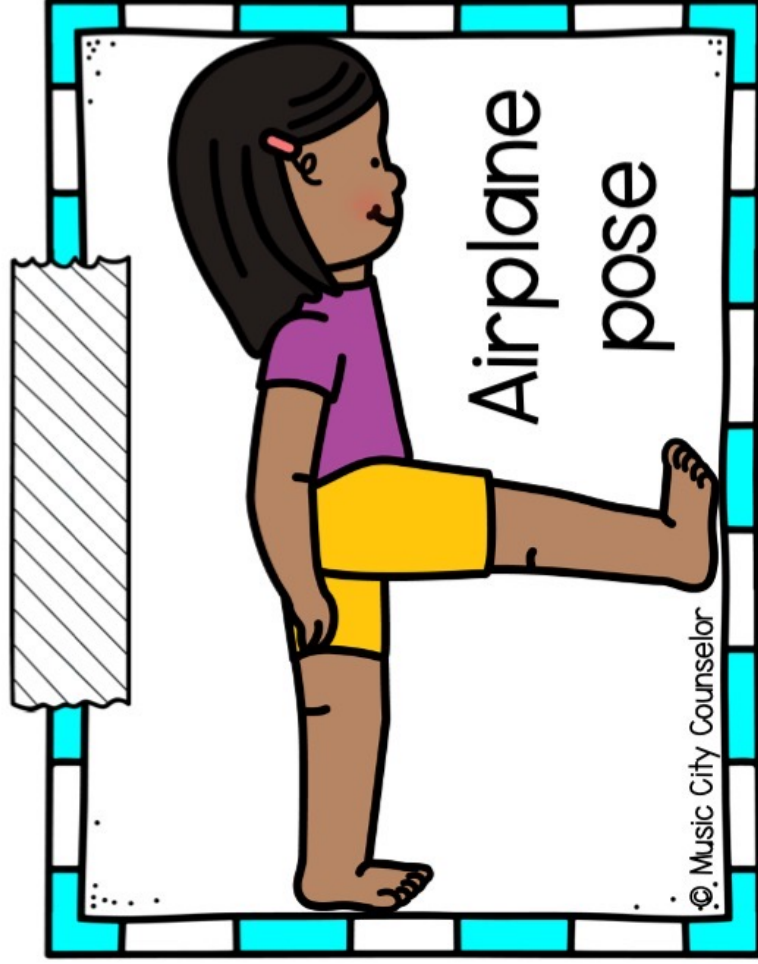
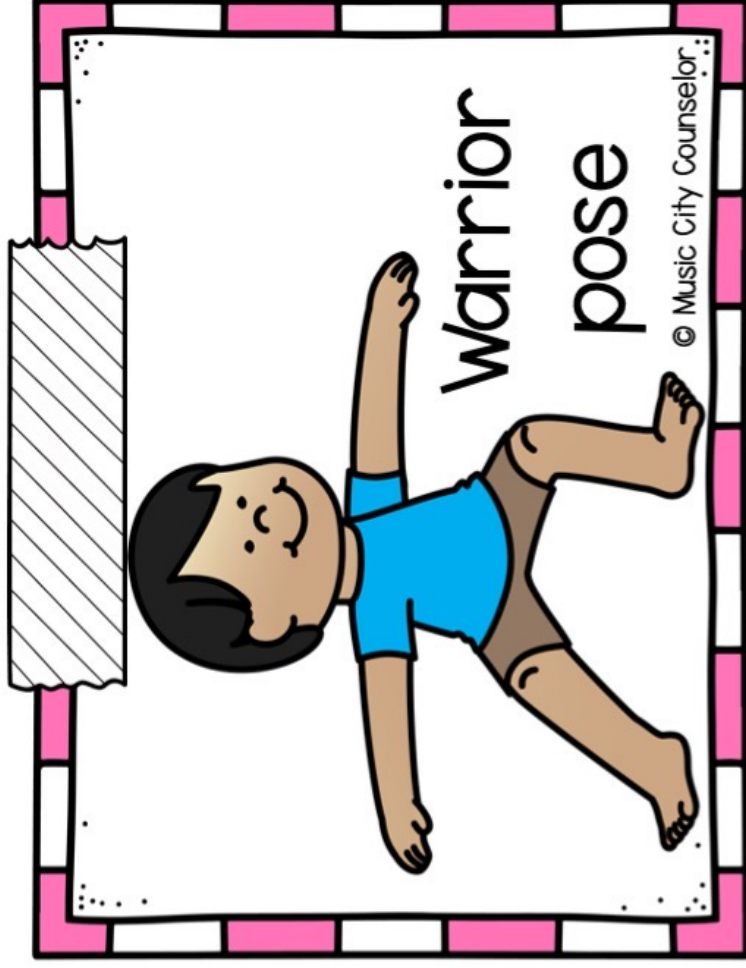
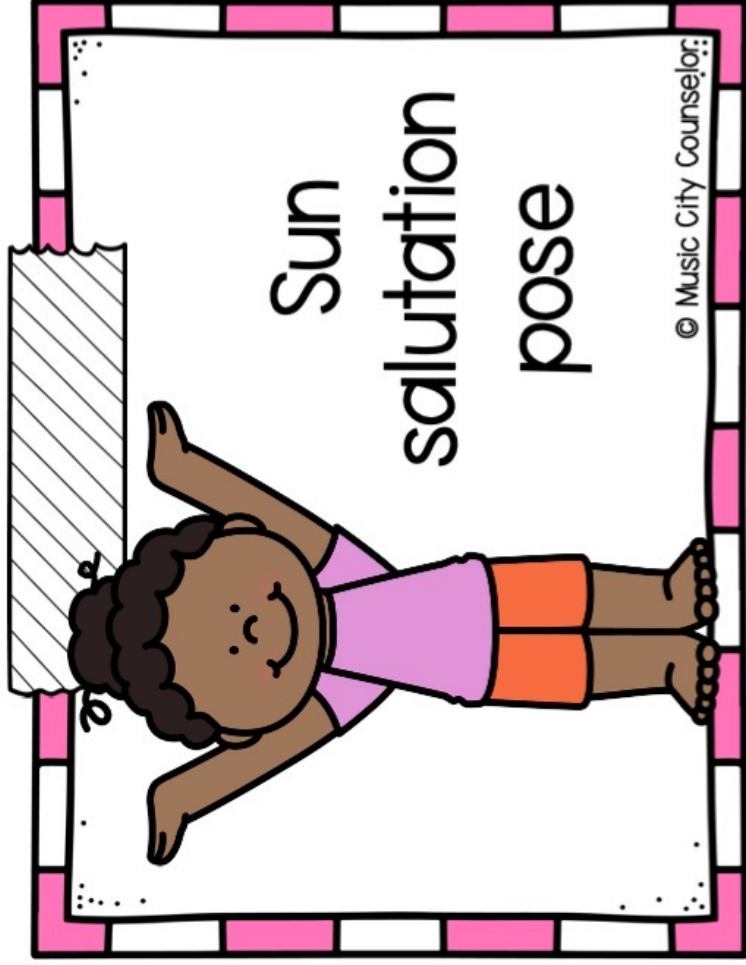
Downward dog pose

