

Mindfulness Ocean Adventure

Let's Discover and Explore Together!





Take 3 deep whale breaths and review what we learned last week.

<https://youtu.be/6ccyqjhLoA0>

4- Anchoring ourselves with our breath

- ✓ What did you notice in your body as you took big whale breaths?
- ✓ How did it make you feel in your body?
- ✓ Did you practice become calm like kelp forests this week?
- ✓ How did it help you at home or at school to be anchored like a giant kelp?

A close-up, front-facing view of a dolphin's head and upper body. The dolphin has a friendly, smiling expression with its mouth slightly open. The background is a clear, blue body of water with gentle ripples. The lighting is bright, highlighting the texture of the dolphin's skin.

Discover my amazing super power!



Watch how I swim in the water.

<https://youtu.be/0cbLuE-RE-k>

What did you notice?

- ✓ How the dolphins were swimming?
- ✓ Where they swimming fast or slow?
- ✓ Where they bumping into each other?
- ✓ Where they aware of each other?
- ✓ What do dolphins teach us?

Have fun practicing & see you next week!

https://drive.google.com/file/d/1bZK2McMBaBMe_-t-Q-cBVARuWtpmY7Hh/view?usp=sharing

