

# Educators, Your Wellness Matters.



When I am well,  
my mind is **joyfully present**  
& attuned to my needs.



When I am well,  
my body is **awake,**  
**energetic,** & easeful.



When I am well,  
our community is  
aligned & **supported**.

## Wellness is in the **little moments**.

Research shows it only takes **1-3 minutes** of mindfulness a day to see noticeable benefits to your physical, mental, social, and emotional health.

### Balloon Breath

- Let students know # of breaths you'll practice.
- Invite students to sit tall with feet on the floor.
- With hands to belly, inhale, belly rises.
- Exhale, belly lowers and contracts.



### Tree Pose

- Begin in Mountain Pose to the side of your chair.
- Inhale, hands to hips. Exhale, outside foot to a kickstand.
- One arm to the chair, the other lifts up.
- Breathe. Release. Repeat on the other side.



### Tapping Edges of the Body

- Begin in Mountain Pose.
- Tap down the edges of one side of the body.
- Tap back up (same side). Repeat to the other side.
- Notice the breath as you tap down and back up.



#### Wellness Tip:

Practice these tools in a space or time where you come together to learn and be well, such as in the teacher workroom or at the start of a teacher meeting.