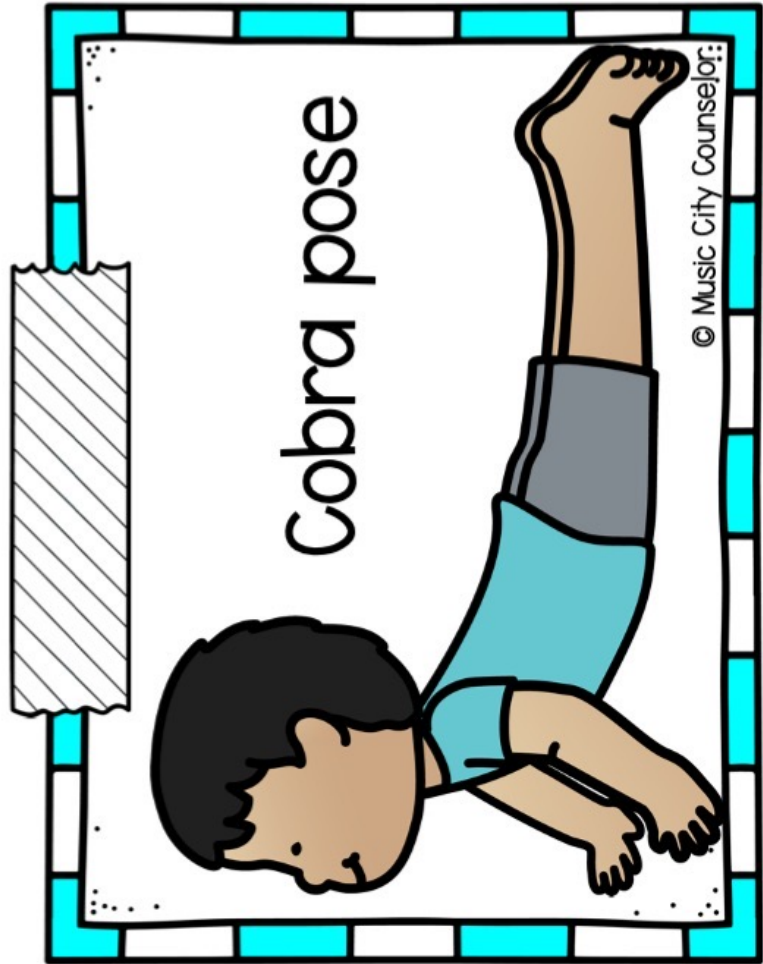
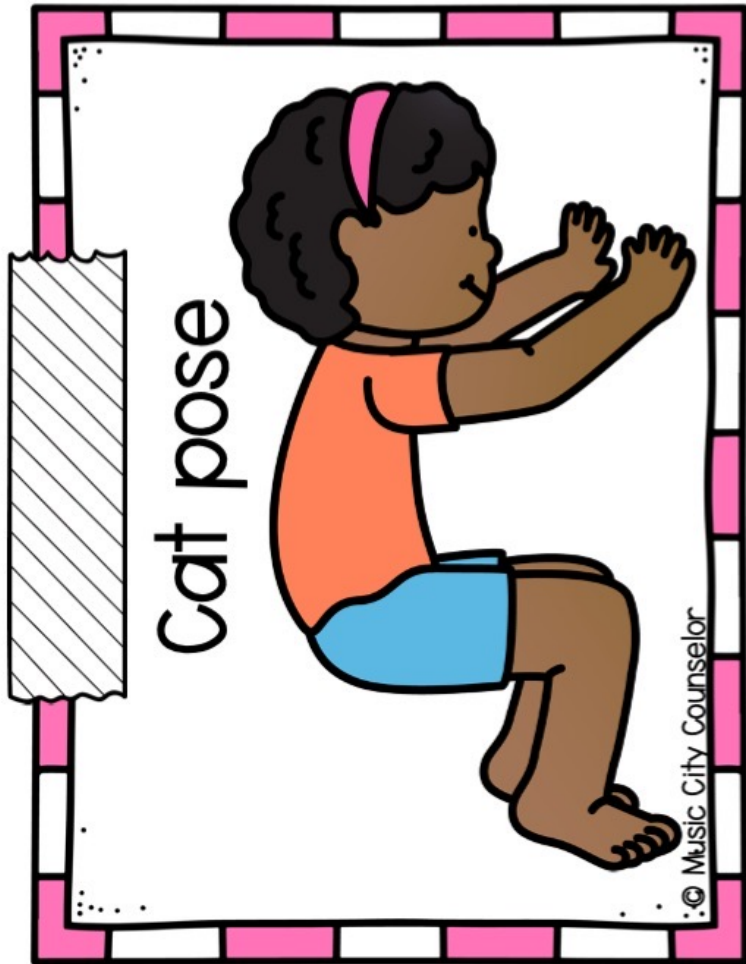
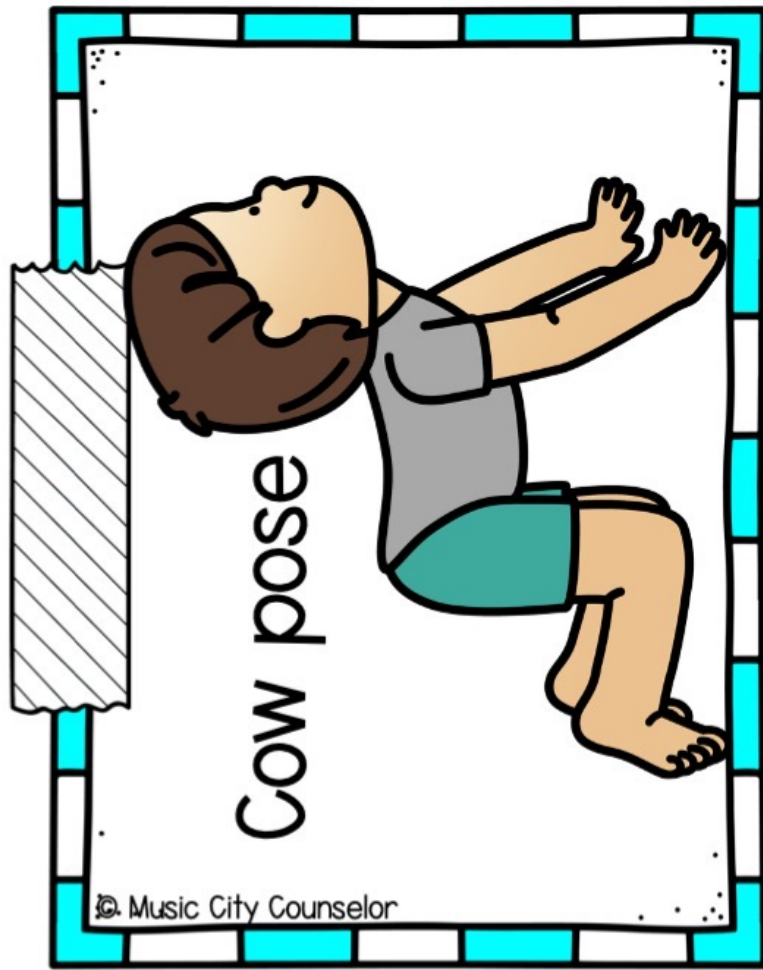
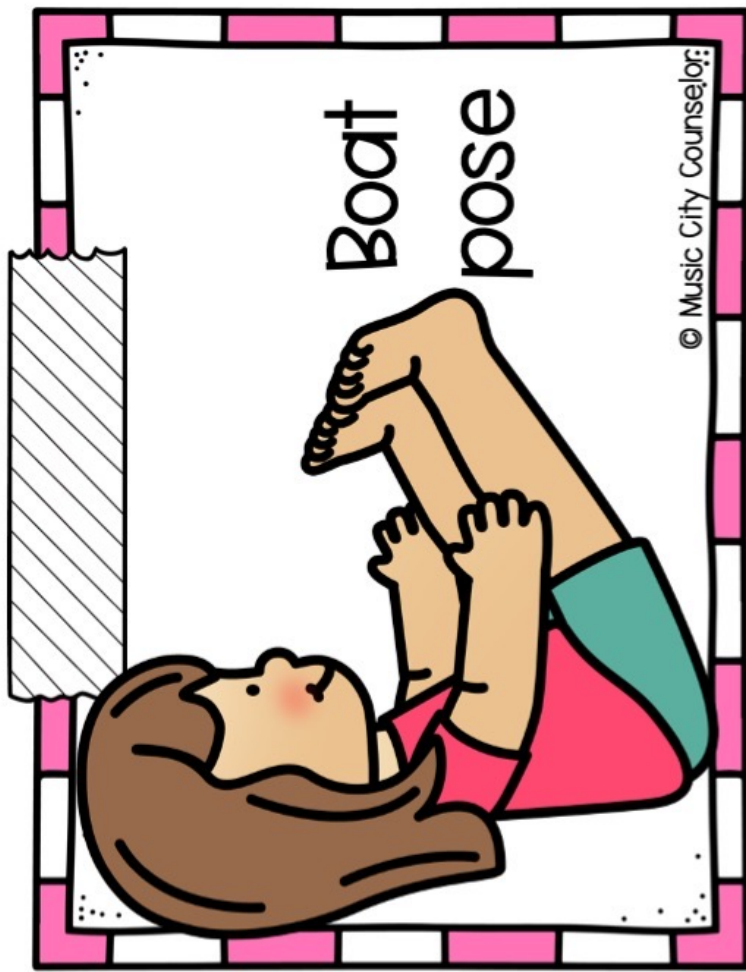


