



MsJenAlexander.com

# Mindful Minutes

Practice for the Classroom

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## MINUTES PER DAY FOR A HEALTHY MIND & BRAIN

Do you promote exercise for its health benefits? Mindfulness practice is exercise for the mind and brain. It boosts health, improves regulation, and supports learning. Think of it as a way to help yourself and others be in the moment. This can increase the capacity for responding wisely instead of reacting fast, without thinking.





# Trauma-Sensitive Mindful Minutes

Thousands of studies show the benefits of mindfulness practice. To be trauma-sensitive, don't require closed eyes, encourage breath holding, or call movements "poses." Ideas for beginners below.

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## FIRST JUST BREATHE

(1 min. 3x/day-Use a chime to begin.)

**FIRST**–Open clenched **FISTS**.

**JUST**–Open your **JAW** with lips closed.

**BREATHE**–Smell the soup; blow on the soup.

Modified from [www.bemindful.us.org](http://www.bemindful.us.org)

Other ideas? Use "5 Finger" or "Star Breathing"

Or, check out the *Stop, Breathe & Think* app.

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End the day with *Ms. Jen's What Went Well Page*  
from *Building Trauma-Sensitive Schools*.

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