

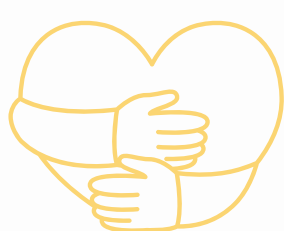


THENCE

ONE MINUTE MINDFULNESS

A cool way to find calm

Let's try a one-minute exercise together that you can use whenever you need a break



Get comfortable

Find a comfy spot to sit on the floor



Decide

You can close your eyes or, gaze at a spot in this 1 minute Winter Moment video



Take a deep breath

Inhale through your nose, like you're smelling a beautiful flower



Exhale

Let the breath go slowly through your mouth, as if you're blowing out birthday candles



Mindfulness

Feel your breath as it goes in and out. Can you feel your chest or belly rise and fall with each breath?



Count

(OPTIONAL) With your inside voice count your breaths as you breath in and out



Almost done

Now think about something you're thankful for, like your friends, family, or a fun experience

Awesome job!

You've completed a one-minute breathing exercise



Practice it everyday, and whenever you need a moment to get calm especially if you feel upset!