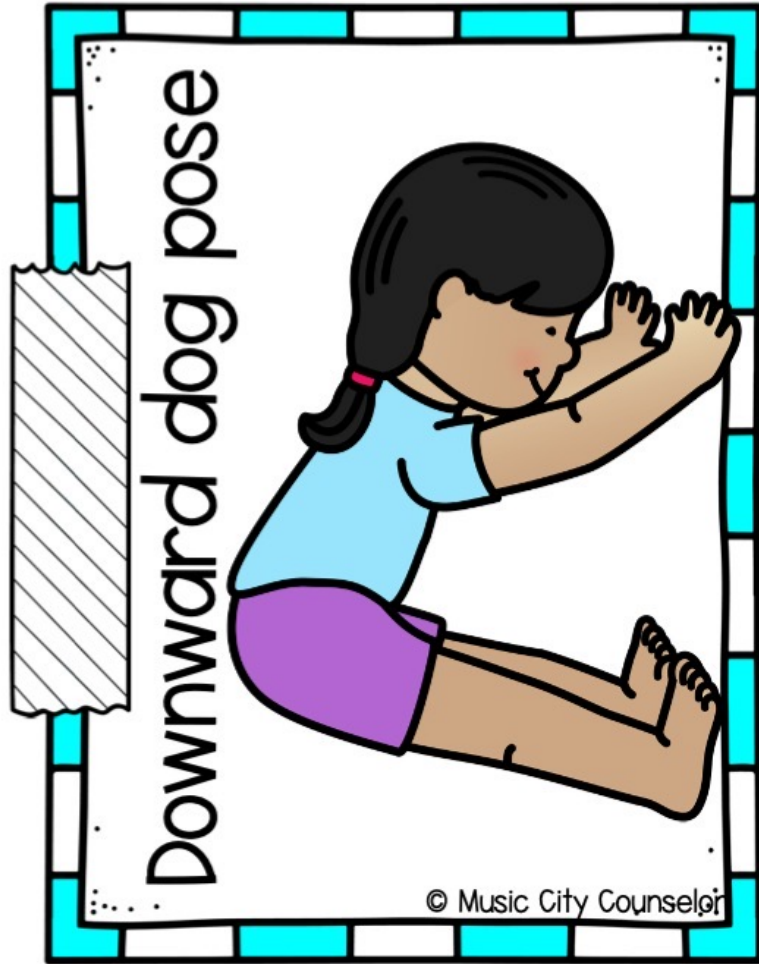
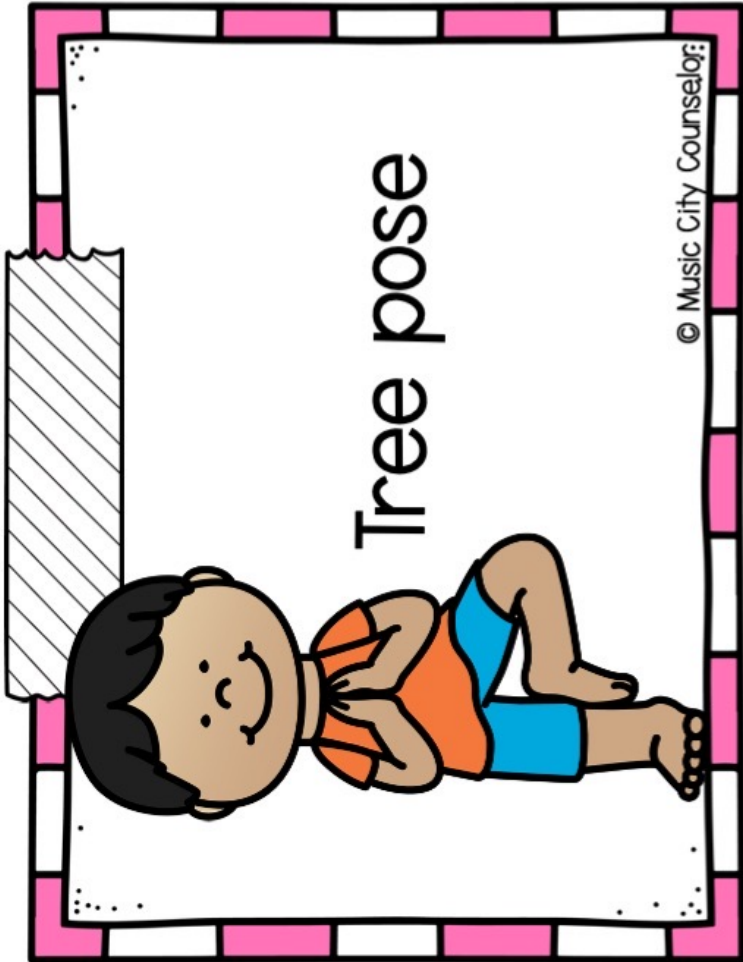
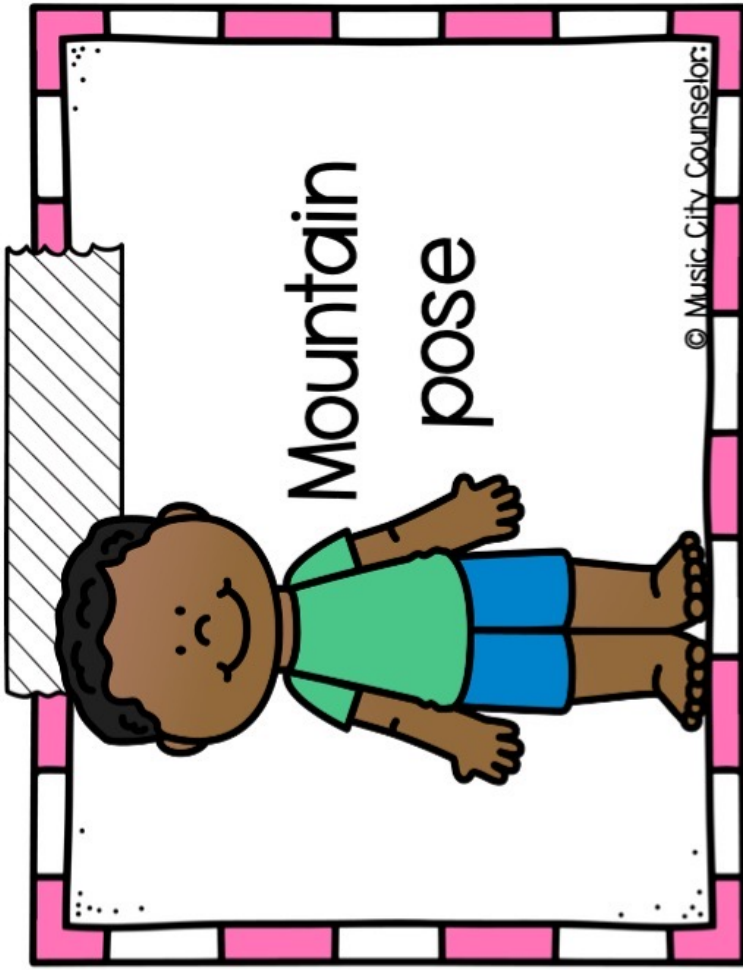
Mountain pose

