



ACTIVE CLASSROOM

ACTIVITY CARDS



MINDFULNESS: HIGH-5 BREATHING

- Sit or stand in a comfortable position.
- Hold your left hand out in front of your chest. Extend and spread your fingers out.
- Using the pointer finger of your left hand, slowly trace your fingers starting with the thumb and tracing up and down all the way to the outside base of your pinkie.
- As you trace up a finger, inhale.
- As you trace down a finger, exhale.

HEAL: To become healthy again.

*Sandra's cut was able to **heal** because she kept it clean and covered.*

