

# Mindfulness Ocean Adventure


Let's dive together and explore your innerU.



innerU  
dive in

An underwater photograph showing a dense kelp forest. In the foreground, a prominent yellow stalk of kelp with several teardrop-shaped floats is visible. To its right, a large, flat, yellowish-green kelp blade extends across the frame. The background is filled with various other kelp species, including dark green and brown blades, all set against a clear blue water background.

What did you learn from our friend the kelp?

An underwater photograph showing a dense, tangled mass of orange-brown kelp holdfasts (roots) anchored to a rocky ocean floor. The water is clear and blue, with some other marine life visible in the background.

Giant kelp are anchored to the ocean floor  
with roots called a holdfast.

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

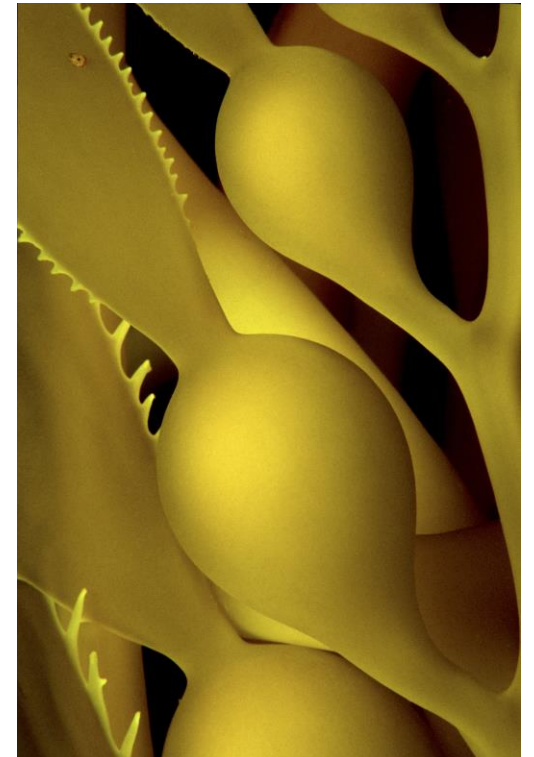
An underwater photograph showing sunlight filtering through a dense forest of seaweed. The sun is positioned in the center, creating a bright starburst effect and illuminating the surrounding water and seaweed blades. The seaweed is dark green and yellowish, with long, narrow blades. The water is a deep blue color.

Practice: Let's anchor ourselves like a holdfast.

# Anchoring with our Breath

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- What did you notice in your body?
- When could you use the ANCHORING WITH OUR BREATH practice at school, at home, or in life when things are feeling stormy inside of you? *(Lift up your hand to share).*







Sometimes we  
may feel stormy  
inside of us.

And that can feel  
uncomfortable  
and even scary.

# Fight, Flight, & Freeze



# Keep practicing mindfulness!

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Have fun practicing **anchoring yourself with your breath** throughout the week at home and at school.