YOGA

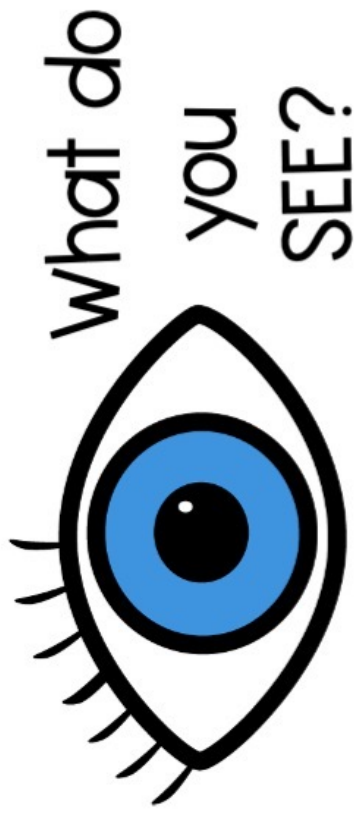
CARDS





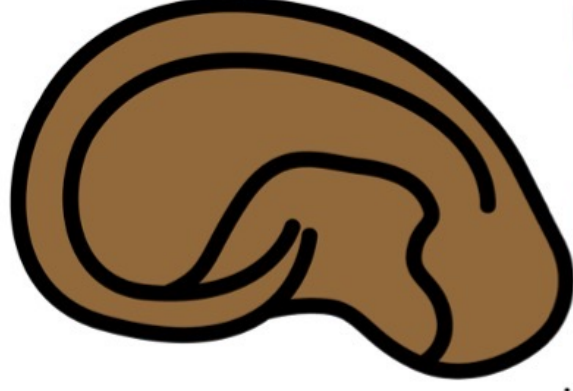


GROUNDING CARDS



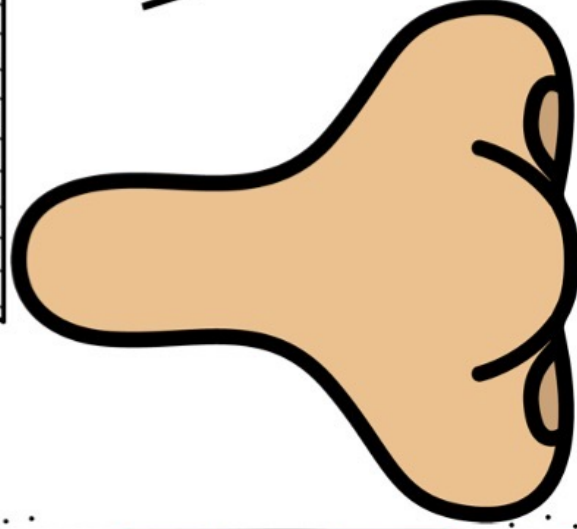
what do
you
SEE?

© Music City Counselor:



what do
you
HEAR?

© Music City Counselor:



