



Social Emotional *Workshop*

In-depth resources that are flexible, evidence-based, and engaging



Hi there! My name is Laura. I am a school psychologist and educational consultant in New York City. During my career, I have also been a Special Education Director and a Director at a camp for children with Autism. Before I knew what to call it, social and emotional learning was my passion. It seems like without that, not much else works very well, amirite? I am truly grateful for the opportunity to share that passion and knowledge with countless professionals and students. What a gift.

[My store](#) is dedicated to in-depth, evidence based resources that school counselors, psychologists and teachers can use flexibly to engage some of our neediest students.

Did we just become best friends?

Please, and I mean please, [contact me](#) with questions or suggestions. I love hearing what you loved or less than loved about a resource, what you are struggling with in your practice, or if you want to grab coffee on a trip to New York. Suggestions are handled quickly, and you will be able to redownload any future revisions. ❤️

Catch a **typo or mistake**? Definitely email me and be kindly rewarded with a freebie from my store. I want a perfect resource as much as you do.

Do you have pictures of my **resources in action**? Send them to me. I love to shout out your pictures on social media.

To cement our new friendship, I am always looking for people to **test out new products**. Reach out to join the crew.

-laura



Mindful Minutes

What's Included

The Toolbox Freebie

Mindful Poses

- Superhero Pose
- Swaying Tree Pose

Mindful Breathing

- Beginning Mindful Breathing
- Rainbow Breathing
- 3 - 4 - 6 Breathing
- Starfish Breathing
- Chocolate Chip Cookie Breathing
- Pinwheel Breathing (requires a pinwheel or other object that spins or moves easily when blown on).

Body Scan

- Jellyfish
- Log

Mindful Activities

- Jumping Jacks
- Balloon Bounce

Senses

- Touchy Feely - requires familiar objects students can hold in their hands.
- Sounds - you can use any nature sounds available via streaming. Rain is a good one.
- Taste Test - Have students try different foods, new and familiar. They describe the texture and flavor.

Mindful Minutes

Incorporate Daily Mindfulness Exercises

Mindfulness is being aware of yourself and your environment in the present moment. It is not clearing your mind all thoughts.

Mindfulness has been shown to be effective in improving emotion regulation, anxiety, anger, stress, and attention when implemented regularly. It can be taught to young students through adults.

This resource provides a number of mindfulness exercises you can incorporate into your daily routine. It fits perfectly at the beginning of the day, before an activity that requires focus or following a transition.

Core mindfulness exercises include breathing, body scan, heartbeat awareness, and posing. All of these are easy to do in a classroom at student desks.

When introducing mindfulness to students, make sure they are in a calm state the first time and never use it as a disciplinary tool. Emphasize to them that during mindful minutes we let thoughts come and go without judgement. Students will often have persistent thoughts. During mindfulness, they want to let those thoughts pass and bring focus back to their breath or their heartbeat or whichever mindful minute they are doing.

Beginning Mindful Minute

*Get your body still, close your eyes, sit tall, relax your hands in your lap.
Pay attention to our beginning bell until the sound is completely gone.*

— Ring a bell or use another lingering noise. You can even hum. —

*When you can no longer hear the sound, place your hand
on your stomach. Feel your breathing.
In and out, in and out.*

— In a calm voice, remind students to breath in and out,
feel their breath. Ring bell to end the minute. —



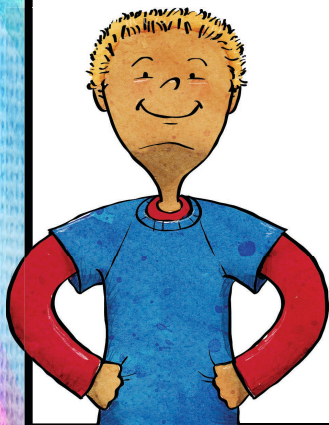
Superhero Mindful Pose

*Stand up. Feet shoulder width apart.
Shoulders back. Chest out. Hands on
hips.*

*Breath in deep. Let your breath fill up
your chest. Stand tall and proud.*

*Breathe out slowly. Let your chest
come back down inch by inch. Keep
your spine straight and your stomach
flat.*

—
*Complete 5 more times. Bring focus
to the breath and focus on letting your
chest slowly rise and fall with your
breath.*
—



