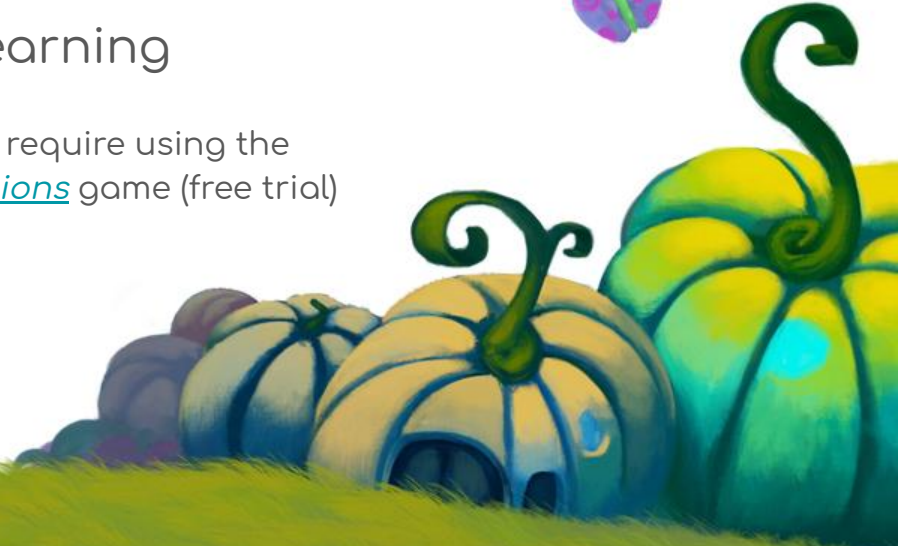


SEL Activities

9 Mindfulness transitions for virtual learning

Note: the first 3 activities require using the [Wisdom : The World of Emotions](#) game (free trial)



Mindfulness

Being present and focusing our
attention

better**kids**

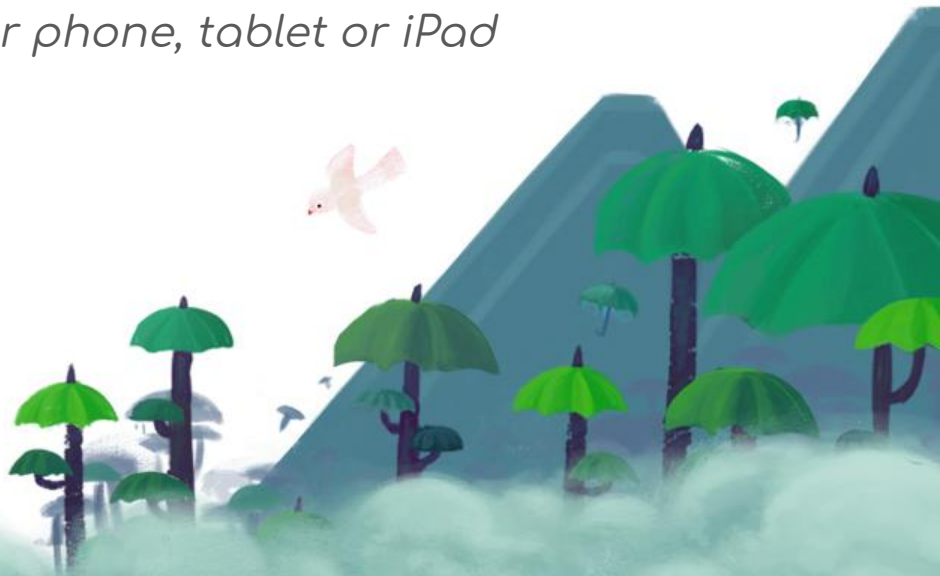


Glitter Jar breathing



About
3 min

- Use the Augmented Reality glitter jar in [Wisdom: The World of Emotions](#). Watch the glitter swirl and breathe all together to help it settle
- *Remember to screen share from your phone, tablet or iPad so students can follow along*