what do
you
SMELL?

© Music City Counselor:



what do
you
FEEL?

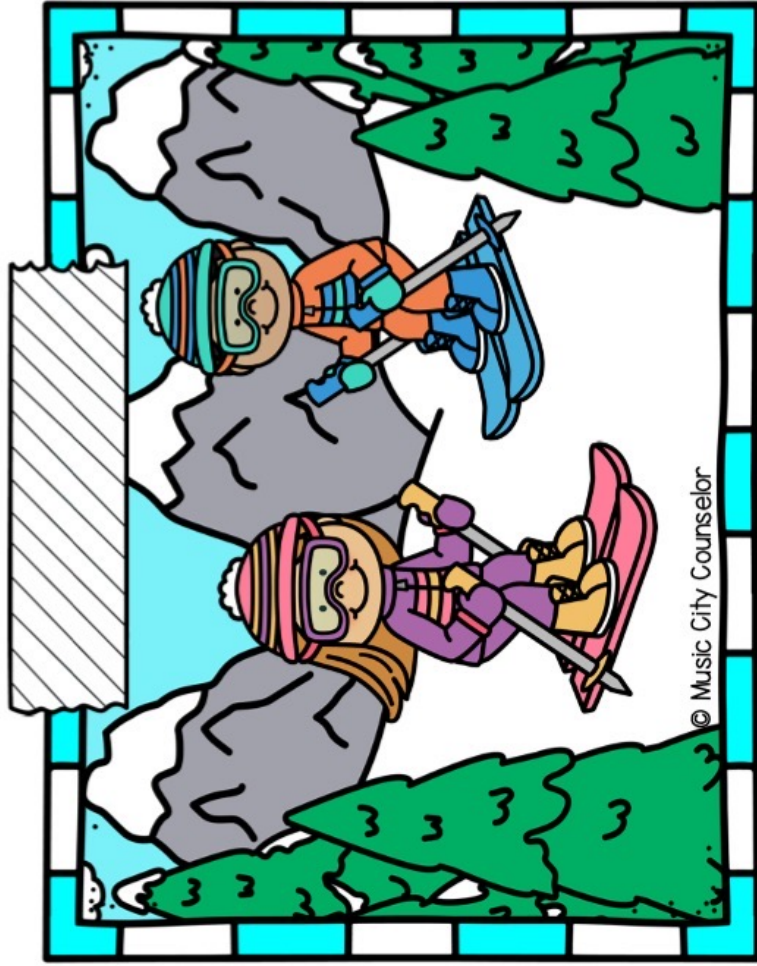
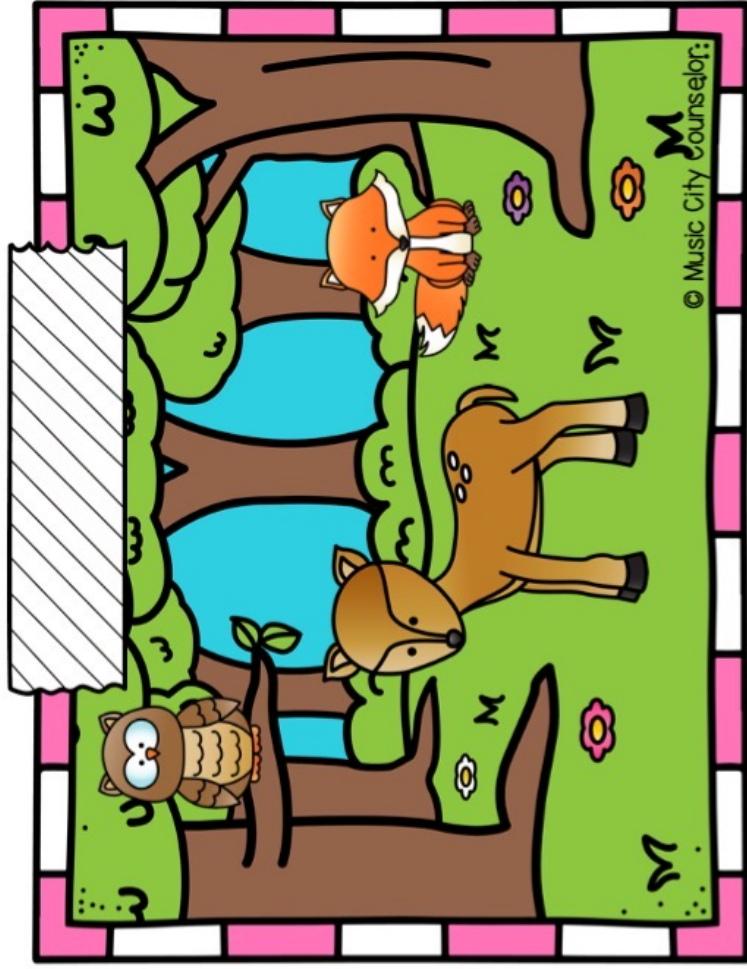
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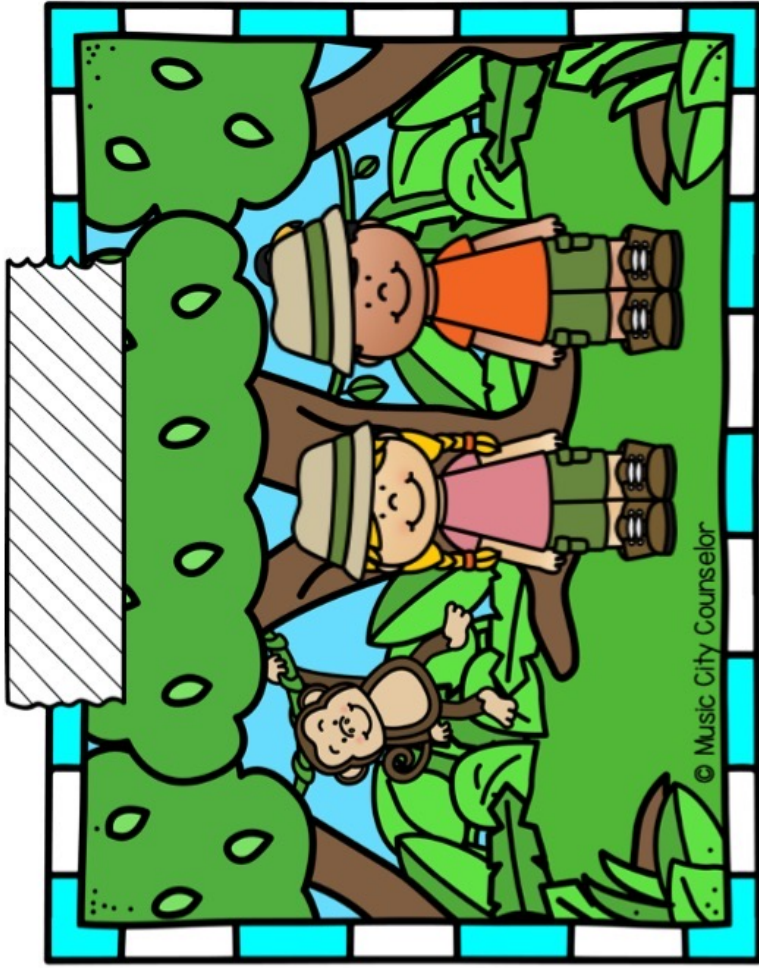


