

## Hello Fourth Graders!

I miss you all so much and I hope that you are staying safe and healthy while at home with your family. This week I would like to you practice mindfulness. We focused on mindfulness in our classroom lessons in February, where you all discovered that it can be helpful at home and at school. We spoke about how there are many different mindful activities that you can try, and everyone likes something different! Please try at least 2 activities this week. I have created a list below for you! 😊

Please have a trusted adult email me if you have any questions or want to tell me something! I would love to hear from you!

Love, Miss Picha

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1. This website is providing FREE mindfulness classes for students. Ask a trusted adult and give it a try!

<https://www.mindfulschools.org/free-online-mindfulness-class-for-kids/>

2. Grounding Technique:

1. 5 red things that you see
2. 4 things that you can hear
3. 3 things that you can touch
4. 2 things that you can smell
5. 1 thing that you are thankful for!

3. Mindful Outdoor Walk: Can you hear 10 different sounds while you are on your walk? See if you can notice 5 things that you have never seen before.

4. Mindful Coloring: If you are looking for a way to de-stress, try a mindful coloring worksheet. I enjoy doing these at home myself. There are many versions online. Here is one for you to start:

Name: \_\_\_\_\_

Date: \_\_\_\_\_

# Mindfulness Coloring



Coloring is a great way to practice mindfulness. Just color below. Don't make any judgements about your coloring or artwork. Just let it happen. If you feel like you made a mistake, breathe and move on. It is part of the experience in practicing your mindfulness.