Quiet Tree Pose

*Stand tall with your feet together. Let
your hands hang down at your side.
Close your eyes and keep your head
facing straight ahead.*

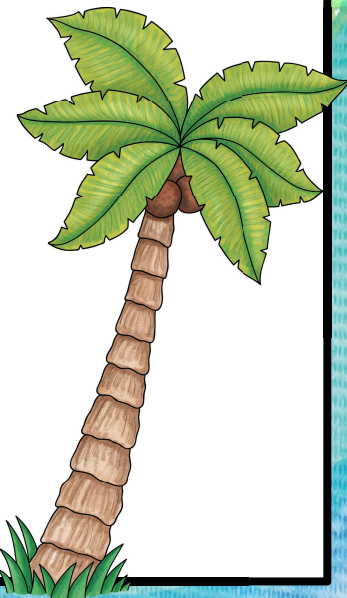
*Imagine you are a tall, palm tree near
the beach on a small island.*

*Your feet are planted in the ground
like its thick roots.*

Your body is like its strong trunk.

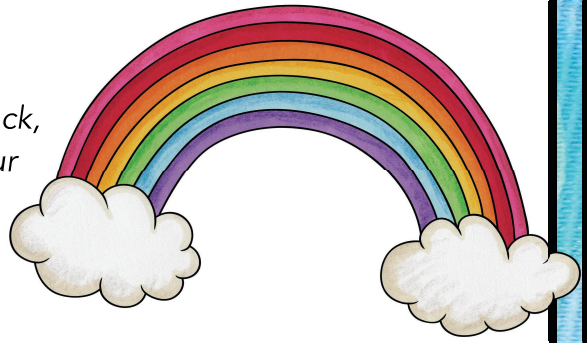
*A ocean breeze
comes and sways
you gently back
and forth.*

*Take a deep
breath in and
slowly breathe
out.*



Rainbow Breath

Sit in your chair with your body tall, shoulders back, eyes closed. Lay your hands in your lap. Turn your hand over with your palm facing up.



Take a deep breath in, hold, and slowly out.

Picture a rainbow in your hand. You can see the different color bands. Take a deep breath in as you trace slowly along the red band with your pointer finger. Slowly breathe out and as you trace back.

Keep slowly breathing in and out as you trace along the bands.

3-4-6

Sit in your chair with your body tall, shoulders back, eyes closed.

Lay your hands in your lap.
Nice and relaxed.

Breathe in through your nose for 3 seconds. 1, 2, 3.

Hold that breath for 4 seconds.
4, 3, 2, 1.

Slowly let it out for 6 seconds.
6, 5, 4, 3, 2, 1.

Let's repeat this a few more times.



Starfish Breath

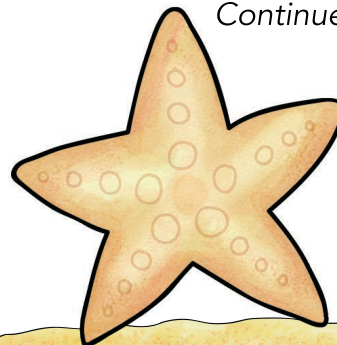
Sit in your chair with your body tall, shoulders back, eyes closed.

Lay your hands in your lap.
Turn your hand over with your palm facing up. Spread your fingers wide like a starfish. Put the pointer finger of your other hand on your thumb that's facing up.

Take a deep breath in, hold, and let it out.

Now slowly trace down your thumb onto your palm, up your pointer finger and down your pointer finger.

Trace up and down your fingers.
Continue your breathing,
in and out.
Nice and slow.



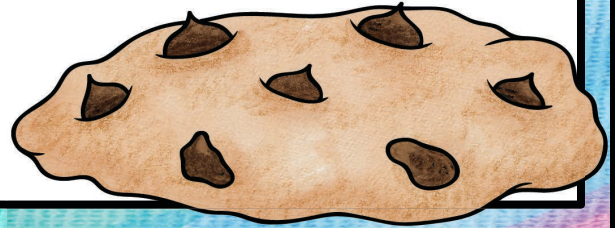
Belly Breath

Sit in your chair with your body tall, shoulders back, eyes closed. Lay your hands in your lap. Nice and relaxed.