What
do you
TASTE?

© Music City Counselor

VISUALIZATION CARDS





WORKSHEETS & COLORING PAGES

Name: _____

GROUNDING



I see...



I hear...



I feel...



I smell...

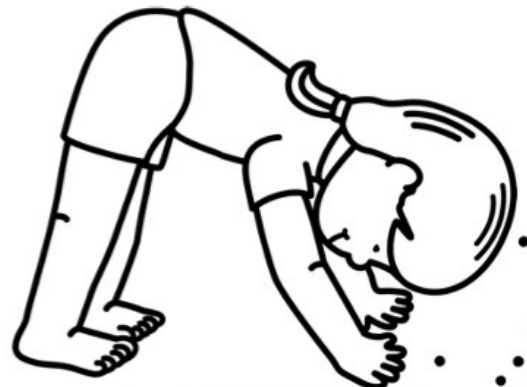
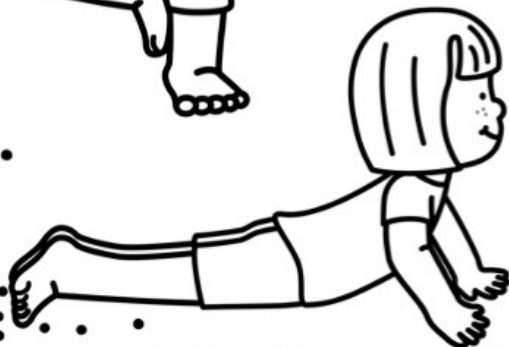


I taste...

Name: _____

YOGA POSES

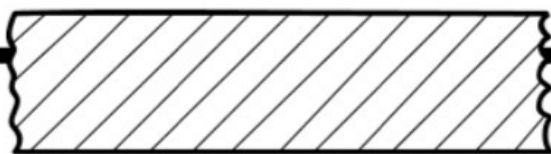
Color your favorite yoga poses.



Name: _____

VISUALIZATION

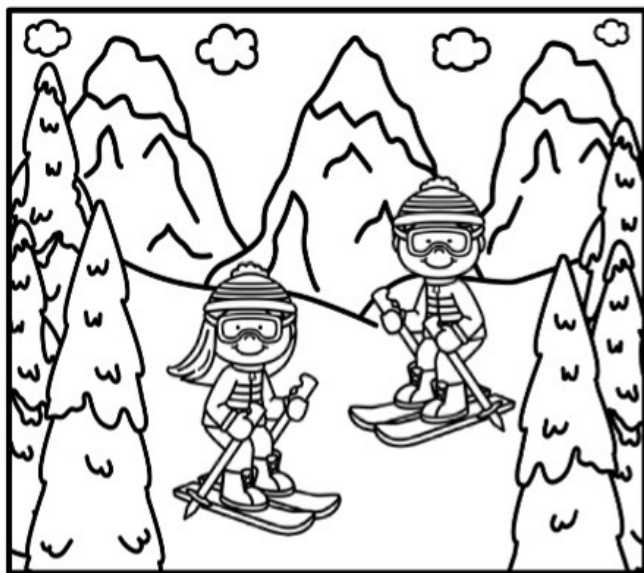
Draw a picture of your happy, safe,
and calm place.



