



1-2 Quick Guide to Breakout Activity Options for Lesson on Mindfulness

Reading Aloud activity: We recommend the following books that embody the themes of this lesson plan. After reading each book aloud, ask the children how they think the story relates to mindfulness.

1. [I Can Do Hard Things: Mindful Affirmations for Kids by Gabi Garcia](#)
2. [Listening to My Body by Gabi Garcia](#)
3. [Focused Ninja by Mary Nhin](#)
4. [What Were You Thinking: Learning to Control Your Impulses by Bryan Smith](#)

Physical activity: Ask kids to engage in mindful exercises for one-minute intervals. Here are some examples:

1. Have kids play Simon/Simone says. Remind them to focus mindfully on the words that Simon/Simone uses so they don't accidentally act impulsively!
2. Have kids pretend that they are a Jedi, such as Grogu (Baby Yoda), and they need to summon The Force. First, encourage them to sit as still as possible and use mindfulness to focus until they are able to pull their imaginary lightsabers out of the air. Then have kids practice swinging their imaginary lightsabers as they train to be a Jedi. Children can engage in imaginary contact-free lightsaber battles and show off their Jedi moves.
3. Tell kids to imagine they are a superhero flying high above the earth. Tell them, "Lie on the ground on your stomach. Lift your arms straight out in front of you. Lift your legs straight up behind you without bending your knees, so that you are balancing on your stomach. Try to hold the pose for a minute.
4. Tell kids to start jumping up and down or running in place or any preferred form of exercise while you count to 30. Ask kids to notice if their thoughts stray. Remind them to gently refocus on the counting.

Drama/Theater activity: Invite kids to form groups and create a skit about this week's theme, which is practicing mindfulness, and then they can perform for each other. Below are prompts:

- "You are in charge of training a team of superheroes who have had their powers stripped away by an evil genius. Create a skit about the ways that your superheroes will practice mindfulness to regain their abilities and save Earth from the evil genius."
- "A friend is struggling with impulse control issues and wants to learn mindfulness skills to help make life easier. Create a skit about what types of behaviors are happening and how other people can help the friend learn some mindfulness techniques."

Visual Art activity: Engage in a mindful drawing, painting, or sculpting activity.

- Kids might choose to quietly color in mandalas, fill in coloring sheets, or even draw freeform. If paints are available, children may prefer to create their own paintings.
- Children who need a different sensory experience can mindfully sculpt with play-doh or clay. One option is for kids to make a collection of shapes, such as spheres or cubes.
- Encourage kids to focus on the sensations of creating the art, such as the feeling of the crayon or the clay in their hands, the smells and sounds around them, and the colors or shapes they are forming.