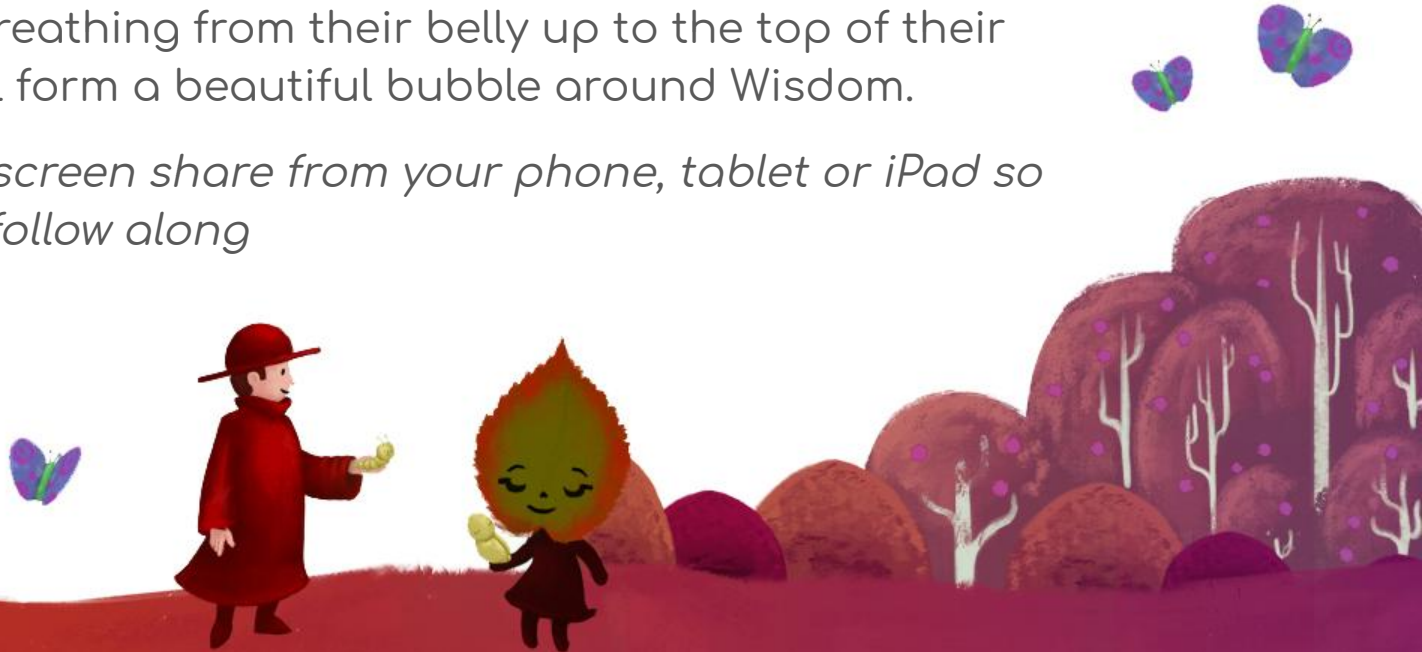


Breathing with Wisdom



About
4 min

- Use the Augmented Reality breathing game in [Wisdom: The World of Emotions](#). Wisdom will guide your students through a full series of breathing from their belly up to the top of their head. They will form a beautiful bubble around Wisdom.
- *Remember to screen share from your phone, tablet or iPad so students can follow along*



Bubble Breathing



About
3 min

- Use the Augmented Reality bubble breathing game in [Wisdom: The World of Emotions](#). As you countdown from 10, you will see air come into your nose as you inhale and out of your mouth as you exhale. Will the cat manage to catch your bubbles?
- *Remember to screen share from your phone, tablet or iPad so students can follow along*



Shoulder Roll Breathing



About
2-3 min

- Take a slow deep breath in through your nose and raise your shoulders towards your ears
- Breathe slowly out through your mouth and lower your shoulders as you exhale
- Repeat slowly, rolling your shoulders up and down, in time with your breath



Smile



About
2-3 min

- Close your eyes and think about something that makes you happy
- Now smile
- How does smiling make you feel?
- Where in your body do you have this feeling?



Heartbeats



About
2-3 min

- Close your eyes
- Take several deep breaths
- Place your hand on your heart
- Pay attention to your heart beat
- Describe what it feels like



Observe



About
5 min

- Take a moment and focus on the room you're in (or an object)
- Look around you or look at the object
- Pay close attention to the details
- Describe what you see

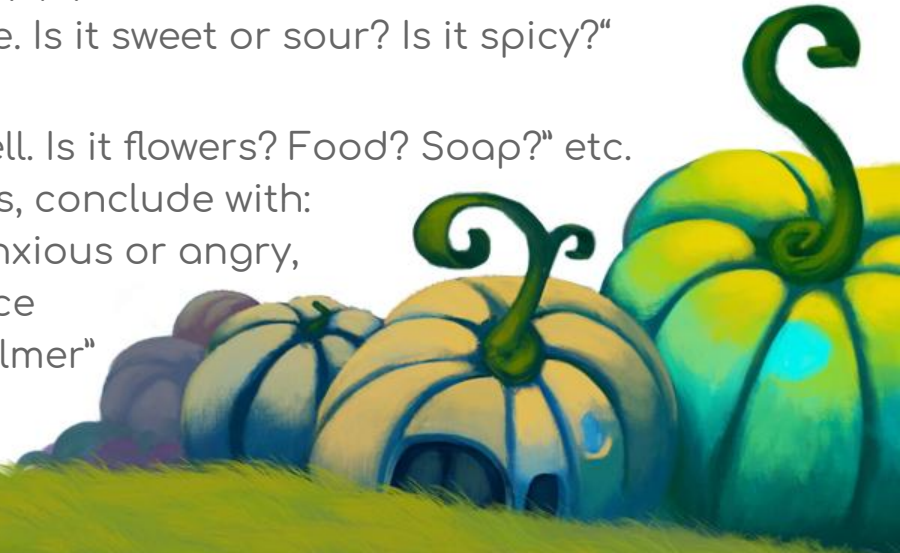


Visualization meditation



About
5 min

- Use this [Visualization worksheet](#) to guide students to their Happy Place
- Students close their eyes while you read the different sections out loud
“Inside each one of us is a happy place, where we feel safe, loved and respected. Let’s explore what our happy place looks like.”
 - “First, think of what you can taste. Is it sweet or sour? Is it spicy?”
 - Pause
 - “Then, think of what you can smell. Is it flowers? Food? Soap?” etc.
 - Once you covered the five senses, conclude with:
“Next time you feel sad, lonely, anxious or angry, you can visualize this happy place inside you. It will help you feel calmer”



Visualization activity



About
10 min

- Use this [Visualization worksheet](#) to help your students describe their Happy Place, using their five senses.
- Read the different sections out loud and have your students take turns to answer. Fill out the sheet as your students share what their Happy Place looks like.
- You could also fill a worksheet where the Happy Place designates your students' common Happy Classroom: what do your students smell, taste, hear, see and touch in their Happy Classroom?