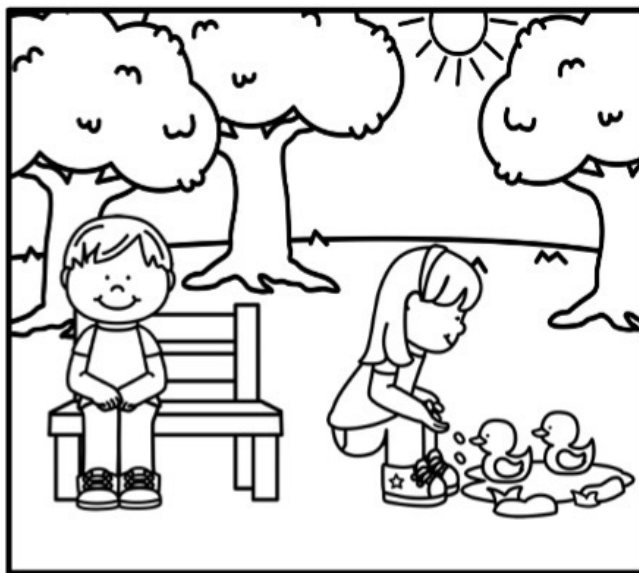
Name: _____

VISUALIZATION

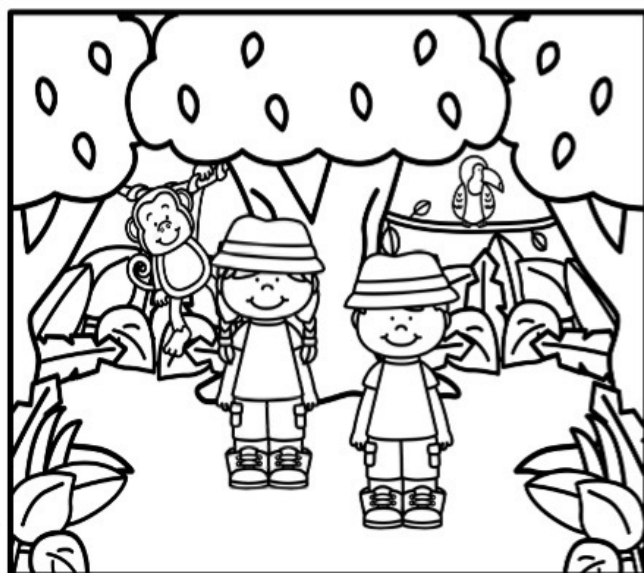
Color your favorite happy places.



