

Mindfulness Wednesday



Pinky Pointing

1. We can feel a lot of different ways-- sometimes we feel happy, sometimes sad, sometimes tired, sometimes excited-- and these are all natural feelings. There's no right or wrong way to feel, and our feelings change. We probably feel different now than we did earlier this morning, and we'll feel different later in the day than we do now. Sometimes we feel the same as each other, sometimes we feel different, and either way is okay.
2. Take a breath and notice how you're feeling right now.
3. I'm going to ask a question, and everyone will share their answers at the same time by pointing a pinky finger.

Pinky Pointing

4. Is it easy to sit still right now, or is it difficult? If it's easy, point your pinky to the ground; if it's difficult, point your pinky to the sky; and if it's in between, point your pinky to the side. GO!
5. Do you like distance learning? If so, point your pinky to the ground; if not, and you miss being in school, point your pinky to the sky.
6. Do you feel like you have a lot of energy, or do you feel tired? Pinky towards the ground if you have a lot of energy, or to the sky if you do not have a lot of energy.
7. Do you feel relaxed, or do you feel tense? Pinky towards the ground if you are feeling relaxed, or to the sky if you are feeling tense.

Three Good Things

1. Do you ever feel disappointed?
2. How did that make you feel?
3. I bet even when you're disappointed, there are good things in your life too. Can you name three good things?

4. Some people start their day with three things to be thankful for. That way, when the day does seem tough, you just have to remember what great things are in your life. Often times we only focus on the bad or difficult things happening.