

Mindfulness Ocean Adventure

What did we learn last week?



innerru
dive in

Paying Attention





The Blue Heron

Let's learn to sit still and mindfully like the Blue Heron!



Let's watch and discover how the Blue Heron
stands and moves mindfully.

<https://www.youtube.com/watch?v=LcBRgZMX1dE>

What did you notice about the Blue Heron in the video?





Practice: Let's sit still like a Blue Heron



Sitting and Being like a Blue Heron

- What did you notice inside you when you were sitting and still like a Great Blue Heron?
- Was it easy or hard to sit still like a Great Blue Heron?
- Was it easier or harder to pay attention to what was happening inside of you?
- What did you notice as you were sitting like a Blue Heron?
- How can being like a Blue Heron help you with school?

Practice for This Week:

This week, I invite you to practice sitting like a Blue Heron for 2 minutes a day.