



ACTIVE CLASSROOM

ACTIVITY CARDS



MINDFULNESS: EQUAL BREATHING

- Sit or stand in a comfortable position.
- Place your hands in your lap or comfortably by your sides.
- As you inhale deeply, slowly count to 5.
- As your exhale fully, slowly count to 5.
- This will create deep, equal breaths.

HEALTH: Free from sickness and injury. Feeling physical, mental, and social well-being.

*Micha was in good **health** because he was physically active every day and always ate nutritious foods.*