Picture that I just baked some chocolate chip cookies. Take a deep breath in and smell the cookies. Hold that chocolatey smell for 3, 2, 1.

Slowly breathe out.

Let's repeat that again.



Heart Beat

Stand behind your chair. We are going to do 15 jumping jacks. Stand up tall, hands at your side.

Okay, let's start. 15, 14, 13, 12 ...

Now sit down in your chair. Body still and tall. Eyes closed, shoulders back.

Breathe in deep and out slowly.

Put your hand over your heart. Focus on feeling and hearing your heart beat.

Breathe in deep and breathe out.



Jellyfish

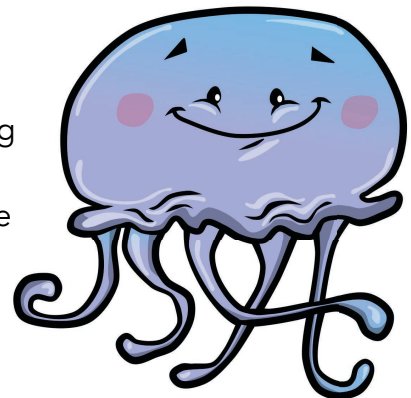
Sit in your chair with your body tall, shoulders back, eyes closed. Lay your hands in your lap

Pretend you are a jellyfish. As jellyfish swim, they tense their body up tight and then relax.

Make each of your hands into a fist. Hold it really tight. Feel your fingers digging in your palms. 5, 4, 3, 2, 1. Relax.

Press your arms against your body. Tighter and tighter. Hold it. Feel the tension in your arms. 5, 4, 3, 2, 1. Relax.

—
Keep going with other parts of the body.
—



Balloon Bounce (game)

—

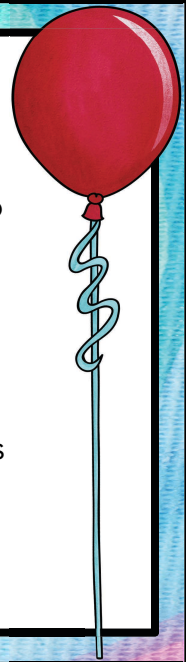
Take an inflated balloon. Gather students in a circle and tell them they have to work to keep the ball off the ground.

That is not the primary goal though. Emphasize that they have to do it **silent** and **slow**.

Using a calm voice, you can narrate the balloon's slow movements.

Remind students to focus on keeping their bodies relaxed, with even breaths and silent voices.

—



Pinwheel Breaths

(pinwheel needed)

*Sit in your chair with your body tall,
shoulders back.*

*Hold your pinwheel up to your mouth,
a couple inches away.*

*Slowly breathe out. Breathe out harder
until you can make your pinwheel
spin.*

*Focus to control how fast your
pinwheel moves.*



*How does the air feel
on your lips?*

*Wet your lips a little and
breathe out again.*

*Can you feel your breath more
this time?*

Sounds

(play rain sounds)

*Sit in your chair with your body tall,
shoulders back.*

Breathe in deep, hold, and out slowly.

—

Start playing rain sounds.

—

*Continue your breathing. Listen to the
sounds of the rain as your breath goes
in and out.*



Taste Test

—

Students sit in chairs, relaxed bodies, even breaths, silent voices. With eyes closed, they are given small bites of new and familiar foods to try.

You can have them describe the taste and texture.

—

Good foods to try: water chestnuts, bamboo shoots, carrots, cooked macaroni, chips. Vary the texture and flavors.

CHECK FOR ALLERGIES!



Touchy Feely

Sit in your chair, shoulders back.

Breathe in deep for 3, hold, and out for 5, 4, 3, 2, 1.

Feel the object in your hand. Close your eyes. Now try and describe the object to your partner.

Is it hard or soft?

Does it have a shape? Edges?

Does it have a smell?

Does it feel like something else?



Log

Stand tall with your feet together. Let your hands hang down at your side. Keep your head facing straight ahead.

Breathe in deep for 3, hold, and out for 5, 4, 3, 2, 1. Again.

Imagine you stiff like a log. Press your arms and palms against your body. Push your feet into the ground. Clench your fists.

Make your body solid and still like a log.

And relax.

Let's do that two more times. Focus on feeling each muscle get tighter. Feel how it feels once you relax.



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