

Mindfulness Ocean Adventure

What did we learn last week?

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dive in

What is Mindfulness?

Mindfulness is about paying attention to what is inside and around us without judgment. It's an opportunity to be open and curious at what we notice and discover along the way .



The Blue Heron

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



The Whale

Teaches us to take deep whale breaths.



Let's watch and discover how whales breathe.

<https://www.youtube.com/watch?v=gDVvh4-UDQk>

What did you notice about how the whale was breathing?





Practice: Let's breathe like a whale

Breathing like a whale

- What did you notice inside of you when you were breathing like a whale?
- Where did you notice your breath the most?
- Was it easier or harder to pay attention to your breath at your nose, belly, chest?
- How did it make you feel when you took deep whale breaths?
- How can taking whale breaths help you?

Practice for this week:

This week I invite you to practice breathing like a whale for 2 minutes daily.