

Students, Your Wellness Matters.



When I am well,
I am **joyful** and can ask
for help.



When I am well,
I find **balance** between
active & calm.



When I am well,
I **support** my community &
my community **supports** me.

We can be well through **yoga** & **mindfulness**.



When I practice yoga and mindfulness, I take care of my body and my mind.

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 feel calm, such as a Calm Nook.