



PEACE ACTIVITY

GUIDED BRAIN BREAK - INNER PEACE

- Sit in a comfortable position with your spine tall and straight
- Relax your shoulders
- Place your feet flat on the ground
- Close your eyes if you feel comfortable or look down at your palms
Please be respectful of others in the classroom
- Take calm, slow breaths
- Now bring a gentle smile to your face and notice a feeling of warmth filling your heart
Pause for 3 seconds
- Take your awareness to your feet and imagine your feet are smiling
Pause for 3 seconds
- Take your awareness to your legs and imagine your legs are smiling
Pause for 3 seconds
- Feel your feet and legs relaxing
Pause for 3 seconds
- Take your awareness to your hips and imagine your hips are smiling
- Let your hips feel heavy on your chair
Pause for 3 seconds
- Allow your awareness to rise up to your stomach and chest and imagine your stomach and chest are smiling
Pause for 3 seconds
- Allow your awareness into your spine and back and imagine your back is smiling
- Feel the whole of your upper body relaxing
Pause for 3 seconds
- Take your awareness to your head and imagine your head and brain are smiling
Feel your head and face relaxing
Pause for 3 seconds
- Take a few more calm, slow breaths as you enjoy the feeling of peace and calm in your whole body from your toes to your head
- Silently affirm to yourself "My inner smile brings me inner peace"
Pause for 10 seconds
- Now gently begin to move your hands and feet and slowly open your eyes. Take a deep breath and stretch your whole body. Look to the front of the room and smile.

"Thank you for taking part in this brain break.

I hope you feel inner peace and contentment and ready for an awesome day."