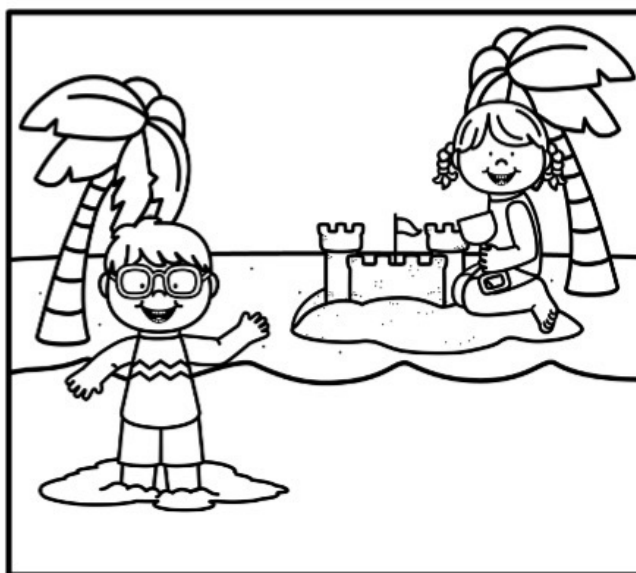
BEAUTIFUL MOUNTAINS



PRETTY PARK



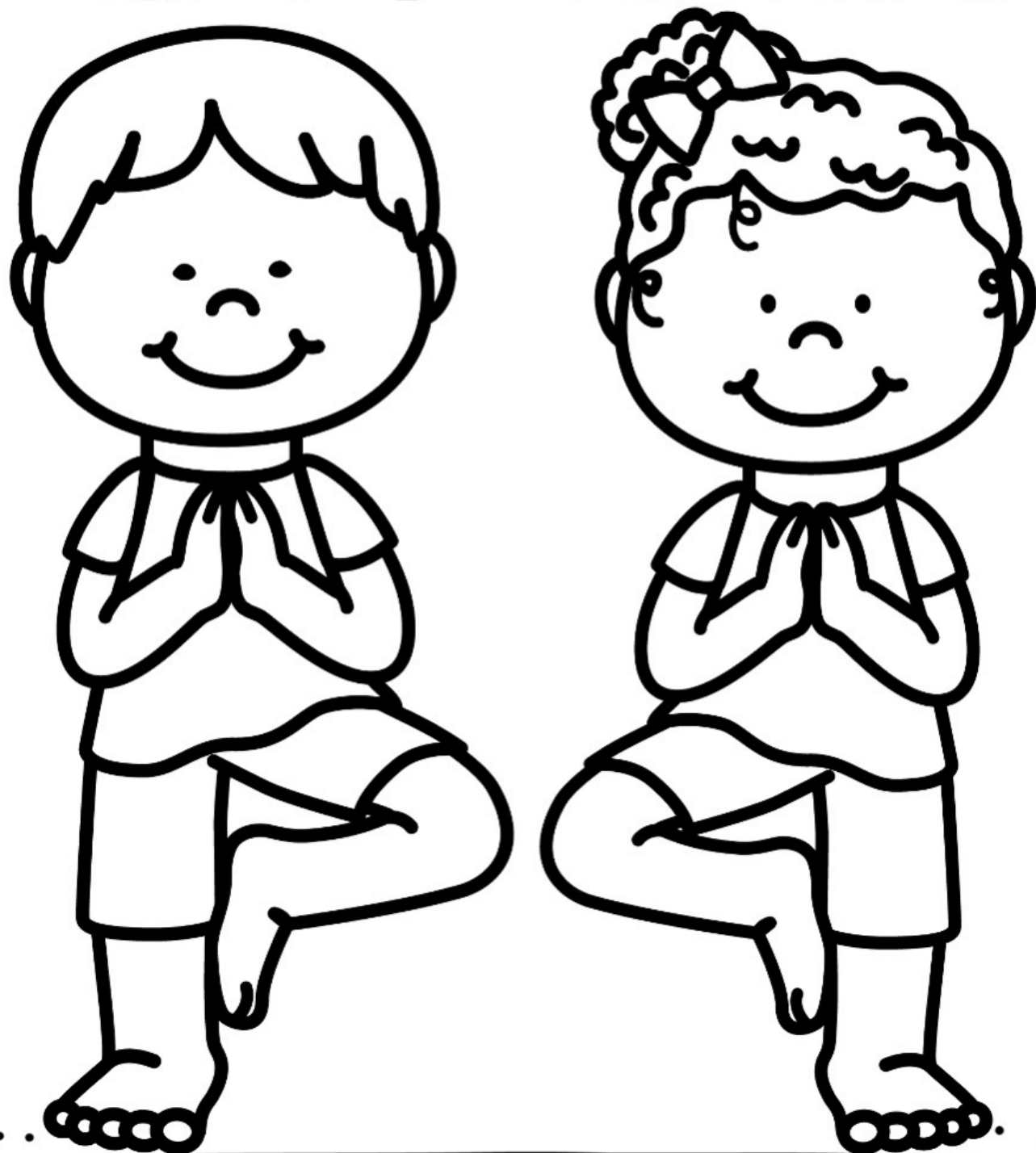
EXOTIC JUNGLE



SUNNY BEACH

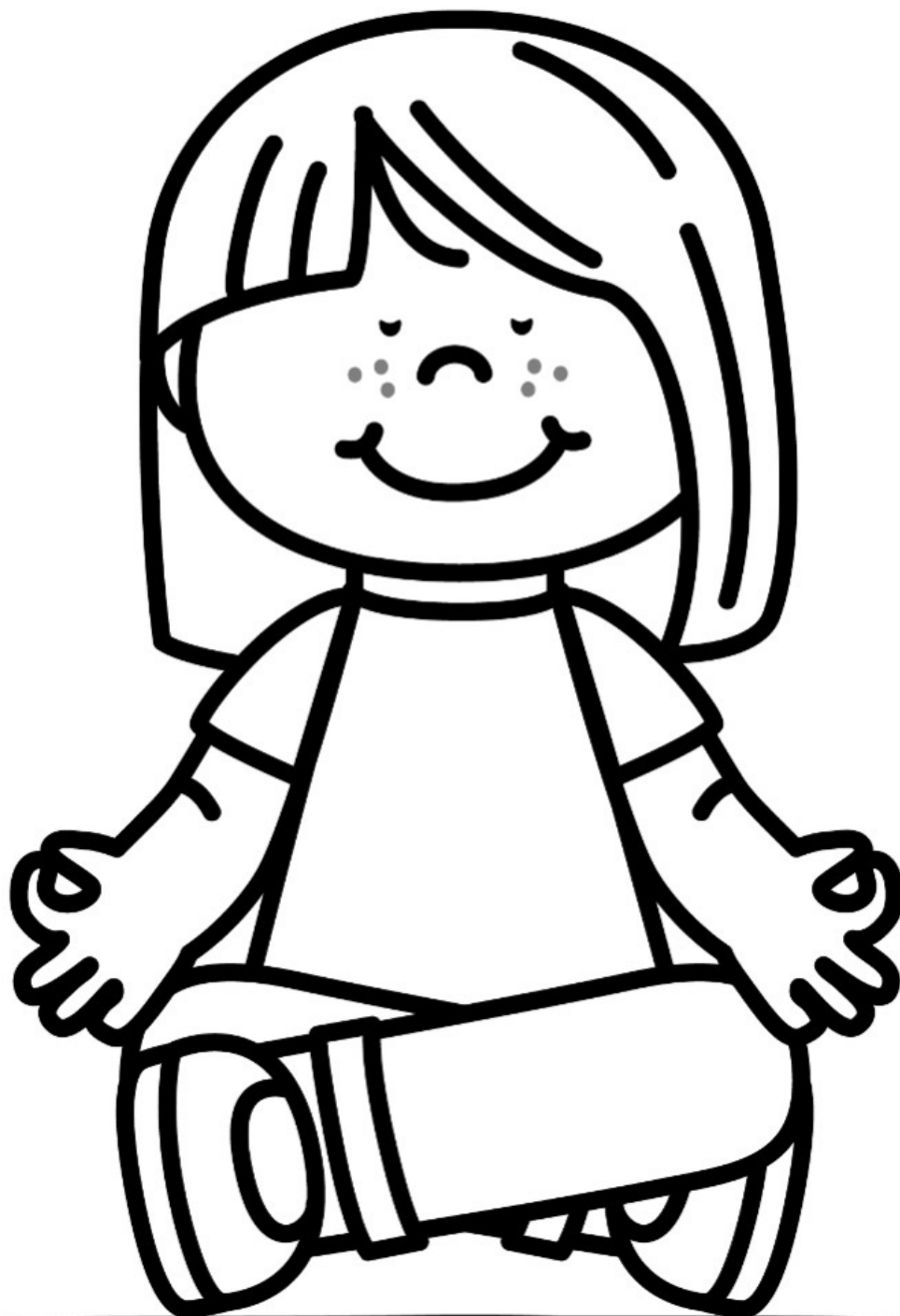
Name: _____

I can practice
MINDFULNESS



Name: _____

I can practice
MINDFULNESS



Name: _____

I can practice
MINDFULNESS



Name: _____

I can practice
MINDFULNESS



Name: _____

I can practice
MINDFULNESS



Name: _____

I can practice
MINDFULNESS



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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:

