



PEACE ACTIVITY

GUIDED BRAIN BREAK - GRATITUDE

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

Begin by taking calm, slow breaths

Pay attention to your breathing

Pause for 10 seconds

Feel the breath coming in and out of your nose

Pause for 3 seconds

Notice as you breathe in, the air is cool against your nostrils
and as you breathe out notice the warmth of the air leaving your nostrils

Pause for 10 seconds

Now think of something that you feel really grateful for

Pause for 10 seconds

Silently say to yourself,

“Today I feel so grateful that in my life I have, whatever it is”

Pause for 10 seconds

Feel your whole body filling up with a warm feeling of gratitude and happiness

Pause for 10 seconds

Stretch your body, look to the front of the room and smile

**Feeling grateful for everything we have in our life
makes us feel happy**

Thank you for taking part in this brain break.